

***Prostate-gland Problems***  
***A Methodology***  
***for Treating the Underlying Causes***  
***Via Colon Hydrotherapy***

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## PART I

# Treating Prostate-gland Problems through Colon Hydrotherapy

### The Price of Progress

The prostate gland is found in males beneath the urinary bladder and wrapped around the tube through which urine and semen flow out of the body. If he has a healthy body, the average man will spare little thought for how effectively this gland functions. In a diseased body, symptoms such as a desire to urinate, difficulties passing urine, feelings that the bladder is still full after urination, the need to wake up many times during the night to urinate, and incontinence and abdominal swelling are some of the unwelcome signs alerting the person to the presence of a health problem.<sup>1</sup>

Dr. Norman Walker refers to the “*strategic location*” of the prostate gland, and comments how the “*perfect set-up for inflammation and cancer is obvious.*”<sup>2</sup> It is estimated that prostate gland ailments lead to the deaths of 44,000 men in the United States each year. The horrifying statistics present a picture of a man being diagnosed with prostate cancer every three minutes. It will probably come as a shock to many people to discover that the majority of men over the age of 50 suffer from an enlarged prostate complaint. By the age of 80 only 10% of men are free of such illness.<sup>3</sup> Recent medical research also indicates an increased risk of developing prostate cancer in Jewish men of Ashkenazi origin due to changes in a gene called BRCA1.<sup>4</sup>

Throughout the world the rates of prostate cancer appears to be increasing. About 10% of men will get prostate cancer and approximately 4% die from this illness.<sup>5</sup> A study in southeast England has shown that “*the incidence of prostate cancer has increased markedly over the last 20 years and it is now the most common cancer in men, comprising 20% of the total incident cases of cancer in men recorded at the Thames Cancer Registry (TCR).*”<sup>6</sup>

Pre-1900’s prostate gland problems were not in the medical news because they were not a major issue.<sup>7</sup> The move from natural-based foods to overly processed food and from low-fat to high fat diets, combined with environmental contamination have wrought havoc with the health of the average person living in the developed Western countries. The frightening findings quoted above are indicative of how the Western world’s high standard of living in the early twenty-first century has been bought at a high price, arguably too high a price. Although the majority of people enjoy access to food supplies and housing of a range and quality undreamed of in previous generations, the wholesomeness and quality of our diet and the environment we live and work in has worsened in significant respects. Our bodies are frequently expected to cope with a sugary, carbohydrate-intensive diet of foods that are lacking in fiber and other nourishments required for the effective operation of our bodily systems. In the words of Dr. Norman Walker “*Infirmity and sickness, at any age, is the direct result of loading up the body with food which contains no vitality, and at the same time allowing the intestines to remain loaded with waste matter.*”<sup>8</sup>

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<sup>1</sup> Susanne Althoff & others, “A Guide to Alternative Medicine”, Publications International Ltd., 1997, p. 145.

<sup>2</sup> Dr. Norman W. Walker, “Colon Health”, Norwalk Press, Arizona (1995), p. 92-3

<sup>3</sup> <http://www.seniormag.com/caregiverresources/articles/prostate2.htm>

<sup>4</sup> <http://www.fccc.edu/news/1999/JewishCancer-03-18-1999.html>

<sup>5</sup> <http://www.4-men.org/prostatecancer.html>

<sup>6</sup> Helen S Evans & Henrik Møller, “Recent Trends in Prostate Cancer Incidence and Mortality in Southeastern England,” Cancer and Public Health Unit, London School of Hygiene and Tropical Medicine, London (2003).

<sup>7</sup> Tenney, Louise, Nutritional Guide with Food Combining,” Provo, Utah, Woodland Health Books, 1991, p.204.

<sup>8</sup> Walker, p. 4.

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The environmental crisis is aggravated even more by the well-known use of pesticides on vegetables, fruits and many crops and the high incidents of polluted air and water in our predominantly urban surroundings. A report issued by the World Health Organization concluded that 90% of chronic illnesses such as prostate cancer, could be related to environmental factors.<sup>9</sup> Environmental contamination includes both pollution of the air we breathe outside the home, and contamination within the home due to the use of chemical-based cleansing agents, air-fresheners and other common household materials. In addition to this hard to digest diet of processed foods and drinks, our digestive and waste eliminating organs have to cope with an intake of food that has been treated by pesticides, and exposed to air that has nothing of the cleanliness the term “fresh air” conjures up.

