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Introduction

Introduction

This book describes the major current health challenges facing our generation and how colon hydrotherapy has been proven to be an effective curative and preventative treatment. In this introductory section we take a general overview of the health crisis confronting the Western World. This is followed by a brief description of the theory and history of colon hydrotherapy and its relevance to the fight against chronic ill health. The subsequent chapters of this book describe in details the symptoms and rising incidence of the most common and pernicious ailments known to contemporary man, and they explain how in each specific case colon hydrotherapy techniques can overcome the illness, and set the patient back on the road to robust health. We sincerely hope that the reader finds this publication informative and that it will provide motivation to find the most effective diagnosis and care to remove the suffering of ill health, and restore the pleasures of possessing a healthy mind in a healthy body.

With our blessings for good health

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A Note Concerning Our Sources

Extensive research went into the compilation of this book. To allow readers to research further into issues of interest to them, hundreds of footnotes have been included. As a rule, the source is listed in full only the first time they are quoted. The main authors and works used in our research are included in a Bibliography at the end of the book to make it that much easier for the interested reader to inquire further into the issues discussed.

A Note Concerning Repetition of Passages

Since the Jerusalem Colon Hydrotherapy Clinic places great weight on the interlinking between physical and emotional health issues, and the damaging impact of many features of today's environment, these themes occur repeatedly in the discussion of the various illnesses. This book was composed from a series of pamphlets originally published separately and each of these pamphlets analyzed the illness described according to this approach. Consequently, the reader might notice some repetition between the different sections of this book. However, this repetition is not unintentional, but rather indicate of the great extent to which a wide range of ailments are interlinked and draw their destructive powers from a common source — blockages and leakages in the colon.

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 up¹. 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!² 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 liver³. 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.

¹ Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

² Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

³ 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.⁴ 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.

⁴ 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.⁵ 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.⁶

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 colon⁷. 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"?⁸

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

⁵ Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 53.

⁶ Hanna Kroeger, "Parasites, the Enemy Within", Hanna Kroeger Publications (1991), p.7

⁷ Jensen, Ch.2.

⁸ 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 following sections of this book describe the symptoms and incidence of the leading chronic diseases confronting our generation, and they explain how in each case colon hydrotherapy can be both an effective treatment and preventative method with numerous advantages over the popular conventional medical treatments.

Alcohol and Narcotics Abuse on the Rise

The misuse of alcohol and narcotics that is sometimes referred to as substance abuse has a long history. The Book of Genesis records the earliest incidence of drunkenness when Noah over-indulged in wine after his rescue from the Flood. The abuse of narcotics appears to be of more recent date, but by the early 1800's it was already a well-established problem. The classic of English literature, Thomas De Quincey's "Confessions of an English Opium Eater" was published in 1821. This book describes in vivid terms the sufferings the author brought upon himself through an addiction to opium. It is therefore legitimate to ask what is so novel and disturbing about the contemporary manifestations of these problems?

Substance abuse can be defined as follows: "*addiction to alcohol or other drugs (from barbiturates to cocaine) is a physical and emotional dependence on that substance and the effects it produces. It involves a loss of control, often causing devastating effects on all aspects of the individual's life including work, family, and health.*"⁹ Symptoms include intense cravings for the substance, the need to continually increase the dosage in an attempt to satisfy this desire, and anxiety, seizures, hallucinations and other severe withdrawal symptoms when the substance is avoided for a prolonged period.¹⁰

Today, both alcohol and drug abuse are widely recognized as diseases, and there is substantial evidence that the absolute amount and extent of these problems has reached frightening proportions. The available figures illustrate this thesis. For example, whereas in 1939 an estimated 45% of American women were drinking alcoholic beverages, by 1994 this percentage had risen to 61%. The projected numbers of alcohol abusers, alcoholics, and alcohol abusers and alcoholics combined in the USA increased from 17,642,315 in 1985 to 18,378,299 ten years later.¹¹

Even in Israel, a country not noted for alcoholism related problems, in 1990 there were an estimated 50,000 alcoholics, with 30-40% of minors reporting drinking alcohol.¹² A November 2000 study of 1,464 junior and senior high school students in the center of Israel "*revealed relatively high percentages of drunkenness (37.38%) and visiting pubs and bars (66.92%).*"¹³ An Israeli government publication describes how substance abuse is another growing problem in Israel: "*A recent sampling of students in grades 7 through 12, conducted by the Ministry of Education and the Ministry of Labor and Social Affairs, indicated that some 10% of the students had illegally used some psychoactive substance – in other words some 60,000 youths...Approximately 57% of youths reported the use of alcoholic beverages during the past year and approximately 21% reported cigarette smoking.*"¹⁴

The situation of all these unfortunate people who become victims of their own addictions is well summed up in a quote from the Narcotics Anonymous Internet site: "*We are powerless over a disease that gets progressively worse when we use any drug. It does not matter what drug was at the center for us when we arrived. Any drug we use will release our disease all over again.*"¹⁵

⁹ Susanne Althoff & others, "A Guide to Alternative Medicine", Publications International Ltd., 1997, p. 18.

¹⁰ Ibid.

¹¹ Dr. Shoshana Weiss, Lia Gefen, Prof. Michael Moore, "High School Students as Victims of Intoxicated Persons", pp. 266-272.

¹² The Jerusalem Post, Nov 25th, 1990.

¹³ The Israeli Society for the Prevention of Alcoholism. See <http://www.eurocare.org/ispa/journalabstracts.html#Anchor-Evaluation-5677>

¹⁴ Shiluv, Winter/Spring 2002, p.13.

¹⁵ Narcotics Anonymous. See <http://www.na.org/bulletins/bull13-r.htm>

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The growth of substance abuse can be seen as one of the costs of our rapid economic development, urbanization and erosion of traditional values. The problem has been linked with a number of phenomenon, including unhealthy diet, environmental factors and stressful lifestyles, and to the breakdown of the strong family and community-based societies of earlier times. In the words of Dr. Patrick Dixon, *“Drug addiction is often a sign of something far deeper, and when a community shows high levels of addiction, it indicates a sickness at the very heart of daily household life. It is far too easy to focus on simplistic anti-drug campaigns while ignoring the underlying factors that make widespread drug use almost inevitable... While life expectancy has increased, so have the years of loneliness, isolation, chronic illness, muscle wasting, partial mobility, deafness, fading vision, physical dependency and feeble mental powers. There is a growing market therefore for “happy pills”*¹⁶. This represents one of the most challenging side effects of our technological advance and lifestyle modifications. A civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, is finding it increasingly difficult to cope with the basic malfunctioning in our bodily systems, and the serious health damage consequent upon over-indulgence in the “benefits of progress.”

Doctor – Help Me!

The serious effects of substance abuse have received extensive publicity. The debilitating effects of drug addiction on the body can be seen in the sad, worn out shells of humanity living out on the streets of our major cities. If they do not succumb to the consequence of the poisons they are feeding their bodies, the deprivations and violence that characterize their lifestyles frequently lead to their early demise. The damage alcohol can cause to the liver and kidneys has received a little less coverage but it is still widely known. Dr. Walker vividly describes for us how *“the British, Germans and Americans — nations which are the greatest consumers of beer — have the most serious and prolific kidney afflictions of any people in the world, although Italians, French and Latin people come a close second.”*¹⁷

The conventional medical world has adopted various combinations of drug and therapy based methods to try and break patterns of substance abuse. For example, behavioral therapy sessions combined with administration of the methadone medication is commonly used for treating certain hard-drug addictions. However, the success record of conventional medical and psychological treatment is far from encouraging. Drugs such as methadone have many unpleasant and potentially dangerous side effects, including nausea, vomiting, headaches, insomnia, skin allergies and palpitations.¹⁸ Regarding the psychological treatments commonly used, there are also serious grounds for doubts as to their effectiveness in many cases. In the course of the past 15 years New York’s Baldwin Institute have been studying the progress of patients undergoing treatment for drug and alcohol abuse They have come to the conclusion that, *“Psychological alcohol and drug treatment has been a failure from its beginnings. It has never worked in its entire hundred year history, and now there is evidence that psychological treatment actually hurts those people who go to those types of programs.”*¹⁹

The conventional medical doctors and psychologists are working to the best of their capabilities to try and help you, but they are limited by their narrow focus on treating the symptoms rather than trying to identify and deal with the source of these problems, and appreciating how they relate to the health of the colon, *“upon which the health of the body in its entirety depends.”*²⁰ Sometimes medicines prescribed can themselves become the source of an addiction. The well-

¹⁶ <http://www.globalchange.com/drugs/TAD-Chapter%203.htm>

¹⁷ Walker, p. 41.

¹⁸ http://www.rxlist.com/cgi/generic/methdone_ad.htm

¹⁹ <http://www.baldwinresearch.com/>

²⁰ Walker, p..6.

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known tranquilizer drug Valium is a classic case of how trying to treat the symptoms of a problem can result in the creation of an even more serious health crisis. The well-known American media personality, Rush Limbaugh, described how his brother was prescribed Valium for the after-effects of a painful kidney stone. He became addicted to this drug had now been “paralyzed for 15 years from the chest down because he was so zonked out on Valium that he miscalculated one morning while jogging and was hit by a car going 55 miles per hour.”²¹ The fact of the matter is that we are deluding ourselves in the search for a quick and preferably drug-based relief for every ailment. Rejecting the medical knowledge built up over previous ages is not invariably a sign of modernity, in certain circumstances such a rejection is foolishness. It pays to examine whether the medical knowledge known to the ancients could help save lives by preventing the onset of substance abuse, and helping redress the damage caused to people who have already fallen into its clutches.

Getting to the Root 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 old and traditional holistic approach to internal body cleansing and preventive health care has significant advantages over the wonder-drugs favored by contemporary medicine. 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 emotional and physical deterioration, and increasing immunity to withstand future health pressures.

Trying to treat alcohol and drug abuse in isolation contradicts all the knowledge we have been rediscovering concerning the unity of a mind and body that share the same systems, with the state of one having clearly demonstrated effects upon the other.²² Bill, the anonymous founder of Alcoholics Anonymous, came to understand the root of his problem when he reached an appreciation of how “*alcoholism was a malady of mind, emotions and body. This all-important fact he had learned from Dr. William D. Silkworth of Towns Hospital in New York, where Bill had often been a patient. Though a physician, Dr. Bob had not known alcoholism to be a disease.*”²³ The challenge is how we can restore to our bodies the ability to cope with addictions nurtured through our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller’s investigation of the of substance abuse-related conditions in the United States, and now in Israel, combined with their clinical experience in helping afflicted patients, have led them to an advanced understanding of the interconnections between the development of these problems, and problems with the basic waste elimination functions of the colon (or large intestine).

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.²⁴ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this “transit time” is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs

²¹ Rush Limbaugh quoted in NewsMax.com. See <http://www.newsmax.com/archives/articles/2003/10/13/133723.shtml>

²² 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.

²³ <http://www.alcoholics-anonymous.org.uk/em24dc14.html>

²⁴ Jensen, p. 47

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and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon.

Whatever the dietary or environmental influences that lead to the 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.²⁵ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.²⁶ 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.*”²⁷

The unhealthy concentration of toxins in the colon provides an ideal environment for the development of the severe physical and emotional stresses that can set the scene for the appearance of a substance abuse problem. Understood in this broader context, it becomes easily apparent how the development of alcoholic and drug addictions can be linked to a serious malfunctioning of the colon, and the malfunctioning of the key bodily organs that comes in its wake. Although a perfectly healthy person who is not under unusually heavy stress can still become a substance abuser (for instance, under the influence of bad company) the chances of addiction developing are much reduced if the body is cleansed of toxins and the process of auto-intoxication has been stopped.

The taking of drugs to relieve the problem obviously 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.

A Modest Proposal for Tackling Substance Abuse at its Source

Based on their academic studies and clinical experience, the Millers are convinced that the most effective way to treat alcohol and drug abuse tendencies and their after effects is not to be found in taking medications to remove these signs of malaise. The only long-term answer is found in 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. 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 resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient’s physical well being.

