GREETINGS:

This week, I want to share more information on autointoxication or self-poisoning. Last issue I spoke about the need for cleansing our bodies of toxins, because according to the FDA an American male can be carrying 5 - 22 lbs. of fecal matter in his colon on a given day.

Autointoxication is the process whereby the body literally poisons itself by maintaining a cesspool of decaying matter in the colon. This inner cesspool can contain high concentrations of harmful bacteria. The toxins released by the decay can get into the bloodstream and travel to all parts of the body. Every cell in the body can be effected and many forms of disease can result.

This decay is another form of constipation. In fact, many people think constipation is only when you
cannot evacuate the colon, but another form is when decaying matter is "glued" to the walls of the colon or stuck in pockets in the colon called diverticulosis. The mucus is dehydrating on the wall of the colon and this is called mucovicidosis, intestinal mucin, or mucoid plaque. When I was 28 I passed a 7-foot black rope and I was only taking blonde psyllium husks during the short fast. It was incredible.

As I said last week: We are a nation of constipation, stagnation, putrefaction, fermentation, and auto-intoxication. That is why the late Dr. John Harvey Kellogg said: "90% of the diseases of civilization are due to improper function of the colon."

Our own fecal matter starts to slowly poison us as it rots inside of our intestines. It leads to degeneration of the bowel and may cause hemorrhoids, inflammation, polyps, fissures, ulcers, diverticulosis, cancer, irritable bowel syndrome, Crohn's disease, and varicose veins.

Other symptoms that may develop indicating that you need a cleanse are the following: bad breath, body odor, smelly feet, headache and backache, brain fog, gas, bloating, fatigue, excessive weight gain, dry or hard stools, foul-smelling stools, digestive problems, poor appetite, allergy and sinus problems, swelling in the legs, poor complexion, worry and anxiety. and more.

The Journal of American Academy of Dermatology reported in 1986 that "Autointoxication has been blamed for a long list of health problems, including depression and serious skin problems." No wonder natural healers the world over say "Death begins in the colon!"

If the colon is not evacuated twice a day or more, parasites can breed and cause further symptoms, many of which are the same as the ones previously mentioned above. Other symptoms of parasite infestation are the following: Pain in joints and muscles, can't gain weight, itchy ears, nose, anus, eating more than normal, sugar cravings, nutrient
deficiencies and anemia, teeth grinding, and weakened immune function.

Remember, proteins putrefy and rot, carbohydrates ferment, and oils and fats turn rancid. The body becomes poisoned from its own waste. If these poisons are not constantly excreted will die. When our bodies are overwhelmed by toxic substances beyond its ability to eliminate them through the channels of elimination, the body institutes emergency action to expel the toxin burden. This crisis is called sickness or disease.

“The impurities of the body, if not allowed to escape, are taken back into the blood and forced upon the internal organs. Nature makes an effort to free the system, and the effort produces fever and what is termed disease.” *Healthful Living*, p. 228.

My advice is to eat plenty of high fiber foods such as you get in a vegetarian diet. Animal foods contain zero fiber and are a major cause of constipation. Beans are high in protein, low in fat, and high in fiber. They are excellent food.

In addition to this diet, take psyllium husks if you suffer from constipation and drinks lots of water. I mix two tablespoons of psyllium husks, not powder, in a large glass of water and drink every night. This assures that enough fiber is in the diet and the colon has the needed bulk to sweep out the feces and impurities. And you do not have to spend the money on Metamucil. Get a bag at a health food store in bulk so you do not have to pay for the packaging. We sell a large bag for less than $6.00. Don’t let fancy packaging empty your wallet. Shop and buy smart so you can empty your colon instead.

Probiotics, like lactobacillus acidophilus or a multi-strain formula, can help with constipation. My sister had been constipated for years and supplementing acidophilus helped tremendously. It is worth a try if you have sluggish bowels. It would be wise to do a thorough cleansing of the seven elimination organs of the body, especially the bowels.

I also believe in enemas to evacuate the colon. When my first daughter was 5 she got a high fever of 105 after eating lunch at a friend’s house after church. There were dairy products in the meal, and we ate it not wanting to be rude. Minutes after the meal I had to rush her home. I gave her a cool catnip enema and a cool sponge bath. In 15 minutes the fever dropped to 100.5, nearly a 5-point drop in
minutes. I learned in an herbal pediatrics course to use cool water, not cold, in an enema and sponge bath at the sign of a fever to cool the patient down internally as well as externally. Now I use an enema at the first sign of a fever and it always works. When feeling the chills try a hot enema (careful not to burn) and hot herbs like garlic, cayenne, and ginger. I get into a hot bath or sauna and heat up my body creating an artificial fever. This works to stop the fever in the first place. I have done this successfully over the past 17 years will 100% success. God is there to hear your prayers too.

For more information on Modern Manna’s Super Detox Program click **10-Day Detox Program**.

To Your Health,
Danny Vierra

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The Lord is the Master Physician. The Bible says He is the One who "forgiveth all thine iniquities; who healeth all thy diseases."
Ps.103:3
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