### A Challenge for Conventional Medicine

The increasing amounts of medical research throughout the world devoted to prostate problems illustrates both an increasing amount of public concern, and also the lack of any major breakthroughs in successful treatment. Improved awareness is in itself an achievement since problems can be recognized at an earlier stage, but without any major advances in treatment the long-term health gains will be limited. To date researchers have not reached any definite conclusion regarding the causes of prostate related problems. The lack of understanding of the source of the disease is reflected in the conventional treatments currently favored. Since doctors cannot determine the cause, their only resource seems to be following the traditional methodology of trying to cure the illness by removing its symptoms. Prescription drugs and surgical procedures remain the chief weapons in the conventional medical armory for the fight against prostate illnesses.

The stress and pain as well as the obvious dangers associated with surgical procedures are sufficiently well known. Although nobody should doubt the skills and devotion of the surgeons the inherent nature of their operations carries a risk factor that cannot be lightly dismissed. There is also sufficient evidence to indicate that far too many unnecessary operations are carried out. A disturbing report carried on the BBC News described the “*fears that widespread introduction of the Prostate Specific Antigen (PSA) test could lead to many unnecessary operations... two-thirds of men with elevated PSA levels don't actually have the disease, as it could mean they have a simple infection or inflammation of the prostate.*”<sup>10</sup> Based on such misinterpreted diagnoses many men have submitted themselves to needless operations that have had a severely negative impact on their health.

The effects of drug-based treatments are also far from benign. One of the most popular drugs used are the class of drugs called alpha-adrenergic blockers, which includes phenoxybenzamine and doxazosin. Although these medications can “*relax the muscle tissue surrounding the bladder outlet and lining the wall of the urethra to permit urine to flow more freely...*” they “*do not keep the prostate from enlarging...*”<sup>11</sup> Other medications, including antihistamines and some decongestants, can exacerbate the symptoms of the prostate disease and lead to acute urinary retention. The prescribing of antibiotics to treat prostate infections is also common medical practice even though the dangers of over-reliance of antibiotics have received a through public airing in recent years, particularly the damage they cause to the immune system.<sup>12</sup>

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<sup>9</sup> Susan Stockton, “The Terrain is Everything”, Power of One Publishing (2000), p.123.

<sup>10</sup> BBC News for Thursday, 15 April, 2004,

<sup>11</sup> [http://www.healthatoz.com/healthatoz/Atoz/ency/enlarged\\_prostate.html](http://www.healthatoz.com/healthatoz/Atoz/ency/enlarged_prostate.html)

<sup>12</sup> Walker, p.29.

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The conventional doctors are doing the best they can to help you, but they are limited by their preoccupation with treating the symptoms of the disease rather than trying to identify and deal with the source of these ailments, and placing more emphasis on disease prevention. In addition, although they certainly want to reduce the physical and psychological suffering inherent in the treatments used, they have been trained to provide such relief only through the prescription of additional medications. The fact of the matter is that in the rush to find a quick and preferably drug-based relief for every ailment, an ancient but sound and well-proven technique for internal body cleansing and disease prevention has been sadly neglected. The connection between chronic prostate disease and the health of the colon, “*upon which the health of the body in its entirety depends*”<sup>13</sup> was once well understood in medical circles. Unfortunately, the development of modern medicine has largely side stepped this tried and tested health preservation and enhancement method known to our ancestors.

### **The Jerusalem Colon Hydrotherapy Clinic Addresses the Source of the Problem**

#### **Diagnosis**

Dr. Leah Miller Ph.D. C.C.T., and her husband Meir Miller C.C.T, Certified Therapists by the I-ACT (International Association for Colon Hydrotherapy), and founders of the Jerusalem Colon Hydrotherapy Clinic, are convinced that an ancient holistic approach to disease prevention and treatment has significant advantages over the typical approach of conventional medical practitioners. The Miller’s clinic is unique in the whole Middle East in combining the latest FDA approved technology with one of the oldest recorded techniques for eliminating the sources of disease, and increasing immunity to withstand future health challenges.