With the blockage in the colon removed, the stress on the body pushing the patient in the direction of substance abuse is eliminated, and the process of repairing the damage caused by alcohol and drug abuse can now get underway. 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 free the patient from the clutches of these chronic sicknesses with all their undesirable manifestations and disturbing long-term effects. In the words of Dr. Carter, Professor

²⁵ Ibid, Ch.2.

²⁶ Watson, p.39

²⁷ Dr. D. Medsker and Bekki Medsker, “Understanding the Need for Colon Hydrotherapy, Medsker Publishing Company, Quinby (1997), p. 6.

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and Head of the Nutritional Section at Tulane University School of Medicine, "*Colon hydrotherapy is an excellent detoxifier for overindulgence of alcohol drinking and drug addictions of all kinds. Residues of drugs and other agents in the tissues are eliminated with colon hydrotherapy...It takes away any desire to use drugs or imbibe in alcoholic beverages. Colon hydrotherapy should be part of nearly any addict's therapeutic regimen.*"²⁸

Implementation

The techniques applied in the Jerusalem Colon Hydrotherapy Clinic are rooted in health preventative and curative medicine practices known throughout much of human recorded history, 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 remove the sources of the bodily tensions that both contribute to and result from substance abuse, 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 recurrence of these problems is enhanced. The path of the substance abuse need not be a one-way street, for we can provide him with the space to reverse and remove the pressures that pushed him down this path in the first place.

²⁸ Morton Walker, DPM in the Townsend Letter for Doctors & Patients: August / September 2000 (#205/206)

Anorexia Nervosa and Bulimia – the Costs of Prosperity

For much of human history mankind has been occupied with the incessant struggle to find food and water. From the famine recorded in the times of Avraham Ovenu, to the famines in the times of the Kings of Israel, there are a number of references to famines in the Tanach. In more recent years, famines in Ethiopia, and Bangladesh and other Third World countries have made news headlines. However, for residents in the developed Western world the idea of famine is no longer seen as a situation people might one day encounter, but rather as something that happened many hundreds of years ago, or a tragedy that strikes some distant corner of the underdeveloped world. Certainly, the abundance of food and water supplies the people of the developed world enjoy today should be viewed as a major achievement of mankind. However, the Western world's high standard of living in the early twenty-first century has been bought at a high price. The increasing incidences of the Anorexia Nervosa and Bulimia ailments are among the most unpleasant negative consequences of this great abundance of material well-being.

Anorexia Nervosa and Bulimia are both serious eating disorders, commonly, but not exclusively found in teenage girls. Anorexia develops when the patient starves herself, usually out of a feeling that she is overweight. For an estimated one third of sufferers this illness is fatal. Symptoms include dry skin and thinning hair. Sufferers have recurrent bouts of sickness and frequently feel cold. Sometimes they develop a growth of fine hair all over their bodies, as the body tries to keep itself warm in the absence of body fat. Anorexia sufferers also become short-tempered and have difficulty maintaining their concentration.

In some respects Bulimia can be seen as the opposite to Anorexia. The illness involves bouts of "binge-eating, then vomiting or using cathartics or diuretics. Although the Bulimia sufferer behaves in the opposite way to the Anorexia sufferer, the aim of striving to lose weight is shared. They also often have in common emotional problems such as low self-esteem, depression and frustration.²⁹ Bulimia symptoms include Gastroesophageal reflux disorder (GERD), bloating, stomach pains and sore throats. Stomach ulcers and dental problems are among the other ways in which Bulimia has a negative impact on the body.

Anorexia Nervosa has only been recognized as an illness since the end of the 1800's, and there is clear evidence that the prevalence of the illness has increased over recent years. Bulimia was first recognized as an illness as late as 1979. There is discussion in medical circles whether it is a complaint that has been around for a long while but was not previously diagnosed, or whether it is a new illness that has appeared in our times. The weight of evidence points to it being a new illness.³⁰ As far as the number of people suffering from these illnesses is concerned, estimates refer to as many as from five to ten million girls, and one million boys and men in the USA suffering from such eating disorders.³¹

Although researchers argue concerning how far back in history these eating disorders can be traced, they seem to be in general agreement that their incidence has been rising. Statistics point to a double of the incidence of Anorexia Nervosa in the United States over the last 25 years.³² An additional disturbing factor is that these illnesses are appearing at younger ages. Eetta Prince-Gibson writes of how in Israel "*Today, girls as young as nine are developing severe eating disorders. Girls only 11 years old have been admitted to Hadassah's inpatient unit, suffering from*

²⁹ Tenney, Louise, *Nutritional Guide with Food Combining*, Provo, Utah, Woodland Health Books, 1991, p.85.

³⁰ Russell GFM *The History of Bulimia Nervosa*. Handbook of Treatment for Eating Disorders, Garner DM, Garfinkel PE, eds. New York: Guilford Press (1997).

³¹ <http://myhealth.barnesjewish.org/healthnews/MedicineontheHorizon/moth072003.htm>

³² Dr. Joseph. F. Smith. See <http://www.chclibrary.org/micromed/00037510.html>.

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*severe malnutrition and distortions of their sense of their body.*³³ In her words, *“Where food and fashion are plentiful, eating disorders reach epidemic proportions.”*³⁴

Most links point towards a connection between the development of eating disorders and the psychological pressures and emotional stresses of life in the fast lane of societies that do not know how to deal sensibly with their material blessings. Dr. Jensen writes of how, *“Fear, anger, depression, stress, tension, worries, and obsessions can all upset the delicate processes of the body, in particular those of digestion and elimination.”*³⁵ The National Eating Disorders Association describes how *“Scientists are still researching possible biochemical or biological causes of eating disorders. In some individuals with eating disorders, certain chemicals in the brain that control hunger, appetite, and digestion have been found to be imbalanced.”*³⁶ Some researchers in Sweden have already gathered preliminary evidence that *“the brains of people suffering from anorexia and/or bulimia might be under attack from autoantibodies.”*³⁷ If additional research reinforces these findings, this would *“put the disorders in the category of autoimmune diseases, such as rheumatoid arthritis and multiple sclerosis, which occur when the body’s immune system turns on itself and starts to destroy different parts of the body.”*³⁸

It is impossible to dispute the early twenty-first century’s abundance of food and water, and the luxury of accommodation compared to past ages of human history, but we are forced to admit that 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. Our predominantly sedentary lifestyles deny the body the exercise so essential to the healthy functioning of our vital organs. In the words of Dr. Norman Walker *“Infirmary 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.”*³⁹

This situation 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 illness could be related to environmental factors.⁴⁰ This 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.

A Challenge for Conventional Medicine

Many treatments of Anorexia Nervosa and Bulimia involve use of anti-depressant drugs such as Prozac. The administration of psychotropic medication is often performed in a hospital setting. In addition to medications, psychotherapy and nutritional programs are implemented in the effort to suppress the eating disorder. Despite this powerful combination of conventional medical techniques, the rates of success have been sporadic. The Jewish News Weekly of Northern California notes how *“eating disorders have been difficult to treat, with a recidivism rate estimated as high as 97 percent. Antidepressant drugs have been shown to decrease binges in 50 percent to 90 percent of bulimics, as well as helping anorexics and nonpurging binge eaters. But*

³³ The Jerusalem Post Internet Edition, Wednesday July 11, 2001

³⁴ Ibid.

³⁵ Jensen., p.65.

³⁶ http://www.edap.org/p.asp?WebPage_ID=294#top

³⁷ <http://www.hon.ch/News/HSN/510723.html>

³⁸ Ibid.

³⁹ Walker, p. 4.

⁴⁰ Susan Stockton, “The Terrain is Everything”, Power of One Publishing (2000), p.123.

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only a fraction of patients become totally free of eating disorders -- even on high levels of Prozac and other drugs.”⁴¹

The conventional medical practitioners are skillfully using the professional knowledge and tools at their disposal, but they are limited by a narrow focus on suppressing symptoms rather than identifying and curing the source of these ailments, and appreciating how they relate to the health of the colon, *“upon which the health of the body in its entirety depends.”⁴²* The common resource to the use of anti-depressant medicines also falls into this category of trying to suppress the symptoms rather than dealing with the source of ailment. Success of these treatments is far from guaranteed and often there are undesirable side effects. For example, among the common side effects of Prozac are headaches, tremor, dizziness, asthenia and bronchitis, to list only a few of the serious ailments this drug can set in motion.⁴³ 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 chronic illness prevention has been sadly neglected.

Addressing 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 internal body cleansing and preventive health care 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 illness, 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. Unfortunately, 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 treat Anorexia Nervosa and Bulimia 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.⁴⁴ The challenge is how we can restore to our bodies the ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller’s studies of the incidence of eating disorders in the United States, and now in Israel, combined with their clinical experience in successfully treating afflicted patients, have led them to an advanced understanding of the interconnections between the development of these ailments, and problems with the basic waste elimination functions of the colon (or large intestine).

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.⁴⁵ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this “transit time” is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon.

⁴¹ http://www.jewishsf.com/content/2-0-/module/displaystory/story_id/4987/format/html/displaystory.html

⁴² Walker, p.6.

⁴³ <http://www.prozac-side-effects.com/prozac-side-effects.html>

⁴⁴ Yair Kaufman MD, p.13.

⁴⁵ Jensen, p. 47

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Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. He compared the bowel transit times of the average Englishmen and rural East Africans, and found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.⁴⁶

Although dietary and environmental influences that lead to the 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.⁴⁷ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.⁴⁸ 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.*”⁴⁹ It is not difficult to imagine how this serious health crisis leads to a level of bodily chemical imbalance and stress where serious eating disorders can develop and take root.

The taking of drugs to relieve the ailment obviously fails to address the central problem of the build up of contaminated waste matter and toxins in the colon. If anything such medicines aggravate 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.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the most effective way to treat eating disorders is not to be found in taking medications to remove these signs of malaise. This is equivalent to ignoring warning lights in your car indicating that there is a lack of water or fuel. The only long-term answer is found in 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. 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 resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient’s physical well being. With the blockage in the colon removed, the heavy stress on the body is eliminated. Relieved from such stress the patient is much less likely to develop Anorexia Nervosa or Bulimia symptoms, and if one of these illnesses is already present, they will find new strength to overcome it. Eventually the intimate relationship between physical and emotional well being — often expressed in English as “a healthy mind in a healthy body” goes to work to free the patient from the clutches of these chronic eating disorders with all their undesirable manifestations and disturbing long-term effects.

⁴⁶ Quoted in Jensen, p.52.

⁴⁷ Ibid, Ch.2.

⁴⁸ Watson, p.39

⁴⁹ Dr. D. Medsker and Bekki Medsker., p. 6.

Anorexia Nervosa and Bulimia

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.

Since Bulimia sufferers in particular often resort to extensive use of laxatives, it is important to stress the differences between colon hydrotherapy and laxative usage. First of all, there is no truth in the popular perception that laxatives are a tool to achieve weight loss. The use of laxatives can only lead to instant relief at the price of long-term damage, but colon hydrotherapy is able to bring long-term relief without any negative impact on the bodily systems. Colon Hydrotherapy implements a full cleaning of the colon, but the use of laxatives only results in a partial cleaning so that the constipation eventually returns. In addition, it is important to note that colon hydrotherapy is a chemical free treatment, with all the many advantages that accrue from avoiding the introduction of unnatural substances into our bodies. Herbal as well as chemical based laxatives are known to irritate the whole digestive tract, and to weaken the muscles. The body reacts to herbal laxatives as a foreign entity and it expels them along with some liquid waste, but this is alone is insufficient to solve the constipation problem since the other waste remains left behind. This also causes dehydration. By way of contrast colon hydrotherapy actually improves the patient's hydration status, without irritating the digestive processes.⁵⁰

The efficacy of colon hydrotherapy as a tool for overcoming eating disorders and the damage they cause is supported by a number of testimonies. Probably the most famous person to successfully try this approach was Britain's late Princess Diana, a sufferer from Bulimia. In an interview she described how *"For years I've been trying to bury my troubles under mountains of food. But after I binge, I worry about my figure. And I make myself throw up. It's a terrible vicious compulsion. But now that I'm getting regular colonics, I don't worry so much about what I eat. I know all the excess food will be washed away, along with the poisons that cause my terrible headaches. My migraines are caused by food allergies, and I haven't had one since I started the treatments."*⁵¹

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 remove the sources of bodily chemical imbalance and stress, 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 these illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of removing the curses of Anorexia Nervosa and Bulimia can be in sight.

