

Digestion Tips Part 2

“He sent them forth to preach the gospel and *heal the sick*” Luke 9:2.

Healing Gospel #8 Jim LeBeau Certified Natural Healthcare Practitioner

A healthy old age depends on a healthy digestion that begins the day you are born from a healthy mother followed by one year of mother’s milk and love. This only works by faith in God’s ways of fertilizing soil, growing food, healing the sick, feeding babies, and churches teaching God’s kind ways of life. If one piece of the puzzle is missing the possibility of perfect life collapses.

NEWS ALERT INTERRUPTION: Hunter, son of ex-president Joe Biden, reports his dad’s prostate cancer “metastasized”. Suggested reading: The Jensen Report in a Nutrition-for-life kit. Dr. Jensen with prostate cancer metastasized to the bone was “barely alive at 85” yet “feeling fine at 89” with power that comes from respect for God’s ways of life. It’s never too late to learn.

Back to Digestion Tips Part 2 - if “death begins in the colon” so does a sound body, clear mind, easy smile. Many claim something works “at any age” but most are too young to know. I can claim that the “Puppy Dog test”, one of my favorite ways to monitor *total health status*, works at 88. Digestion is the key and I was raised on formula and too much junk food. A clean colon plus clean heart are possible at almost any age. Consult your doctor about any cleansing program when symptoms indicate. Here are a few more tips.

#1 – Trust the power that made us and all things, “Garbage in garbage out” works for a computer but not for a body. Some garbage in, stays in, then gums up the works. The mucous that lines the intestinal tract protects inner parts for a time, but then unrelenting toxins can break through a “leaky gut” and set the stage for a surprise funeral as it did for Elvis. Money and fame won’t help. Knowledge and faith work miracles. The rule - *eat food as reasonably close to how God makes it as possible*. That means organically grown fruits and vegetables, certified raw butter, milk, and cheese from A2 grass-fed Jersey or

Guernsey cows, grassfed beef, free-range chickens and their eggs etc. *This is a good start for a birthday cake at 98.* Don't forget GBOMBS – Greens, Beans, Onions, Mushrooms, Berries Seeds, thank you Dr. Fuhrman.

#2 – Hydration. Before eating drink some water or a good wine. Wait a bit, check appetite. Are you hungry or thirsty? A thirsty cell problem may sneak up on you unawares. With this drinking habit you should eat less and drink more overall which helps to avoid cellular dehydration that, like an impacted colon, weakens all parts and systems. If urine and saliva pH are somewhat in balance you should have no problem even drinking with meals. Liquids dilute stomach acid, but viscosity is also important. A thinner solution of total intake means better assimilation, and further down, improved blood viscosity – no sludge. *Soup is good food.* So are high water content fruits and vegetables. Drink more; eat less; weigh less; feel better; live longer.

#3 – Test, don't guess. A key indicator of residual garbage build-up is slow transit time or mild or severe constipation. If not properly corrected it can lead to many diseases with long names involving body parts and systems known and unknown. Drug companies have answers for all the symptoms that may develop while ignoring the real problem. If the first symptom of slow transit time isn't a fatal heart attack, you're lucky. Meanwhile you may experience an infinite variety of symptoms of toxicity, mitochondrial dysfunction, and advancing system failure such as low energy, brain fog, feeling crappy, crabby etc. The gut is the key to feeling good. The many gut-brain connections are God's way of saying *pay attention!*

Blame old age of course, but that may be a mistake. The simplest way to feel better is “clean out”. If you wait too long you may be getting an enema as a first treatment in a hospital. Modern medicine understands the importance of a clean colon. Your doctor however, even if properly trained, may be too busy making money in sick-care to take time to teach you the connections of slow transit time to all things sickening. Teach yourself with Nutrition-for-life.

#4 – Purge time? Naturopathic practitioners often begin a rejuvenation program with a “colonic” or washing of the colon. Colon cleansing is a part of ancient human history. In “The Essence Gospel of Peace”, a third century manuscript translated from archives of the Vatican by Edmond Bordeaux Szekely, Jesus taught the use of water and “gourds” to clean “inner parts”. He said, “you shall see with your eyes and smell with your nose all the abominations and uncleanness which defiled the temple of your body”. In John 21:25 we read “And there are also many other things that Jesus did, which if they were written one by one, I suppose that even the world itself could not contain the books that would be written”.

#5 – Prunes, flax, herbal aids etc. Food and water come first, then pills. If things are moving down and out too slowly consider three or four prunes added to your oatmeal. Prunes also help with strong bones and a healthy heart. Another option is three or four tablespoons of golden flaxseed to your oatmeal. Oats are a whole grain with good fiber, the flax adds to it. If food and drink alone don’t do the trick there are herbs like senna and aloe in herbal formulas from a drug or health food store to stimulate peristalsis by irritating the walls of the colon. A healthy colon is also about what NOT to do. White flour goodies work perfectly to add more impacted waste to colon walls and toxins for your liver to deal with. Fragmented foods are not in God’s plan.

#6 – Some raw at every meal. This is easy to make a habit. Have a side dish handy with apple chunks, carrot, celery sticks, greens etc. Consider a raw food only morning – nothing cooked until lunch. I keep a raw nut and seed mix handy of Brazil nuts, almonds, organic pumpkin and sunflower seeds etc. Suggest soaking in water a day or two in fridge to soften things up. Each person must choose the balance of raw vs. cooked food that works for their body and lifestyle. The common mistake is too much cooked and too few fresh, raw, juicy, chewy, hi-fiber foods. Toxin producing microbes love the over-heated ultra-processed junk passing through the small intestine and colon. In time you should develop a *taste for health* as you remember importance of

balance and testing for results. Don't go overboard and kill yourself trying to heal yourself. Moderation in all things.

#7 - Fermentation power – works by way of foods like a quality full fat yogurt, pickles, sauerkraut, buttermilk, kombucha tea, probiotics etc. There are pill options but food comes first. Good gut microbes can work miracles 24/7 for what the mitochondria of 40 trillion cells need to keep you warm and alive including B1, B2, B5, B 6. Add fatty acids for cell membrane integrity and non-specific antibodies for immunity, the list goes on and on. Likewise, a gut with toxin producing microbes makes poisons 24/7, the way to an early grave. Consider adding one fermented food and one raw food to every meal. A clinic in Germany uses “Mayr therapy” to retrain appetites, put body in a healing mode, lose weight. For a few weeks they feed members only tiny pieces of refined bread chewed and chewed and chewed, then swallow with buttermilk. The result is loss of belly fat and healthy stools like a baby on mother's milk. Try this only with naturopathic or medical supervision.

Lymphatic-liver cleanse - the lymphatic system drains waste from cells and sends it to the liver for elimination in bile. A slow transit time may result in a toxic lymphatic system, a natural result of the standard American diet and sedentary lifestyle. Quadriceps muscles (“quads”) are the “heart” of the lymphatic system. *Move, walk, run as much as body and doctor allow.* Also consider a liver-gall bladder cleanse. Most versions use two ingredients: good extra virgin olive oil such as Bragg's and freshly squeezed lemon juice. A simple version: in bowl four tablespoons olive oil; fresh squeezed juice of a fresh whole lemon; one tsp raw honey. Stir with fork. Spoon down on empty stomach in AM. Wait two hours before eating and drinking. Test for results.

To be whole honor three things: Our Father in heaven; mother earth; the brotherhood of man. “The earth is the Lord's and the fullness thereof”.

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