The Jerusalem Colon Hydrotherapy Clinic operates according to the principles of interconnection between physical and emotional problems, and that the body, given sufficient chance, is its own best healer. Regrettably, the way we neglect to take care of basic bodily functions, and the lifestyles we follow, remove from our bodies this intrinsic self-healing ability. Trying to cure any serious disease in isolation contradicts this understanding of the unity of a mind and body that share the same systems, with the state of one having clearly demonstrated effects upon the other.<sup>14</sup> The challenge is how we can restore to our bodies the ability to cope with chronic diseases nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these generate.

The connections between our lifestyles and environments and the development of serious diseases of the prostate gland have been revealed in a number of studies. One study compared the incidence of prostate cancer in the United States and Japan and found strong evidence that differences in diet are a key factor. When Japanese men moved to the USA and changed their diet to a typical American high-fat, junk-food-centered eating schedule, the risk of prostate cancer appeared to markedly increase.<sup>15</sup> Other researchers have noticed how the incidence of prostate cancer is significantly lower in Asia when compared to Europe, America and Australasia, and suspect that differences in diet are a key factor.<sup>16</sup> A 1999 study in Wisconsin pointed to environmental pollutions making prostate disease take a more aggressive direction.<sup>17</sup>

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<sup>13</sup> Walker, p.6.

<sup>14</sup> Yakir Kaufman MD, in “Psychoneuroimmunology: The Science Connecting Body and Mind”, B’Or Ha’Torah, The Spiritual Wiring of the Brain, Jerusalem, Shamir Publications (2004), p.13.

<sup>15</sup> <http://myhealth.barnesjewish.org/HealthNews/reuters/NewsStory042820031.htm>

<sup>16</sup> <http://www.4-men.org/prostatecancer.html>

<sup>17</sup> <http://psa-rising.com/medicalpike/environment.htm>

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The Miller's studies of the causes and effects of prostate problems in the United States, and now in Israel, combined with their clinical experience in alleviating the suffering of afflicted patients, have led them to an advanced understanding of the interconnections between the development of an infected prostate and blockages in the basic waste elimination functions of the colon (or large intestine).<sup>18</sup> Their research and experience corroborates the findings of Dr. Walker of how "*Fermenting and putrefying waste matter in the colon on the one hand, and the many insidious elements which can find their way into the kidneys and the bladder on the other, make the prostate an easy victim.*"<sup>19</sup> They also concur with his astute analysis of how "*Deep resentments, stress, worry, anger, fear and the multiplicity of similar attitudes are definite contributing factors which predispose the prostate gland to ailments and disease.*"<sup>20</sup>

Whatever the dietary or environmental influences that lead to a state of affairs where the colon is not effectively discharging its waste elimination function, the consequences are accumulations of decaying toxic wastes within the organ. In the course of time this poisonous waste build-up can penetrate through the skin of the colon, leak out into the bloodstream, and start to poison other vital organs.<sup>21</sup> This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.<sup>22</sup> If this condition remains untreated "Auto-Intoxication" commences. Dr. D. Medsker and Bekki Medsker, define this situation as, "The poisoning of the body, in part or whole, by toxic matter generated in the colon."<sup>23</sup> This accumulation of waste matter places great pressure on the prostate gland and this can lead to prostate congestion or dysfunction.<sup>24</sup>

The taking of drugs to relieve the ailment thus fails to address the central problem of the build up of contaminated waste matter and toxins in the colon. If anything such medicines only add to the problem by providing additional work for the hard-pressed waste elimination and digestive organs to cope with. If the root of the problem is not attended to, a spiral of emotional and physical health problems can gather pace with a frightening rapidity and ever-increasing severity, providing fertile ground for the disease to sink its sickly roots.