⁵⁰ Ibid. p.4.

⁵¹ Di Cures ALL Her Ills with Weird Water Therapy, The GLOBE, Vol. 40, Number 22 June 1, 1993.

Confronting the Challenges of Asthma, Allergies & Gerd

Asthma, allergies and Gerd are conditions that appear to be both increasing in incidence and severity in many Western countries. These ailments have the mucus related problems as a common characteristic, and therefore there is logic in grouping them together for the purposes of this discussion. Although sometimes the text will describe each of these illnesses separately, at other times we will take advantage of their shared characteristics and describe them together as “excessive mucus-related conditions.” To begin with, let's consider the medical evidence.

Asthma is usually described as an illness that narrows the air passages of the lungs, causing breathing difficulties. Vickie Miracle, RN, EdD, CCRN, CCNS, records how, “*Mortality and morbidity from asthma have both increased dramatically over the past several years... Currently, asthma is the sixth leading cause of hospital admissions.*”⁵² Seventy five percent of asthma patients also suffer from Gerd, and this is another indicator of the related nature of these complaints.⁵³

The term “allergies” is applied to a wide variety of complaints having in common a super-sensitivity of the body's immune system to exposure to certain substances such as pollen, chemicals and foods. In the words of Rabbi Dr. Yehonatan Sraya, “*Whether it is seasonal hay fever, food allergies, or environmental allergies, this problem is affecting an ever-increasing number of people. Adults and children are equally affected and, depending upon the intensity of the symptoms, can suffer from mild to severe distress.*”⁵⁴

Gerd (Reflux) occurs when acids from the stomach move backward from the stomach into the esophagus, causing damage to muscle layers and producing feelings of heartburn, acidity in the throat and other unpleasant symptoms. Martin J. Blaser MD, writing for the National Foundation for Infectious Diseases, notes how “*gastro-esophageal reflux disease (GERD) has been increasing progressively in Western societies.*”⁵⁵ Estimates put the number of Americans suffering from this condition as one out of fifty, and the proportion of sufferers increases markedly in the over 40 age group.⁵⁶

The Western world's high standard of living in the early twenty-first century has been bought at a high price. The development of asthma, allergies and gerd can be linked to unhealthy diet, environmental factors and stressful lifestyles. Dr. Jensen writes of how, “*Fear, anger, depression, stress, tension, worries, and obsessions can all upset the delicate processes of the body, in particular those of digestion and elimination.*”⁵⁷ Regarding the spread of allergy problems, Dr. Sraya notes how “Dust and environmental or chemical substances such as laundry detergent, can also cause allergic reactions in susceptible people.”⁵⁸ Concerning Gerd a new study has shown that overweight people have six more times the chance of developing this illness.⁵⁹ All these disturbing statistics indicate the extent to which such health problems have come to represent one of the most challenging side effects of our technological advance and lifestyle modifications. One might well ask how is it possible that a civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, cannot find a satisfactory cure to such

⁵² http://www.jewishhospital.org/heartlung/cardio_summer01/ccn_summer01_2.html

⁵³ <http://www.reflux1.com/news/mainstory.cfm/5/1>

⁵⁴ Rabbi Dr Yehonatan Sraya, “A Guide to Better Health”, The Israeli Vegetarian and Vegan Movement, Tel-Aviv (2003), p.36.

⁵⁵ <http://www.nfid.org/pressconfs/duma00/summaries.html>

⁵⁶ <http://www.gerd.com/intro/noframe/outline.htm>

⁵⁷ Jensen, p 65.

⁵⁸ Sraya, p.37,

⁵⁹ <http://www.healthcentral.com/bcp/main.asp?page=newsdetail&id=513958&ap=1&brand=7>

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basic malfunctioning in our bodily systems and the serious consequences to our health consequent upon our over-indulgence in the benefits of progress.

Although we cannot deny the early twenty-first's century's abundance of food and water, and the luxury of accommodation compared to past ages of human history, we are forced to admit that 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. Our predominantly sedentary lifestyles deny the body the exercise so essential to the healthy functioning of our vital organs. 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."*⁶⁰

This situation 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 illness could be related to environmental factors.⁶¹ This 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. Thus it should come as no surprise when *"a new study of children in southern California reports that frequent, strenuous, outdoor exercise, combined with high levels of ozone air pollution, can more than triple children's risk of developing asthma."*⁶²

A Challenge for Conventional Medicine

Conventional medical science is still struggling to identify the specific causes of asthma, gerd and allergies. For example, in the case of the increasing incidence of gerd, Barry Marshall MD comments, *"I'm not sure that anybody knows for certain why the incidence of GERD is increasing."*⁶³ Concerning asthma, the National Jewish Medical and Research Center states that, *"Although the actual cause of asthma is not known, many studies have shown that several factors can lead to the development of asthma. These factors include a person's genetics, development and growth of the lungs and immune system, various infections and exposures in the environment"*⁶⁴ With regard to other types of allergic reaction, allergies have been linked to *"illness, fatigue, insomnia and a host of gastrointestinal disorders."*⁶⁵

The lack of understanding of the causes of these ailments has produced a situation where the treatments concentrate on suppressing the symptoms. In the treatment of asthma the impossibility of removing the illness is taken as an established fact and treatment focuses on keeping attacks under control using Corticosteroids, Cromolyn and other drugs. Gerd is commonly treated using prokinetic drugs, and in some cases surgery is recommended. Conventional allergy treatments often use antihistamines, taken orally or applied topically as drops or in the form of a spray. Although such treatments do bring relief, they also have potentially serious side effects. Take for example the taking of Corticosteroids drugs for controlling asthma attacks. If taken on a short-

⁶⁰ Walker, p. 4.

⁶¹ Stockton, p.123.

⁶² <http://www.rppi.org/021902.html>

⁶³ Saturday Evening Post, November-December 2003.

⁶⁴ <http://asthma.nationaljewish.org/about/causes/index.php>

⁶⁵ Tenney, p.36.

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term basis the side effects might include “*bigger appetite, weight gain, upset stomach, headache, mood changes, and trouble sleeping. Some people may also have upswings in blood sugar and blood pressure.*”⁶⁶ If such drugs are taken over the long term, the side effects become more severe: “*weakening of the immune system, elevations in cholesterol levels, and weight gain.*”⁶⁷

The conventional medical doctors are doing their utmost to rise to the challenge, but they are held back by a narrow focus on treating the symptoms rather than trying to identify and deal with the source of these ailments, and appreciating how they relate to the health of the colon, “*upon which the health of the body in its entirety depends.*”⁶⁸ Much of the emphasis in these treatments is on controlling the manifestations of the illness as opposed to trying to find and attend to the root of the health problem. 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 illness prevention has been sadly neglected.

The Jerusalem Colon Hydrotherapy Clinic Takes the Problem by the Roots

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 internal body cleansing and preventive health care 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 illness, 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. Unfortunately, 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 treat complaints such as asthma, gerd and allergies 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.⁶⁹ As we mentioned at the beginning of this paper in connection with gerd and asthma, this interlinking is also apparent in the way a patient with one of these ailments develops another mucus-related condition. The challenge is how we can restore to our bodies the ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller’s research into the scope of mucus-related conditions in the United States, and now in Israel, combined with their clinical experience in successfully treating afflicted patients, have led them to a good understanding of the interconnections between the development of these ailments, and problems with the basic waste elimination functions of the colon (or large intestine). When this intestine is clogged, and thus unable to eliminate properly, instead of the mucus going downwards along its normal route, it travels upwards in the body and develops into gerd. Another severe problem resulting from this situation is the leak of hydrochloric acid, which the stomach uses in the digestive process. The coating of the stomach is resistant to burning from hydrochloric acid, but other bodily organs are liable to suffer serious damage from acid escapes, the esophagus in particular.

⁶⁶ http://www.drugstore.com/qxa1291_333181_sespider-what_are_the_side_effects_of_oral_corticosteroid_drugs.htm

⁶⁷ Ibid.

⁶⁸ Walker, p.6.

⁶⁹ Kaufman, p.13.

Asthma, Allergies and Gerd

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.⁷⁰ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this “transit time” is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon.

Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. He compared the bowel transit times of the average Englishmen and rural East Africans, and found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.⁷¹

Regardless of the dietary or environmental influences that lead to the 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.⁷² This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.⁷³ 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.*”⁷⁴ This unhealthy concentration of toxins in the colon also provides an ideal environment for the development of mucus-related conditions. This information has been known to the medical world for many years, but has not received the attention it deserves. When viewed against current drug centered medical practice it is hard to believe that already almost one hundred years has passed by since Allan Eustis, M.D of Tulane University School of Medicine, and D. Rochester of the University of Buffalo School of Medicine discovered the link between intestinal toxemia and asthma.⁷⁵

The taking of drugs to relieve the ailment obviously 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.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the most effective way to treat asthma, gerd and chronic allergies is not to be found in taking medications to remove these signs of malaise. This is equivalent to covering up the warning lights in your car that appear when there is a lack of water or fuel. The only long-term answer is found in 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. 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

⁷⁰ Jensen, p. 47

⁷¹ Quoted in Jensen, p.52.

⁷² Ibid, Ch.2.

⁷³ Watson, p.39

⁷⁴ Medsker and Medsker, p. 6.

⁷⁵ Jensen, p.39

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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 resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being. With the blockage in the colon removed, the stress on the body and its asthma, gerd and allergic symptoms is eliminated. 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 free the patient from the clutches of these sicknesses with all their undesirable manifestations and disturbing long-term effects.

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 remove the sources of mucus-related conditions, 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 these illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of removing the blight of mucus-related conditions can be realized.

Cancer — A Modern Plague

From the ancient era until the early modern period people were terrified about the onset of plague. Today, the fear of cancer has perhaps taken over first place in the list of misfortunes people dread. Although nobody is in danger of catching it from contact with other infected people, as was the case with the highly infectious plagues of yesteryear, the connection between unhealthy living conditions and incidences of the disease can still be seen. Also, the terror the mere mention of the illness inspires has its parallels in fears of typhoid, cholera and other illnesses almost forgotten from memory in the prosperous west. With cancer competing with heart disease to be the number one killer of adult Americans there is certainly sufficient grounds for concern.⁷⁶

The most feared ailment of modern man spreads through the body as a severe disorder of the immune system that mutates the cell replication process. It can take a variety of forms, and develop over different time periods. Environmental, dietary and stress are all possible contributory factors in the outbreak of the disease. For example, the American Cancer Society has gathered evidence regarding the link between bowel cancer and “*environmental agents such as: pesticides and herbicides sprayed on crops, hormones and antibiotics fed to animals and carcinogenic agents in the air we breathe.*”⁷⁷

Cigarette smoking is perhaps the best known of all causes, with the American Lung Association noting how “*Cigarettes contain at least 69 distinct cancer-causing chemicals. Smoking is directly responsible for 87 percent of lung cancer cases.*”⁷⁸ Regarding breast cancer, perhaps the other high profile form of this chronic disease, the California Cancer Registry estimate that “*given current incidence and mortality rates, about one in eight (12.7%) baby girls born this year will develop invasive breast cancer before the end of her life.*”⁷⁹

A recent survey carried out by the Israel Cancer Society revealed that Israelis have the fourth highest rate of colon cancer in the world. The survey was publicized in an article in the Hamodia newspaper: “*Some 3,200 Israelis, rachman litzlan, are diagnosed with the disease each year, and some 1,800 die. Bad diet and a lack of exercise contribute to the country’s high ranking said the Society. According to the society, colon cancer is the second most common cancer among Israeli adults and the leading cause of cancer deaths, even though new drugs have been recently developed to treat it. It generally emerges in both men and women at around age 64. Experts recommend that everyone over 50 undergo annual testing for the disease.*”⁸⁰

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.*”⁸¹

⁷⁶ Althoff, p. 51.

⁷⁷ Centracchio, p.3.

⁷⁸ http://www.lungusa.org/tobacco/smoking_factsheet99.html

⁷⁹ <http://www.ccrca.org/>

⁸⁰ Hamodia, 12 Adar, 5764/March 5, 2004, pA21.

⁸¹ Walker, p. 4.

Cancer

This situation 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 illness, such as cancer, can be related to environmental factors.⁸² This includes both pollution of the air we breath 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 large number of medical researchers and charitable institutions throughout the world devoted to trying to find a cure for cancer illustrates both the high level of public concern, and also the lack of any major breakthroughs in successful treatment. Currently surgical, radiotherapy and chemotherapy treatments are the main conventional medical approaches. Unfortunately, success rates are very variable, depending upon how early the disease was detected, the area of the body affected and the extent the illness has spread.

The conventional medical treatments can also often have unpleasant side effects that patients find it extremely difficult to endure. Chemotherapy kills the cancerous cells by injecting into the body chemicals and toxins that can seriously impair the functioning of organs of digestion and waste elimination. These side effects might be considered an inescapable consequence of becoming cured, but the damage they cause should not be dismissed so lightly. In the words of Brenda Watson CT, *“All drugs cause some side effects. Many of these drugs affect the organs of the digestive system, the accessory digestive organs and/or the organs of elimination, thus adversely impacting the digestive and/or eliminative functions of the body.”*⁸³ The unpleasant effects of radiotherapy including hair loss, anemia and fatigue, are also well documented.⁸⁴

The conventional doctors are working very hard to come up with effective solutions, but they are limited by a focus on treating the symptoms of the disease rather than trying to identify and deal with the source of these ailments, and a lack of emphasis on disease prevention. Also, although they certainly want to reduce the physical and psychological suffering inherent in the treatments used, they have been trained to seek 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 disease and the health of the colon, *“upon which the health of the body in its entirety depends”*⁸⁵ 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.

⁸² Stockton, p.123.

⁸³ Watson, p. 43.

⁸⁴ Althoff, p. 51.

⁸⁵ Walker, p.6.

Cancer

The Relevance of An Ancient Methodology

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. Unfortunately, colon hydrotherapy is not sufficient by itself to cure every cancer, but there is impressive evidence that it can play a part in preventing the onset of the disease, and in providing relief from the side effects of conventional treatments.

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.⁸⁶ 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 Miller's research into the causes and effects of cancer 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 the illness, and problems with the basic waste elimination functions of the colon (or large intestine). The link with colon cancer is the most obvious of these links since the connection between the illness and toxic accumulations in this organ is the most direct. However, the highly integrated nature of all the bodily systems does not restrict the association to this variety of the disease alone. In addition, the side effects of both chemical and alternative herbal treatments can be seen to be clearly related with the health of the colon.⁸⁷

A 1980 University of California Medical School study focused attention on the links between bowel ailments and the development of cancer, and detected a link between "a high-fat, low-fiber diet and the risk of breast cancer."⁸⁸ This study found that abnormal cells were found five times as often in women who had fewer than three bowel movements per week, compared with women who had one bowel movement per day.

Dr. Denis P. Burkitt MD observed how cancers of the colon (as well as a number of other serious diseases) were virtually unknown among rural East Africans. After extensive field research in Congo, Kenya, Uganda and Sudan, he came to the conclusion that "*Excessive consumption of refined carbohydrates favors the growth of putrefactive bacteria in the bowel, alters bowel chemistry and invites ulcerative colitis, polyps and colon cancer.*"⁸⁹

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

⁸⁶ Kaufman, p.13.

⁸⁷ Medsker and Medsker, , p. 13.

⁸⁸ Jensen, p. 42.

⁸⁹ Ibid, p.52

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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.⁹⁰ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.⁹¹ 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.”⁹² Understood in this broader context, the appearance of cancerous cells can be seen as a reaction to a serious problem in the functioning of the colon.

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 cancer 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 colon and other forms of cancer. 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 resultant strengthening of the immune systems and reduction of pressure on the liver 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.

For cancer patients who are receiving conventional medical treatments, removal of accumulated toxins in the colon can help them deal with the constipation and other digestive disorders commonly associated with these treatments. For example, chemotherapy infuses the body with chemicals and toxins that have many serious side effects. By eliminating these toxins from the colon, colon hydrotherapy makes it possible for the patients to derive the maximum benefit from the chemotherapy treatment. Also, patients who have chosen diet or acupuncture based treatments are more likely to see the desired results if the toxins of their illness are eliminated from the colon. Dr. M. Gerson noted a number of his cancer patients died due to “internal pollution” caused by the process used to eliminate the diseased cells.⁹³ For those with a history of colon cancer in the family, regular checks and cleanings of the colon are an indispensable part of the disease prevention that is so much easier and more pleasant than the efforts to cure it.

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

⁹⁰ Ibid, Ch.2.

⁹¹ Watson, p.39

⁹² Medsker p. 6.

⁹³ Ibid. p.13.

Cancer

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 colon and other forms of cancer is enhanced, and the health problems of cancer patients resulting from conventional treatments can be eased. When integrated with an individually tailored nutritional program, the dream of removing these serious health concerns can be realized.

Candida, Worms and Parasite Infestation

Candida, Worms and Parasite Infestation – Not Me!

Although nobody is comfortable about admitting to the presence of a fungal or parasite infestation in his or her body, the embarrassment is usually worth taking when compared to the potential damage caused by ignoring this problem. If you are suffering from disorders such as thrush, athlete's foot, bloating, rashes, constipation, excess of body gases or fatigue, migraine and headaches, it is quite possible that these problems are connected to a Candida (yeast) fungal infestation. Problems such as abdominal pain, nausea, vomiting, and chronic diarrhea can be connected to parasite infestation.⁹⁴ According to recent studies as many as 50% of Americans may be sufferers from Candida and parasitical infestations.⁹⁵

Understanding Infestation

Parasites/worms are considered the number one international health problem. A United States national survey performed by the Chicago Times found that one out of six people tested had a parasite infestation.⁹⁶ These unwelcome bodily guests thrive where there is an unfavorable balance of good and bad bacteria in the body, and when the colon is failing to efficiently eliminate accumulations of rotting waste. Diets of convenience foods with little exercise are significant elements in setting up the circumstances for these infestations to develop.

Candida is a yeast-like organism that is naturally present in the body. While it remains at its normal level of balance with the other bacteria within the digestive tract, it is relatively harmless. However, should its presence in the body increase beyond this tolerable amount, it can develop into an unpleasant and potentially very harmful fungal infection. Studies show that Candida can increase itself from 1 to 100 cells in 24 hours. These 100 cells can then each produce 100 additional cells in the next 24 hours, and thus it can rapidly multiply. Trowbridge and Walker describe this infestation as affecting “one-third of the total populations of all Western industrialized countries.”⁹⁷ The spread of Candida has been linked to Chronic Fatigue Syndrome, vaginal irritations, pain when urinating, and to a number of immune deficiency related diseases.⁹⁸

The Candida fungus multiplies in relation to its food supply, in particular the presence of sugar. Also, white flour turns into a pasty sugar within the body providing additional nutrition for the fungus. Therefore, contemporary Western diets with their high dosages of sugary junk foods provide a fertile breeding ground for this fungus. Studies have also been made tracing the link between Candida infestation and the presence of pollutants in the air. The use of drugs such as antibiotics form another common reason for the spread of this infestation since they destroy the friendly bacteria that keeps the Candida in check.⁹⁹ Dr Jan Schmid, Senior Lecturer in Microbiology at New Zealand's Massey University, describes Candida Albicans fungal infections as follows:

“In some patient groups, whose defence system is severely compromised (prematurely born infants, leukemics and burn patients), the yeast can turn into a deadly pathogen causing systemic infections- up to 50% of the patients infected die as a result. The incidence of such infections is increasing rapidly, especially in hospitalized patients. In New Zealand, such infections are now

⁹⁴ Jensen, p. 75.

⁹⁵ Brenda Watson L.M.T, C.T, “Detoxification of Parasites and Candida,” Digestive Care Newsletter, Renew Life.

⁹⁶ Quoted by Jensen, p. 74.

⁹⁷ Trowbridge and Walker, “The Yeast Syndrome”, Bantam Books, 1986

⁹⁸ Althoff, p.164.

⁹⁹ Watson, p.31.

Candida, Worms and Parasite Infestation

eight times more frequent than they were 9 years ago. Our reservoir of anti-Candida drugs is very limited, and these agents can have severe side effects."¹⁰⁰

Popular Conventional Treatments

Although the symptoms of Candida and parasite infestation are well known, the potential long-term damage they could cause has not received the attention it deserves in conventional medical circles. The problem might be dismissed, or the patient given a drug-based treatment such as Nystatin or Diflucan. Sometimes the drugs themselves can have very unpleasant side effects and provide a new host of problems for the unfortunate patient to deal with.¹⁰¹ The aim is always seen in terms of destroying the fungus, worm or parasite and thereby relieving the associated symptoms of the complaint. Often the patient only receives temporary relief from the medication, and once the course is over, the problems return. A further visit to the doctor leads to the prescribing of even stronger medicines and the process repeats itself to the patient's detriment. The conventional medical doctors certainly have your best interests at heart, but they are limited by a medical education that focuses on dealing with symptoms rather than trying to identify and remove the illness from the colon. Although the technology of today is in so many respects far superior to that of our ancestors, when it comes to understanding the workings of the human body, ancient knowledge cannot be so easily dismissed.

Treating the Diseases, and Not Just Their Symptoms

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 a old and tried method of treating fungal and parasite infestations has significant advantages over the typical approach followed in most of the modern clinics. The Miller's clinic is unique in the whole Middle East combining the latest FDA approved technology with one of the oldest recorded techniques for eliminating the sources of illness, and increasing immunity to withstand future health challenges.

Trying to treat Candida, worm and parasite infestation in isolation contradicts our comprehension of the unity of a mind and body where the condition of one element has clearly demonstrated effects upon the other elements.¹⁰² Our bodies have their own innate abilities to fight off infection and repair damage already caused. The diets and lifestyles we follow, combined with the contaminated environments that surround us, can all too easily destroy these health preserving and restoring body processes. The Millers are convinced that through formal studies and extensive clinical experience, even the most serious cases of internal bodily contamination can be reversed.

The key to restoring and enhancing good health is found in an advanced understanding of the interconnections between the proliferation of infestations and problems with the basic waste elimination functions of the colon (or large intestine). When fungus and parasites spread through the body they weaken the entire system and lower resistance to disease. They cause serious damage by attacking the lining of the colon, which in turn harms the body's immune system.

For example, as the Candida fungus proliferates, it sets down long roots that breach the wall of the colon¹⁰³. Given the colon's crucial role in managing the waste elimination process, this

¹⁰⁰ Dr. Jan Schmid Internet site: <http://www.massey.ac.nz/~imbs/js/Research.htm>

¹⁰¹ Watson, p. 43.

¹⁰² Kaufman, p.13.

¹⁰³ Watson, p.32.

Candida, Worms and Parasite Infestation

reduction in its effective working can easily trigger a process of “Auto-intoxication.” Waste products that normally pass through a healthy colon are released into the blood stream in a toxic overflow from a leaky colon.¹⁰⁴ If these Candida toxins (which number at least 77) are left to escape into the body uninterrupted, they can do a tremendous amount of injury to the nervous and immune systems.

The taking of drugs to relieve the infestation obviously 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, the consequences for the patient become increasingly severe.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the way to prevent the spread of worm, Candida and parasites infestation is found in the elimination of the leak of toxins from the colon, and the taking of measures to ensure that re-infestation is prevented. 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 infestation. With the return of the patient’s bowels to normal functioning, the self-poisoning ceases. The resultant strengthening of the immune systems and reduction of pressure on the liver 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 free the patient from the clutches of infestation with all its undesirable manifestations and disturbing long-term effects.

Implementation

The methodology applied in the Jerusalem Colon Hydrotherapy Clinic is soundly based in practices known to the ancients 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.