### Solution

Based on their academic studies and clinical experience, the Millers are convinced that the elimination of the leak of toxins from the colon, and the taking of measures to ensure that blockages of toxic waste do not recur, can play a positive role in preventing the onset of prostate gland diseases. In the words of the famous Dr. Norman Walker, "*Colon irrigations are the first line of defense for the prostate in particular, as they prevent the accumulation of waste matter and feces which clog up the rectum...One cannot imagine the vast ramifications of afflictions, ailments and diseases which can eventually result from neglecting to keep the colon clean and bowel movements regular.*"<sup>25</sup>

By restoring the effectiveness of the colon's normal waste elimination role, the downward spiral of physical and emotional health can be reversed. If the decaying waste is allowed to pass out from the body naturally, the colon once again can fulfill its role effectively in preventing toxic waste accumulations, and thus it can start to undo the damage caused by the original blockage. With the return of the patient's bowels to normal functioning, the self-poisoning ceases. The

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<sup>18</sup> Dr. D. Medsker and Bekki Medsker, "Understanding the Need for Colon Hydrotherapy, Medsker Publishing Company, Quinby (1997), p. 13.

<sup>19</sup> Walker, p.93.

<sup>20</sup> Ibid.

<sup>21</sup> Ibid, Ch.2.

<sup>22</sup> Watson, p.39

<sup>23</sup> Medsker p. 6.

<sup>24</sup> Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 78

<sup>25</sup> Walker, p.93.

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resultant strengthening of the immune systems and reduction of pressure on the prostate gland and other organs soon start to impact on the patient's physical well being. The intimate relationship between physical and emotional well being — often expressed in English as “a healthy mind in a healthy body” then goes to work to strengthen the patient's immunity against the onset of these chronic sicknesses with all their undesirable manifestations and potentially lethal consequences.

### **Implementation**

The techniques applied in the Jerusalem Colon Hydrotherapy Clinic are rooted in health preventative and curative medicine practices known to the ancient world, and now adapted to work with the latest technology and the highest standards of hygiene. The colon is cleaned by a gentle infusion of purified water. While the patient is able to see how the toxins are drained out of their system, a soft massaging of the abdomen assists the evacuation process. As the toxins leave the body and the patient begins to feel the relief of toxin-provoked tension, they often also feel like giving a verbal release to their pent up emotional pains. The trained listening ear of the professional colon hydrotherapist provides an emotional outlet.

Many treatments already effectively performed testify how the Jerusalem Colon Hydrotherapy Clinic's unique combination of colon hydrotherapy, massage and emotional support has the power to redress the harm done by years of colon neglect, and thereby boost the individual's disease resistance and well being. Unlike most courses of conventional medical treatment, colon hydrotherapy can also be an effective means of preventive medicine. By allowing the smooth functioning of the body's waste/toxins elimination organs, immunity against prostate gland diseases is enhanced. When integrated with an individually tailored nutritional program, the dream of removing these serious health concerns can be realized.

## *PART II*

### **Walking in G-d's Ways — Preserving a healthy mind in a healthy body**

#### **The Body Under Siege**

The past 60 years has witnessed tremendous advances in curative medicine with significant successes in reducing infant mortality and increasing life expectancy. Nevertheless, at the same time medical science has marched forward with proud strides, the quality of the environment we live in and the food we eat has seriously deteriorated. The improvement in living standards has been gained at the price of an increasingly polluted environment and a major downturn in the quality of the average person's diet with the rise of the junk food industry, and the introduction of artificial food flavorings. The waste processing and digestive organs of the body are able to satisfactorily cope with a certain level of contamination. However, there comes a point where an unpalatable diet of air, water and food pollution deposits such residues of waste in the body that its processing mechanisms clog up<sup>26</sup>. This can soon lead to the overwhelming of natural defenses against disease, and the results are catastrophic.

What is happening is easiest to understand from a comparison with the blocked household drains we are all familiar with. Just as you would not want waste matter to overflow into your kitchen and then into the living room, so you should feel the same way about a waste and toxins build up in your own body. It is easy to envisage how an overflow of domestic waste into the house would provide a fertile breeding ground for germs if left untreated, so imagine the consequences for our bodies when they are unable to rid themselves of accumulations of poisonous waste!<sup>27</sup> Initial symptoms might manifest themselves in the form of stress and fatigue. Subsequent complications can include constipations and diarrhea, allergies and skin problems, weight loss and ultimately deadly serious intestinal disorders. Once sent in motion there is no limit to the gravity of the individual health crisis in the making.