This unique combination of colon hydrotherapy, massage and emotional support is able to redress the harm done by infestation and thereby boost the individual’s disease resistance and bodily vigor. Unlike most courses of conventional medical treatment, Colon Hydrotherapy can also offer an effective means of forestalling any reoccurrence of the complaint. By facilitating the smooth functioning of the body’s waste/toxins elimination organs, immunity against a recurrence of Candida, worm and parasite infestation and related illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of ridding the body of these health hazards is in reach.

¹⁰⁴ Jensen, Ch.2.

Constipation

The Health Challenges of Constipation

The failure or great difficulty in making bowel movements that we know as constipation, and the high frequency of liquid bowel movements known as diarrhea, have become health problems that almost everyone becomes familiar with at some time or another. It is also now not unusual to find patients who suffer from chronic versions of these complaints. Take for example the common situation of a person who has moved overseas, and is now confronted with the challenges of living in a society and culture radically different from the one they grew up in. The lives of people who need to travel and live abroad for study or business reasons are known to be highly pressured, with insufficient time given to preparing a balanced food intake, taking exercise and other necessary steps to insure regular, healthy bowel movements. As the necessities of dealing with unfamiliar languages and mentalities combine with changes in diet and climate to impose a new range of demands on their bodily systems, the occurrence of chronic constipation or diarrhea could be one of the body's reactions to these new and weighty physical and emotional strains.

The Western world's high standard of living in the early twenty-first century has been bought at a high price. The prevalence of the constipation and diarrhea ailments represent one of the most challenging side effects of our technological advance and lifestyle modifications. Dr. Jensen refers to constipation as "the modern plague."¹⁰⁵ Cathy Shea, LMT, CT, writes, "*Many health authorities believe that constipation is the number one affliction underlying nearly every ailment. This means that constipation would be the most prevalent ailment affecting the civilized world.*"¹⁰⁶ One might well ask how is it possible that a civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, cannot find a satisfactory cure to such basic malfunctioning in the human waste elimination and digestive systems?

Although we enjoy an abundance of food and water, and a luxury of accommodation not known 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.*"¹⁰⁷

This situation 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 illness can be related to environmental factors.¹⁰⁸ This 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

Although the symptoms of diarrhea and constipation are well understood by the medical profession, they are usually related to as an illness to be treated, as opposed to indications of more

¹⁰⁵ Jensen, p. 46.

¹⁰⁶ Cathy Shea, LMT, CT, "The Importance of Detoxifying Our Bodies", p.3.

¹⁰⁷ Walker, p. 4.

¹⁰⁸ Stockton, p.123.

Constipation

serious problems with the body's vital functions. The approach adopted is therefore centered on finding the appropriate drug to suppress the irregular bowel behavior. With varying degrees of success these drug-based treatments succeed in repressing the diarrhea or constipation symptoms and then the complaint returns, or a new health problem appear in a different area. A further bout of the illness leads to the prescribing of even stronger medicines and the process repeats itself. Sometimes the drugs themselves can have very unpleasant side effects and provide a new host of problems for the unfortunate patient to deal with. In the words of Brenda Watson CT, "*All drugs cause some side effects. Many of these drugs affect the organs of the digestive system, the accessory digestive organs and/or the organs of elimination, thus adversely impacting the digestive and/or eliminative functions of the body.*"¹⁰⁹

The conventional medical doctors are doing the best they can, but they are restricted by a narrow focus on treating the symptoms rather than trying to identify and deal with the source of these ailments, and appreciating how they relate to the health of the colon, "*upon which the health of the body in its entirety depends.*"¹¹⁰ The common resource to the use of laxatives to deal with constipation also falls into this category of trying to suppress the symptoms rather than dealing with the source of ailment. Dr. Jensen describes laxatives as "*...essentially poisons and irritants*"¹¹¹ that make no real contribution to returning the waste evacuation process to its normal schedule." The dangers of becoming dependent on the use of laxatives to perform regular bodily functions should also not be overlooked.¹¹² 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 infestation prevention has been sadly neglected.

An Innovative Approach

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 constipation and diarrhea complaints 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 illness, 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. Unfortunately, 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 treat diarrhea and constipation 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.¹¹³ The challenge is how we can restore to our bodies the ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these generate.

¹⁰⁹ Watson, C.T p. 43.

¹¹⁰ Walker, p.6.

¹¹¹ Jensen, p.54

¹¹² Centracchio, p.3.

¹¹³ Kaufman, p.13.

Constipation

The Miller's investigation of the origins and extent of diarrhea and constipation problems in the United States, and now in Israel, combined with their clinical experience in successfully treating afflicted patients, have led them to an advanced understanding of the interconnections between the proliferation of diarrhea and constipation ailments, and problems with the basic waste elimination functions of the colon (or large intestine).

A key to appreciating the nature of these illnesses is to move away from the concept that diarrhea and constipation are two opposites. These illnesses are more accurately seen as two different expressions of the same problem. What this really amounts to is that diarrhea can properly be seen as a form of constipation. Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.¹¹⁴ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this "transit time" is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon. One sure sign of the presence of this problem is the lack of regular bowel movements commonly known as constipation. However, the problem can also manifest itself in the liquefying of the colon contents commonly known as diarrhea. Dr. Jensen clearly explains how when the colon becomes clogged with waste "*the body will often liquefy the colon contents in a last-ditch effort to rid itself of the toxic waste accumulation.*"¹¹⁵

Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. He compared the bowel transit times of the average Englishmen and rural East Africans, and found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.¹¹⁶

Whatever the dietary or environmental influences that lead to the 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.¹¹⁷ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.¹¹⁸ 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."¹¹⁹ Understood in this broader context, the appearance of diarrhea and constipation can be seen as indicating the presence of a deeper problem in the functioning of the colon.

The taking of drugs to relieve the ailment obviously fails to address the basic 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.

¹¹⁴ Jensen, p. 47

¹¹⁵ Ibid., p.47.

¹¹⁶ Quoted in Jensen, p.52.

¹¹⁷ Ibid, Ch.2.

¹¹⁸ Watson, p.39

¹¹⁹ Medsker and Medsker, p. 6.

Constipation

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the way to remove the diarrhea and constipation is not to be found in taking medications to remove these signs of malaise. This is equivalent to ignoring warning lights in your car indicating that there is a lack of water or fuel. The only long-term answer is found in 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. 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 resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being. With the blockage in the colon removed, the source of the chronic constipation and diarrhea is eliminated. 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 free the patient from the clutches of these chronic sicknesses with all their undesirable manifestations and disturbing long-term effects.

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.

The differences between colon hydrotherapy and the employment of enemas need to be stressed, since some people are confused as to the exact differences. The only common point between them is that they are administered to the same area of the body, but from this point onwards they represent two distinct types of treatment. Thus, whereas an enema is only capable of cleaning out the lower part of the colon, and is only effective for a short time, colon hydrotherapy is able to cleanse the entire colon and its impact lasts for longer.¹²⁰ Also, the aggressive nature of the administration of enemas could result in damage to the membrane of the colon whereas the gentle flow of water used in colon hydrotherapy has no such harmful effects.

Colon hydrotherapy and the use of laxatives are also two completely separate treatment approaches. The use of laxatives can only lead to instant relief at the price of long-term damage, but colon hydrotherapy is able to bring long-term relief without any negative impact on the bodily systems. Colon Hydrotherapy implements a full cleaning of the colon, but the use of laxatives only results in a partial cleaning so that the constipation eventually returns. In addition, it is important to note that colon hydrotherapy is a chemical free treatment, with all the many advantages that accrue from avoiding the introduction of unnatural substances into our bodies. Herbal as well as chemical based laxatives are known to irritate the whole digestive tract, and to weaken the muscles. The body reacts to herbal laxatives as a foreign entity and it expels them along with some liquid waste, but this is alone is insufficient to solve the constipation problem since the other waste remains left behind. This also causes dehydration. By way of contrast colon

¹²⁰ Centracchio, p.2

Constipation

hydrotherapy actually improves the patient's hydration status, without irritating the digestive processes.¹²¹

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 bouts of diarrhea and constipation, 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 a recurrence of diarrhea and constipation and associated illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of removing these serious health concerns can be realized.

¹²¹ Ibid. p.4.

Contending with Crohn's disease, Colitis, and Irritable Bowel Syndrome (IBS)

Diseases of the gastrointestinal tract are becoming increasingly common. Crohn's disease, colitis, and Irritable Bowel Syndrome (IBS) are amongst the most serious of these ailments. Crohn's disease is defined as an inflammation of the gastrointestinal tract. In its severe form it can lead to a total blockage of the colon. It is known as a severe painful illness whose other unpleasant symptoms include diarrhea, weight loss, abdominal infections, and anemia. An investigation of the Epidemiology and Natural History of Crohn's Disease in North American, found "*Between 400 000 and 600 000 patients in North America have Crohn's disease, and the natural history is marked by frequent exacerbations requiring treatment with corticosteroids, 5-aminosalicylate products and surgery.*"¹²² The risk of this illness developing amongst women is slightly greater than men, and the risk of Jewish people developing the disease is estimated as between three and eight times more than the risk for gentile. In addition, people with a history of this illness in their family are more likely to suffer from it.¹²³

Colitis is a disease of the colon affecting an estimated quarter of a million people in the United States. The disease causes an inflammation of the colon resulting in both constipation and bloody diarrhea; indigestion, headaches and fatigue can also be related to this ailment.¹²⁴ Its ulcerative form is more severe as it involves a long-term inflammation and ulceration of the colon that has been linked to colon cancer.¹²⁵ Sufferers from colitis may have to go through from 15 to 25 bowel movements per day with no relief and they can also suffer from weight loss.¹²⁶ Ulcerative colitis may affect all ages, but usually has two peaks between the ages of 15-30, then again between the ages of 50-70.¹²⁷ Jewish people and people with a family history of the disease are at greater risk than the general population.

IBS is a colonic disorder involving irregular bowel movements and extreme abdominal discomfort. An estimated 30% of Americans suffer from this illness at some time in their lives, and many of the sufferers are women. In most cases symptoms of the illness appear before the age of 35. The exact causes are unclear but stress, anxiety and certain foodstuffs seem to give rise to the ailment.¹²⁸

The Western world's high standard of living in the early twenty-first century has not been attained without incurring heavy costs. The development of these gastrointestinal tract ailments can be linked to unhealthy diet, and stressful lifestyles in particular. Dr. Jensen writes of how "*such illnesses are "nearly always associated with, or brought on by, a psychological condition...Fear, anger, depression, stress, tension, worries, and obsessions can all upset the delicate processes of the body, in particular those of digestion and elimination.*"¹²⁹ This represents one of the most challenging side effects of our technological advance and lifestyle modifications. One might well ask how is it possible that a civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, cannot find a satisfactory cure to such basic malfunctioning in the human waste elimination and digestive systems?

¹²² E.V.Loftus and others, *Alimentary Pharmacology & Therapeutics*, Volume 16 Issue 1 Page 51, January 2002

¹²³ <http://www.usadrug.com/IMCAccess-old/ConsConditions/CrohnsDiseasecc.shtml>

¹²⁴ Tenney, p.117.

¹²⁵ Althoff, p. 59.

¹²⁶ Jensen, p. 65.

¹²⁷ http://www.ecureme.com/eMyHealth/pediatrics/Ulcerative_Colitis.asp.

¹²⁸ <http://www.hmc.psu.edu/healthinfo/i/ibs.htm>

¹²⁹ Jensen., p.65.

Diseases of the Gastrointestinal Tract

Despite the early twenty-first century's abundance of food and water, and the luxury of accommodation compared to past ages of human history, we are forced to admit that 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. Our predominantly sedentary lifestyles deny the body the exercise so essential to the healthy functioning of our vital organs. 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."*¹³⁰

This situation is aggravated even more by the extensive 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 illness could be related to environmental factors.¹³¹ This 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 Trial for Conventional Medicine

Medical science is still struggling to identify the specific causes of Crohn's disease and ulcerative colitis.¹³² The most popular theory is that the body's immune system reacts to a virus or a bacterium by causing ongoing inflammation in the intestine. Dr. Lori Kam M.D writes, *"Some scientists suspect that infection by certain bacteria, such as strains of mycobacterium, may be the cause of Crohn's disease. To date, however, there has been no convincing evidence that the disease is caused by infection."*¹³³ Regarding ulcerative colitis, *"Theories about what causes ulcerative colitis abound, but none have been proven. The most popular theory is that the body's immune system reacts to a virus or a bacterium by causing ongoing inflammation in the intestinal wall. People with ulcerative colitis have abnormalities of the immune system, but doctors do not know whether these abnormalities are a cause or a result of the disease."*¹³⁴ Other medical researchers associate gastrointestinal tract ailments with diet. Crohn's disease has been linked to gluten intolerance and colitis to allergies to milk, eggs, chocolate, meat, nuts, wheat, corn and citrus foods.¹³⁵

Ulcerative colitis is often treated with corticosteroid, sulfasalazine, and immunosuppressive drugs. If there is no satisfactory response to this treatment, as a last resource all or part of the colon is removed.¹³⁶ The National Digestive Diseases Information Clearinghouse describes Crohn's disease treatment as being aimed at controlling *"inflammation, correct nutritional deficiencies, and relieve symptoms like abdominal pain, diarrhea, and rectal bleeding. Treatment may include drugs, nutrition supplements, surgery, or a combination of these options. At this time, treatment can help control the disease, but there is no cure."*¹³⁷

¹³⁰ Walker, p. 4.

¹³¹ Stockton, p.123.

¹³² Jensen, p.44.

¹³³ http://www.medicinenet.com/Crohns_Disease/article.htm.

¹³⁴ http://www.healthnewsflash.com/conditions/ulcerative_colitis.php.

¹³⁵ Tenney, p.38.

¹³⁶ Althoff, p.59.

¹³⁷ <http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/#treat>.

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The conventional medical doctors are making courageous efforts to help you, but they are limited by a narrow emphasis on treating the symptoms rather than trying to identify and deal with the source of these ailments, and appreciating how they relate to the health of the colon, “*upon which the health of the body in its entirety depends.*”¹³⁸ The common resource to the use of antibiotics also falls into this category of trying to suppress the symptoms rather than dealing with the source of ailment. A study carried out recently suggests that antibiotics can actually be a factor in the development of Crohn’s disease: The “*results of a large study (2,047 subjects – 587 with Crohn’s disease and 1,460 controls) suggest that antibiotic use may be a risk factor for Crohn’s disease...Researchers found that the odds of being prescribed an antibiotic were 53 percent higher in Crohn’s patients than in the comparison group*”, and this “*is evidence against the association being a result of reverse causation.*”¹³⁹

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 chronic illness prevention has been sadly neglected.

The Jerusalem Colon Hydrotherapy Clinic’s Fresh Approach

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 gastrointestinal tract complaints 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 illness, 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. Unfortunately, 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 treat Crohn’s disease and colitis 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.¹⁴⁰ The challenge is how we can restore to our bodies the ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller’s analysis of the sources and consequences Crohn’s disease and ulcerative colitis in the United States, and now in Israel, combined with their clinical experience in successfully treating afflicted patients, have led them to an advanced understanding of the interconnections between the development of gastrointestinal tract ailments, and problems with the basic waste elimination functions of the colon (or large intestine).

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.¹⁴¹ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this “transit time” is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs

¹³⁸ Walker, p.6.

¹³⁹ http://ibd.patientcommunity.com/links.cfm?parentcat_id=151&cat_id=151.

¹⁴⁰ Kaufman, p.13.

¹⁴¹ Jensen, p. 47

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and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon.

Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. He compared the bowel transit times of the average Englishmen and rural East Africans, and found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.¹⁴²

Whatever the dietary or environmental influences that lead to the 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.¹⁴³ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.¹⁴⁴ 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.*”¹⁴⁵ Understood in this broader context, the development of Crohn's disease and colitis can be linked to a serious malfunctioning of the colon. The unhealthy concentration of toxins in the colon also provides an ideal environment for the development of a parasite infestation, and many nutritionists associate Crohn's disease with such an infestation.¹⁴⁶

The prescribing of drugs to relieve the ailment obviously 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. As noted previously, the use of antibiotics to cure the disease has been shown to be a contributory factor in the development of the ailment.¹⁴⁷

A few years ago, Wendy Marston described in graphic terms the sufferings of a 27-year-old Crohn's disease patient who found no relief from this illness in the steroids, antibiotics and multiplicity of other medicines his doctors prescribed. After three years of torment he finally made contact with a doctor who “*had a reputation for treating the patient rather than the disease.*”¹⁴⁸ This doctor found the source of the problem in a Leaky Colon. This accurate diagnosis enabled an effective course of treatment to be prescribed, resulting in the situation where the patient's life “*is moving again. Symptom-free he is back at work and taking night classes.*”¹⁴⁹

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the most effective way to treat Crohn's disease and colitis is not to be found in taking medications to

¹⁴² Quoted in Jensen, p.52.

¹⁴³ Ibid, Ch.2.

¹⁴⁴ Watson, p.39

¹⁴⁵ Medsker and Medsker, p. 6.

¹⁴⁶ Tenney, p.117.

¹⁴⁷ http://ibd.patientcommunity.com/links.cfm?parentcat_id=151&cat_id=151.

¹⁴⁸ Wendy Marston, “Gut Reactions”, Newsweek, November 17th, 1997, p.95.

¹⁴⁹ Ibid.

Diseases of the Gastrointestinal Tract

remove these signs of malaise. This is equivalent to ignoring warning lights in your car indicating that there is a lack of water or fuel. The only long-term answer is found in 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. 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 resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being. With the blockage in the colon removed, the source of the Crohn's disease and colitis is eliminated. 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 free the patient from the clutches of these chronic sicknesses with all their undesirable manifestations and disturbing long-term effects.

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 cleanse potential sources of Crohn's disease and colitis development, 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 these terrible illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of removing these serious health threats can be realized.

Chronic Fatigue and Headaches

The Chronic Fatigue and Headaches Ordeal

Fatigue and headaches are complaints that we all suffer from at one time or another, but their appearance in a chronic form suggests a problem more deep-rooted than the after effects of a hard day at work, or a stressful shopping trip. The related ailments of chronic fatigue and headaches have become sufficiently serious worldwide to justify the proclaiming of an International Chronic Fatigue Syndrome Day on May 12th. This date was chosen because it happens to be the birthday of the famous nurse Florence Nightingale, perhaps one of the best known historical sufferers from chronic fatigue.¹⁵⁰

A DePaul University Study estimated that 422 out of every 100,000 people in the United States suffer from chronic fatigue, and the vast majority of them are not receiving the appropriate medical attention.¹⁵¹ Included in the symptoms of chronic fatigue are headaches, poor stamina, and problems with concentration and memory. A good night's sleep fails to relieve these ailments.¹⁵² This illness is not evenly divided amongst the sexes; women have an incidence of 522 per 100,000, compared to 291 per 100,000 for men. Contrary to what we might expect, young people are far from immune from chronic fatigue, with an incidence of 318 per 100,000 recorded for the test sample that fell within the 18 to 29 age group. Physical fitness also does not seem to be sufficient to protect a person against chronic fatigue as this can even happen to someone as fit as Israel's top Olympic medal winner, Yael Arad.¹⁵³

Regarding the frequency of headache complaints today, a recent epidemiological study found out that 95 percent of young women and 91 percent of young men experienced headache during a 12-month period.¹⁵⁴ In the United States a 1989 National Health Interview Survey placed headaches in third place as a cause of school absence, accounting for over 82,000 days of missed school per week.¹⁵⁵ A number of researchers have detected an increase in this problem over recent years. For instance, a study of Finnish children over a 20-year period revealed an increase in the frequency of recurring headaches.¹⁵⁶ A World Health Organization survey in Sweden also showed how the frequency of headaches increased during an 8-year period, especially among teenage girls in school.¹⁵⁷

The Western world's high standard of living in the early twenty-first century has been bought at a high price. The development of chronic fatigue and headaches can be linked to unhealthy diet, environmental factors and stressful lifestyles. Dr. Jensen writes of how, "*Fear, anger, depression, stress, tension, worries, and obsessions can all upset the delicate processes of the body, in particular those of digestion and elimination.*"¹⁵⁸ This represents one of the most challenging side effects of our technological advance and lifestyle modifications. One might well ask how is it possible that a civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, cannot find a satisfactory cure to such basic malfunctioning in our bodily systems and the serious consequences to our health consequent upon our over-indulgence in the benefits of progress.

¹⁵⁰ Jerusalem Post Internet Edition, July 10, 2001

¹⁵¹ Jason LA, and others, Community-Based Study of Chronic Fatigue Syndrome Arch Int Med 1999; 159(18):2129-37

¹⁵² <http://www.cfids.org/>

¹⁵³ Jerusalem Post Internet Edition, July 10, 2001

¹⁵⁴ <http://www.aafp.org/afp/20010215/685.html>

¹⁵⁵ Michigan Head-Pain & Neurological Institute. See

<http://www.texaschildneurology.com/Children%20and%20Headaches.htm>

¹⁵⁶ <http://www.cbu.dataphone.se/EngBarnrapp/recurrin.html>

¹⁵⁷ Ibid.

¹⁵⁸ Jensen., p.65.

Chronic Fatigue and Headaches

Although we are forced to admit the early twenty-first's century's abundance of food and water, and the luxury of accommodation compared to past ages of human history, we are forced to admit that 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. Our predominantly sedentary lifestyles deny the body the exercise so essential to the healthy functioning of our vital organs. 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.*"¹⁵⁹

This situation 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 illness could be related to environmental factors.¹⁶⁰ This 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

Medical science is still struggling to identify the specific causes of chronic fatigue syndrome and recurring headaches. Many different theories have been put forth. Almost 150 years ago Dr. George Beard suspected that a nervous disorder triggered off chronic fatigue.¹⁶¹ Contemporary medical opinion leans towards the idea that problems in the immune system, and viral born infection are responsible for this illness. There are also many different theories as to the source of migraine headaches, including the ideas that they are set off by allergies, hormonal deficiencies, and problems with the liver.¹⁶²

Martin Lerner, MD, professor of internal medicine, undertook two studies and found that 95 percent of patients with chronic fatigue had abnormal electrocardiograms, compared to only about a quarter of healthy subjects. Using a new, ultra-sensitive test, Dr. Lerner was able to detect tiny amounts of the Epstein-Barr and cytomegalo viruses in the study patients. He believes these viruses weakened the heart muscle, giving rise to the symptoms collectively known as chronic fatigue.¹⁶³ However, other medical studies have found that many chronic fatigue syndrome sufferers have never had any contact with this virus, so the evidence is contradictory.¹⁶⁴

The lack of consensus on the causes of these illnesses has produced a situation where the treatments concentrate on suppressing the symptoms. According to a 1994 conference on chronic fatigue syndrome, the drug-based treatments in use included medicines such as Zoloft, Paxil and Prozac, and low dose anti-depressants such as doxepin and amitriptyline.¹⁶⁵ In addition to drug-based treatments doctors also recommend exercise and avoidance of stressful situations. Treatments of headaches center initially on aspirin and other well known drugs available over the counter at the pharmacy. If these prove ineffective, nonsteroidal anti-inflammatory drugs such as

¹⁵⁹ Walker, p. 4.

¹⁶⁰ Stockton, p.123.

¹⁶¹ <http://www.niaid.nih.gov/factsheets/cfs.htm>

¹⁶² Sraya, p. 80.

¹⁶³ <http://www.med.wayne.edu/Scribe/scribe00-01/scribosp01/rounds.htm>

¹⁶⁴ <http://www.cfs-news.org/faq.htm#2M>

¹⁶⁵ Ibid.