#### **Conventional Medicine Challenged**

The contradiction between improved living standards and the plethora of health problems afflicting Western man poses a serious challenge for conventional medicine. Unfortunately today's emphasis placed on curative as opposed to preventive medicine puts doctors in a position where they can at best relieve symptoms rather than address the causes of the illness. The increasing numbers of new drugs released onto the market may be doing more for the incomes of the pharmaceutical companies than they are doing to improve our health. The side effects of many drugs are still not thoroughly investigated. For example, it has been estimated that over a thousand of the drugs and chemicals in regular use today can cause serious damage to the liver<sup>28</sup>. The well known phenomena of diseases such as SARS resisting antibiotics is a another clear indicator of conventional medicine's short term victories gained at a long-term price.

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<sup>26</sup> Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

<sup>27</sup> Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

<sup>28</sup> Melissa Palmer MD, "Hepatitis and Liver Disease, Avery Publishing (2000), p.377.



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### **Prevention is the Only Long Term Cure**

Dr. Leah Miller Ph.D. C.C.T, and her husband Meir Miller C.C.T, Certified Therapists by the I-ACT (International Association for Colon Hydrotherapy) and founders of the Jerusalem Colon Hydrotherapy Clinic, follow a complementary medical approach with an impressive track record of successful treatments. The health care method they both preach and practice is founded on an appreciation of the interactions between mind and body, and the need to tackle illnesses at their source as opposed to simply treating symptoms.

This theory has firm and ancient roots in the understanding of the prerequisites of good health possessed by our ancestors. In the Talmudic tractate Brochos, 57B, the sages try to explain the pleasures of the World to Come by using comparisons from the world we know. One of the comparisons they make compares the pleasures of the World to Come with the relief that comes to a person from a proper evacuation of the bowels. The fact that many of us would be startled by the Talmud's choice of comparison can be seen as indicative to how far away we have moved from a true appreciation of what is important to leading a healthy and satisfied life.

The renowned Talmudic scholar and legal codifier the Rambam (Maimonides), of blessed memory, lived in Spain and in Egypt in the 1100's. One of his most famous Jewish legal treatises is the Mishne Torah. This includes a section called Ethical Ideas (Hilchos Deos). In the fourth chapter of Hilchos Deos he states that it is the Divine Will that each person should carefully watch over their physical health, since it is impossible to perform the Divine Service with a sickly body. He continues to explain how doctors should not use any medicine if they can manage the sick person through diet. He also states how the health of the body is contingent upon eating food that is easily digested and that most diseases come from eating unwholesome food or eating too much good food. Taking steps to maintain healthy bowel functioning and eating properly are central points in his good health program. He remarks how a person is obliged to make efforts to maintain the health of their bowels throughout their life. If a person avoids excreting waste, or can do so only with difficulty, they have reason to be seriously concerned over their health.

Colon Hydrotherapy is a technique for maintaining and improving bowel health that was certainly known to the Rambam's generation. The origins of the practice predate his era by over a thousand years, going back in time all the way to the ancient Egyptian and Roman civilizations. Colon Hydrotherapy continued in popular use in the United States and other countries up until the 1930's, when it began to be displaced with the use of antibiotics as a cure all solution.<sup>29</sup> The Millers extensive studies in the United States have convinced them that the abandonment of Colon Hydrotherapy by conventional doctors has deprived patients of a proven method for successfully treating a range of serious illnesses, but even more importantly, a way of preventing these illnesses initial development.

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<sup>29</sup> Tony Centracchio, P.A, "Colon Hydrotherapy – A Forgotten Art", The American Chiropractor, October 1986.