Chronic Fatigue and Headaches

naproxen sodium, ibuprofen, ketorolac and indomethacin are used. As a last resort corticosteroids and narcotic analgesics might be turned to, though their use is controversial.¹⁶⁶

The conventional medical doctors are really trying to come up with a solution, but they are held in check by their narrow focus on treating the symptoms rather than trying to identify and deal with the source of these ailments, and appreciating how they relate to the health of the colon, “upon which the health of the body in its entirety depends.”¹⁶⁷ The common resource to the use of pain killing and anti-depressant medicines also falls into this category of trying to suppress the symptoms rather than dealing with the source of ailment. Success of these treatments is far from guaranteed and often there are undesirable side effects. For example, Dr. Jaime Lopez, assistant professor of neurology and neurosurgery at Stanford University School of Medicine, writes of how through use of “more and more over-the-counter medication, you could set yourself up for rebound headaches.”¹⁶⁸ Additional serious side effects of this drug use include stomach ulcers, chest tightness and dangerous interactions with other drugs the patient happens to be using.¹⁶⁹ 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 chronic illness prevention has been sadly neglected.

The Jerusalem Colon Hydrotherapy Clinic Rises to the Challenge

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 internal body cleansing and preventive health care 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 illness, 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. Unfortunately, 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 treat chronic fatigue and headaches 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.¹⁷⁰ The challenge is how we can restore to our bodies the ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller’s exploration of the problems of chronic fatigue and headaches in the United States, and now in Israel, combined with their clinical experience in successfully treating afflicted patients, have led them to an advanced understanding of the interconnections between the development of these ailments, and problems with the basic waste elimination functions of the colon (or large intestine).

¹⁶⁶ <http://www.healthtoz.com/healthtoz/Atoz/dc/caz/neur/hach/headmir.html>

¹⁶⁷ Walker, p.6.

¹⁶⁸ <http://health.discovery.com/centers/headaches/tension/tension.html>

¹⁶⁹ Althoff, p. 88

¹⁷⁰ Kaufman, p.13.

Chronic Fatigue and Headaches

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.¹⁷¹ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this “transit time” is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon.

Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. He compared the bowel transit times of the average Englishmen and rural East Africans, and found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.¹⁷²

Whatever the dietary or environmental influences that lead to the 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.¹⁷³ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.¹⁷⁴ 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.*”¹⁷⁵ This unhealthy concentration of toxins in the colon also provides an ideal environment for the development of a parasite infestation. In the course of his investigation of tapeworm infestation in the colon, Dr. Walker noticed how such a condition “*usually results in the development of a state of constant fatigue.*”¹⁷⁶ Understood in this broader context, it becomes easily apparent how the development of chronic fatigue and recurrent headaches can be linked to a serious malfunctioning of the colon.

The taking of drugs to relieve the ailment obviously 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.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the most effective way to treat chronic fatigue and headaches is not to be found in taking medications to remove these signs of malaise. This is equivalent to ignoring warning lights in your car indicating that there is a lack of water or fuel. The only long-term answer is found in 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. 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

¹⁷¹ Jensen, p. 47

¹⁷² Quoted in Jensen, p.52.

¹⁷³ Ibid, Ch.2.

¹⁷⁴ Watson, p.39

¹⁷⁵ Medsker and Medsker,, p. 6.

¹⁷⁶ Walker, p.24.

Chronic Fatigue and Headaches

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 resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being. With the blockage in the colon removed, the stress on the body with the fatigue and headache symptoms is eliminated. 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 free the patient from the clutches of these chronic sicknesses with all their undesirable manifestations and disturbing long-term effects.

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 remove the sources of chronic fatigue and headaches, 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 these illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of removing the curse of chronic fatigue and headaches can be realized.

Infertility

Infertility — A Bitter Burden

In the course of our research work for this paper, we came across a very sad letter written some ten years ago to a Jewish mailing list. The anonymous letter writer is drawing on their bitter personal experience of infertility. He or she describes the medical and emotional sides of infertility far more effectively than any of the words found in the writings of detached medical researcher. In the words of this unknown correspondent: *“We’ve seen our community grow, and are proud to be part of a young, vibrant, fertile orthodox community. We, too, are young, vibrant, orthodox. But we are not fertile. For people like us--orthodox couples who have spent years and fortunes trying to fulfill the biblical injunction to “be fruitful and multiply,” the monthly cycle of hope and despair, the barrage of medical procedures and the parade of fertility specialists that all infertile couples go through is bad enough without adding the pressure of going to shul on Shabbat morning to find that virtually every couple is either expecting, wheeling a baby carriage or yelling at their kids. Don't get us wrong--we are very happy for you. But sometimes your joy is our pain...The focus of your life is on your children. The focus of ours is on getting pregnant. We pray that you continue to have healthy children and that they give you nothing but joy.”*

Infertility is one of the best known and most distressing medical problems a couple can encounter. Using the definition of infertility as a couple living together for a year or more without being able to conceive or complete a pregnancy, the problem is surprisingly widespread. According to some estimates – an estimated one in six couples suffer from infertility.¹⁷⁷ The Planned Parenthood Federation of America Inc., state that infertility affects 4.9 million couples in the United States, and it is “a growing problem among women and men.”¹⁷⁸ Concerning infertility in the Jewish community, in the words of the Israeli Zir Chemed organization, *“15 out of every 100 couples have difficulty conceiving, making infertility one of the major problems facing today's Jewish community.”*

The Western world’s high standard of living in the early twenty-first century has been bought at a high price. Although most people today enjoy an abundance of food and water, and luxury accommodation compared to past ages of human history, we are forced to admit that the wholesomeness and quality of our diet and the environment we live and work in have 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. Our predominantly sedentary lifestyles deny the body the exercise so essential to the healthy functioning of our vital organs. In the words of Dr. Norman Walker *“Infirmary 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.”*¹⁷⁹

This situation 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 illness could be related to environmental factors.¹⁸⁰ This 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

¹⁷⁷ Althoff, p. 110.

¹⁷⁸ <http://www.plannedparenthood.org/WOMENSHEALTH/infertility.html>

¹⁷⁹ Walker, p. 4.

¹⁸⁰ Stockton, p.123.

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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.

There is clear evidence of links between infertility and unhealthy diet, drug usage and stressful lifestyles. For example, a study of over 1,500 pregnant women found that those who used a video display unit (VDU) screen for more than 20 hours a week were nearly twice as likely to have a miscarriage as those who did not.¹⁸¹ A British study detected a significant decline in the quality of male semen in the UK, “from 113,000,000 per millimeter in 1940 to 66,000,000 in 1990.”¹⁸² Diet, cigarette smoking and other drug usage are the suspected causes of this decline. Other factors involved include environmental changes such as the use of organic mercury as a herbicide. Another study detected a correlation between the concentration of pesticide in the area of residence and the place of employment and male infertility.¹⁸³

A Challenge for Conventional Medicine

The causes of infertility remain in many cases a mystery to medical science. Israel’s Meir Hospital Sapir Medical Center writes, “*Medical literature notes that 10% of women have unaccounted-for reasons for infertility. All their tests are satisfactory, yet they cannot become pregnant.*”¹⁸⁴ The importance of a statement from Israeli researchers is given additional credence by Israel’s prominent position in the rank of countries in the forefront of research and development of medical methods of fertilization. “*The incidence of infertility treatment in Israel - measured by the number of clinics per capita is the largest in the world, four times larger than in the United States, a country which excels in providing commercial, quality medical services.*”¹⁸⁵

A variety of drug based and surgical techniques are used in the hope of curing infertility, for instance, use of the Clomiphene Citrate to induce ovulation. Other doctors favor procedures that attempt to surgically bypass the presumed causes of female infertility. The common factor in fertility treatments is that they are frequently prohibitively expensive, and the success rates do not appear to be very high. Dr. John A. Collins wrote of how “*Expensive fertility treatments resulted in only a 6 percentage point improvement in achieving pregnancy over “infertile” couples who just “kept trying.” In a study of 1,145 couples who had been diagnosed as infertile, only half of them were treated to help attain pregnancy. After a two to seven-year follow-up, pregnancies occurred in 41% of the treated couples and 35% of the untreated couples.*”¹⁸⁶ In a further study of 2,000 couples carried out in 1993, Dr. Collins discovered no marked difference between the success rates of achieving pregnancy of those couple who turned to infertility treatments and those who decided to do without these treatments.¹⁸⁷

The conventional medical doctors genuinely want to cure you, but they are constrained by a narrow focus on treating the symptoms rather than trying to identify and deal with the source of the problem, and appreciating how it can be related to the health of the colon, “*upon which the health of the body in its entirety depends.*”¹⁸⁸ The fact of the matter is that in the rush to find a quick and preferably drug-based or surgical relief for every ailment, an ancient but sound and well-proven technique for internal body cleansing and unblocking has been sadly neglected. With a study showing that forty percent (2,000,000 American women) are infertile due to blocked

¹⁸¹ Goldhaber MK, “The risk of miscarriage and birth defects among women who use visual display terminals during pregnancy”, American Journal of Independent Medicine, 1988, 13(6) p695.

¹⁸² <http://www.internethealthlibrary.com/Health-problems/Infertility.htm#top>

¹⁸³ Ibid.

¹⁸⁴ <http://www.clalit.org.il/meir/Content/Content.asp?CID=182&u=508>

¹⁸⁵ Carmel Shalev, Israel Law Review, Vol.32, Number 1, Winter 1998.

¹⁸⁶ Dr. J.A. Collins, “New England Journal of Medicine”, Nov 17th, 1983.

¹⁸⁷ Dr. J.A. Collins, Sterility Fertility Journal, Fall of 1993.

¹⁸⁸ Walker, p.6.

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fallopian tubes, scarring or adhesions, there are strong grounds for thinking that this fresh approach to the problem could give these couples new hope.¹⁸⁹

A Sensitive Yet Highly Effective Application of Ancient Wisdom

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 preventing health deterioration, and treating problems that have occurred, 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 illness, 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. Unfortunately, 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 treat infertility 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.¹⁹⁰ For example, studies have linked infertility to a number of other health problems, including stress and constipation, and different studies have related it to pesticide use, air pollution and other environmental factors.¹⁹¹ To take one example, Dr. Baranski, from the Institute of Occupation Medicine in Denmark notes how, "*Risk of infertility increased in females who reported exposures to textile dyes, dry cleaning chemicals, noise, lead, mercury and cadmium.*"¹⁹² The challenge is how we can restore to our bodies the ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller's research into the causes of infertility and ways of treating it in the United States, and now in Israel, combined with their clinical experience, have led them to an advanced understanding of the interconnections between the infertility problems, and problems with the basic waste elimination functions of the colon (or large intestine).

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.¹⁹³ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this "transit time" is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon and this causes a "clothes line effect", as the colon presses and hangs on to the neighboring organs.

Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. He compared

¹⁸⁹ <http://www.clearpassage.com/Infertility1.htm>

¹⁹⁰ Kaufman, p.13.

¹⁹¹ Wayne Sinclair M.D. See <http://www.chem-tox.com/infertility/>

¹⁹² Dr. Boguslaw Baranski, in *Environmental Health Perspectives*, Vol. 10, 1993 (suppl 2), pg. 85.

¹⁹³ Jensen, p. 47

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the bowel transit times of the average Englishmen and rural East Africans, and found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.¹⁹⁴

Whatever the dietary or environmental influences that lead to the 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.¹⁹⁵ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.¹⁹⁶ 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.*”¹⁹⁷

Constipation is a sure sign of a blocked colon, and a pioneering study by Dr. Schupak Yehuda MD, has analyzed the link between constipation and gynecological disorders. He writes as follows:

*“We consider any abdominal pathological condition like constipation as affecting woman’s fertility. The most common reason for constipation is related to abdominal spastic condition (colospasm). This contracture of the bowels is spreading easily to the pelvic organs normally very sensitive to tension (pevlospasm). This is one origin of gynecologic disorders of all kinds like miscarriage, bleeding, non regular cycle, menstrual pain and infertility. In these cases it’s better to check for chronic constipation. This symptom has to be treated seriously by non-chemical ways.”*¹⁹⁸

The taking of drugs to relieve the ailment obviously 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.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that elimination of the leak of toxins from the colon, and the taking of measures to ensure that blockages of toxic waste do not recur, is an effective approach to removing the type of blockages that could be the source of the infertility. By restoring the effectiveness of the colon’s normal waste elimination role, the downward spiral of the patient’s 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 resultant strengthening of the immune systems and reduction of pressure on the liver 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 free the patient from the clutches of Auto-Intoxication in all its undesirable manifestations and disturbing long-term health implications.