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### **The Theory of Colon Hydrotherapy**

Colon Hydrotherapy is based on an understanding of the pivotal role of the colon (also called the large intestine) in eliminating toxins from the body. The famous surgeon Dr. Harvey Kellogg of Michigan's Kellogg sanitarium, estimated that more than 90% of known diseases originate from a blocked and non-operational colon.<sup>30</sup> When the colon is working effectively waste matter is discharged through regular bowel movements. If the colon is blocked up the waste matter accumulates and provides a fertile breeding ground for bacteria that can spread infection throughout the body, and for the development of parasite infestations that can cause abdominal pains, lung infections, weight loss and fatigue as well as other illnesses.<sup>31</sup>

Just as the overflow from a blocked sewage pipe can contaminate a whole neighborhood, an overflow of toxins from the body can contaminate the blood stream and impede the effective functioning of other vital organs. If this situation is left untreated the results can be fatal. This phenomenon is referred to as "Auto-intoxication" since the body is poisoning itself by releasing a toxic overflow from the colon<sup>32</sup>. According to an investigation made by England's Royal College of Surgeons up to 36 poisons can be released into the body from a leaky colon.

If we all followed a diet with high fiber and bran content and healthy portions of raw foods, and we lived in environments free from stress and pollution, key causes of colon blockage would be removed. The realities of modern, urban life force so many of us to contend with highly polluted environments, and drink water and eat food that is very far from its pure state. There is much that each person can do by maintaining a wholesome diet and taking regular exercise, but the external environment we live in makes it so much harder to avoid situations where our bodies end up overburdened with the task of removing the waste that builds up within them. So how is it possible today to achieve the lasting and abiding health that Dr. Jensen describes as "...the result of education and discipline in cleanliness of the body, mind and spirit"?<sup>33</sup>

### **The Jerusalem Colon Hydrotherapy Clinic Can Help You**

Colon Hydrotherapy removes waste from the body without the use of chemicals. The cleaning is performed by gently flushing the colon with a trickle of distilled, warm water. This removes the layers of waste accumulated on the inner skin of the colon, and weakens the harmful bacteria and parasites lodged within the colon. The cleaning can stop "Auto-intoxication" by halting the harmful bacterial and parasite proliferation, and creating conditions for flora (friendly microorganisms that work to break down waste within the colon) to flourish, so enabling the colon to function more efficiently. Flora are most prone to multiply in a clean environment. Thus removing putrefying waste has the double advantage of encouraging an increase in flora and creating the conditions for a better absorption of nutrients.

A good comparison can be made between the way colon hydrotherapy cleans the body and the method every housewife knows for cleaning a pot encrusted with congealed food – letting it soak over night in the sink. However, in the case of Colon Hydrotherapy the cleansing procedure for the colon is accomplished in about 45 minutes.

The Jerusalem Colon Hydrotherapy Clinic uses the latest Colon Hydrotherapy machine (approved by the FDA). Sessions are painless and patients often find them very relaxing. No compromises are made in respect for the patient's privacy, and with the maintenance of the highest standards of hygiene. As the waste is released from the body, the patient can see it draining away through a transparent sealed pipe, but no unpleasant odors are allowed to escape. During the treatments

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<sup>30</sup> Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 53.

<sup>31</sup> Hanna Kroeger, "Parasites, the Enemy Within", Hanna Kroeger Publications (1991), p.7

<sup>32</sup> Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), Ch.2.

<sup>33</sup> Ibid. p. 154

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female patients are attended by Dr. Miller, and male patients by Mr. Miller. In addition to controlling the flow of sterilized water, and ensuring that the optimum temperatures and pressures are maintained, the Millers know how to release the pent up tensions that are usually let out in the course of the treatment. By providing a sympathetic listening ear they assist the patients unload their emotional burdens, while the Colon Hydrotherapy machine does its job of dislodging accumulated wastes and toxins, and pushing them out of the body.

The Millers have found that Colon Hydrotherapy can be successfully applied to treating a variety of disorders including chronic stress, constipation, gastronomic complaints, pains and fatigues, as well as helping those who are suffering from the side effects of conventional medical treatments. Treatments are also applicable to a range of age groups from 9 to 99! People who are concerned over deterioration in their health, and people who want to take preventative action to forestall future illness, both find Colon Hydrotherapy can be very beneficial.

The Jerusalem Colon Hydrotherapy Clinic will be happy to provide additional details of what a Colon Hydrotherapy session involves, and how it might help you realize your legitimate strivings to attain that blessed state of a healthy mind housed in a healthy body.

### **The Jerusalem Colon Hydrotherapy Clinic is located at**

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We look forward to hearing from you.

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