¹⁹⁴ Quoted in Jensen, p.52.

¹⁹⁵ Ibid, Ch.2.

¹⁹⁶ Watson, p.39

¹⁹⁷ Medsker and Medsker, p. 6.

¹⁹⁸ Dr. Schupak Yehuda MD, Medi Teva – General and Alternative Medicine.

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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 cleanse potential sources of blockage impeding the healthy functioning of the reproductive organs, and 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 such illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of removing these impediments to fertility can be realized, and G-d willing, a natural pregnancy result.

Prostate Gland Ailments

Prostrate Gland Ailments — The Price of Progress?

The prostrate 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.¹⁹⁹

Dr. Norman Walker refers to the “*strategic location*” of the prostrate gland, and comments how the “*perfect set-up for inflammation and cancer is obvious.*”²⁰⁰ 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.²⁰¹ 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 BRCA1.²⁰²

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.²⁰³ 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).*”²⁰⁴

Pre-1900’s prostate gland problems were not in the medical news because they were not a major issue.²⁰⁵ 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.*”²⁰⁶

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 prostrate cancer, could be related to environmental

¹⁹⁹ Althoff, p. 145.

²⁰⁰ Walker, p. 92-3

²⁰¹ <http://www.seniormag.com/caregiverresources/articles/prostate2.htm>

²⁰² <http://www.fccc.edu/news/1999/JewishCancer-03-18-1999.html>

²⁰³ <http://www.4-men.org/prostatecancer.html>

²⁰⁴ 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).

²⁰⁵ Tenney, p.204.

²⁰⁶ Walker, p. 4.

Prostate Gland Ailments

factors.²⁰⁷ Environmental contamination includes both pollution of the air we breath 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.

Conventional Medicine Under Pressure

The increasing amounts of medical research throughout the world devoted to prostrate 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 prostrate 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 prostrate 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.*”²⁰⁸ 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...*”²⁰⁹ Other medications, including antihistamines and some decongestants, can exacerbate the symptoms of the prostrate disease and lead to acute urinary retention. The prescribing of antibiotics to treat prostrate 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.²¹⁰

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

²⁰⁷ Stockton, p.123.

²⁰⁸ BBC News for Thursday, 15 April, 2004,

²⁰⁹ http://www.healthatoz.com/healthatoz/Atoz/ency/enlarged_prostate.html

²¹⁰ Walker, p.29.

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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*”²¹¹ 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.

Ancient Wisdom Successfully Applied to Today’s Health Challenges

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.²¹² 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.²¹³ 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.²¹⁴ A 1999 study in Wisconsin pointed to environmental pollutions making prostrate disease take a more aggressive direction.²¹⁵

The Miller’s examination of the extent 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).²¹⁶ 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*

²¹¹ Walker, p.6.

²¹² Kaufman, p.13.

²¹³ <http://myhealth.barnesjewish.org/HealthNews/reuters/NewsStory042820031.htm>

²¹⁴ <http://www.4-men.org/prostatecancer.html>

²¹⁵ <http://psa-rising.com/medicalpike/environment.htm>

²¹⁶ Medsker and Medsker, p. 13.

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*prostate an easy victim.*²¹⁷ 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.*”²¹⁸

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.²¹⁹ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.²²⁰ 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.”²²¹ This accumulation of waste matter places great pressure on the prostate gland and this can lead to prostate congestion or dysfunction.²²²

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.*”²²³

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 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.

²¹⁷ Walker, p.93.

²¹⁸ Ibid.

²¹⁹ Ibid, Ch.2.

²²⁰ Watson, p.39

²²¹ Medsker p. 6.

²²² Jensen, p. 78

²²³ Walker, p.93.

Prostate Gland Ailments

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.

Psoriasis — More than Just a Minor Irritation

Perhaps you are one of those unfortunate sufferers from an aggravated skin condition that seems to be resistant to all the prescription creams? It must be hard to take the disappointment of successive ineffective courses of treatment while all the time the irritation continues, or even intensifies. Although you realize that your doctor is doing his very best to find the appropriate treatment for your complaint, your condition either fails to improve, or undergoes a series of improvements and regressions. The frustration of not finding an effective medication, and the persistence of the complaint can place a person in severe distress.

Although the individual dealing with an irritating skin condition may find little comfort in the fact, they should be aware that there are millions of people across the globe confronting comparable challenges, and encountering similar disappointments in the search for an effective and safe treatment. Although medical science has made many advances, Psoriasis, Eczema and other chronic skin ailments sufferers are still waiting for that great breakthrough in tackling their problems. While it is beyond the scope of this paper to review the wide variety of skin complaints patients bring to their doctors' attention, a few examples suffice to adequately illustrate the nature of the problems, and the responses of some of the finest doctors. This will enable the reader to judge for themselves the possibility of finding a satisfactory answer to these problems through the conventional medicine treatments known to us at present.

According to the *Journal of Investigative Dermatology*, "Psoriasis is a chronic skin disorder affecting approximately 2% of the Caucasian population."²²⁴ An estimated 10-15% of patients with Psoriasis go on to develop inflammatory arthritis. The red, scaly Psoriasis sores on the body with a continual itching appear to be resistant against all the steroid creams and other treatments favored by contemporary medicine.

Scientists are unsure as to what causes Psoriasis. The University Of Medicine And Dentistry Of New Jersey understand that is linked to problems in the body's immune system causing an accelerated growth of skin cells. These cells accumulate on the skin surface when the body is unable to shed them fast enough.²²⁵

Eczema is another example of a common skin disease that frequently starts in childhood years and often persists to cause great discomfort to many adults. This illness typically takes the form of scaling, thickened patches of skin becoming red and fissured. It is also characterized by a persistent irritating itch. According to a recent report in the *British Medical Journal*, "In the United Kingdom atopic eczema affects 15-20% of schoolchildren and 2-3% of adults. Prevalence has increased substantially over the past 30 years, possibly because of environmental and lifestyle changes."²²⁶

A Challenge to Conventional Medicine

Although exhaustive research efforts have been made into finding cures for such chronic skin conditions, conventional medicine cannot boast of having developed any lasting cures. This situation leaves many patients and doctors very discouraged. The persistent itches and skin discolorations resist the best creams and other medicines the pharmaceutical industry can develop. Even the introduction of new treatments has only met with partial success. For example, while it has been found that the unique atmosphere and power ultra-violet rays present in the area of the Dead Sea can successfully dry out certain aggravated skin conditions, the underlying

²²⁴ *Journal of Investigative Dermatology*, Volume 116 Issue 5 Page 728 - May 2001

²²⁵ Quoted on the www.biospace.com Internet site.

²²⁶ Carolyn Charman, *British Medical Journal*, June 12, 1999

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source of the complaint is not dealt with. This results in a situation where the suffering can be prolonged for years despite a succession of different treatments.

Curing the Symptoms

A crucial factor in the lack of success of the solutions produced by conventional medical doctors and researchers is their emphasis on finding a cure for the symptoms as opposed to locating and treating the roots of the illness. Sometimes the drugs themselves can have very unpleasant side effects, and provide a new host of problems for the unfortunate patient to deal with.²²⁷

Some recent medical research appears to be moving in the direction of locating the source of skin complaints in environmental factors. For instance, an article on the BBC Online News describes how “scientists in Nottingham, England, studied more than 4,000 local primary school children and found a higher prevalence of atopic eczema in the areas where there was hard water in the domestic supply. The researchers say it is possible that the high levels of calcium and magnesium in the hard water are irritating the skin of the children. Their eczema might also be a reaction against the excess soap and shampoo that is used to generate a lather when washing or bathing in hard water.”²²⁸

Although such research might give some grounds for encouragement, the dominant trend of thought is still typified in the rush to find drug-based relief from these ailments. Waiting for conventional medicine to move over to attacking the source of the illness may well involve enduring many more years of suffering. Those who are unwilling and unable to wait for a change in attitudes to filter down to the development of effective treatments, are well advised to investigate if, in the search for a drug for every ill, maybe an ancient but sound and well-proven technique for alleviating skin diseases has been bypassed? If your curiosity has been aroused by our question, you are going to be even more excited by our innovative answer.

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 the ancient holistic approach to treating Psoriasis, and other skin diseases 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 causes of illness and disease, and relieving the associated psychological tensions.

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. Unfortunately, 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. Chronic skin disorders can only be fully understood when seen against a perspective of the essential unity of mind and body. The fact that the mind and body share the same systems, and the clearly demonstrated effects the state of one has upon the other should make us realize the futility of trying to treat physical manifestations of illness in isolation, and the lack of effectiveness of

²²⁷ Watson, p. 43.

²²⁸ BBC Online News, Friday, August 14, 1998.

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trying to implement a patch cure.²²⁹ The challenge is how we can restore to our bodies the ability to cope with the all the strains we impose on them.

The Miller's extensive studies of t of Psoriasis, Eczema and other chronic skin ailments in the United States and Israel, and their experience in treating skin disease sufferers, have led them to an advanced understanding of the interconnections between the chemical processes of the brain, the basic waste elimination functions of the colon and the manifestations of the various skin diseases.

The colon (or large) intestine fulfills a crucial role in eliminating waste and toxins from the body. The skin also serves as a secondary channel through which toxins can escape. A diet low in fiber and high in sugars and carbohydrates, smoking, the use and abuse of drugs and cigarettes, and air and water pollution in the environment, and the stressful urban lifestyle so many people are compelled to fit in with, are all common factors in producing a state of colon overload. The amount of waste created and the difficulty in speedily processing it brings about a state where toxic waste builds up and starts to putrefy in the colon.²³⁰ The pressures reach the point where the skin of the colon becomes perforated and waste products escape into the body via the bloodstream²³¹. When the colon is no longer able to effectively process these toxins, this role is transferred to other organs of the body, Since, as mentioned previously, the skin also has a role in evacuating poisons from the body, the amount of toxins it has to deal with is dramatically increased. The outbreaks of the various kinds of skin diseases we described earlier come therefore as a consequence of abnormally high levels of toxic waste trying to exit the body via the skin.

If we were dealing with a simple, "one off" phenomenon, it would be of sufficient seriousness to demand our attention. The problem is greatly exacerbated by the vicious cycle of "Auto-Intoxication" that results from a leaky colon. The rotting waste matter penetrating the wall of the bowels is continually infesting the skin and other areas of the body. If the patient takes no steps to address the source of the problem, fresh poisons continue to enter the body, and the villains of illness and stress continue their partnership of physical and psychological pressures leading to further deterioration in the colon's functioning.

The links between serious skin ailments and the leaky colon have been set out in a number of studies. For example, Dr. J. F. Burgess, M.M.B, a lecturer on dermatology at McGill University and associate dermatologist at Montreal General Hospital studied 109 cases of Eczema, and concluded "on the basis of clinical observations and sensitivity tests against various amino acids and ptomaine bases, Eczema is probably caused by intestinal toxemia."²³²

The use of ointments to relieve the illness obviously fails to address the central problem of the build up of contaminated waste matter in the colon. If anything such medicines only add to the problem by providing additional work for the hard-pressed waste elimination organs to cope with. If the root of the problem is not attended to, the spiral of emotional and physical health problems continues to gather pace with a frightening rapidity and ever-increasing severity.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the solution to chronic skin disease complaints lies in the elimination of the blockage in the colon. By restoring the effectiveness of the colon's normal waste elimination role, the downward spiral of physical and emotional health can be reversed. The decaying waste with all the embedded toxins and stress is allowed to pass out from the body naturally. The colon once again can fulfill its role

²²⁹ Kaufman, 13.

²³⁰ Walker, chapter 1.

²³¹ Ibid. p.14.

²³² Quoted by Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 41.

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and with the return of the patient's bowels to normal functioning, the self-poisoning ceases. The resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being. In particular the reduction of the toxin processing demands made on the skin removes a key source of skin irritations. The intimate relationship between physical and emotional well being — often expressed in English as “a healthy mind in a healthy body” is thus able to go to work and free the patient from the clutches of their chronic skin complaint.

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 standard 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 his 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 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 this unique combination of colon hydrotherapy, massage and emotional support has the power to cleanse out the sources of pollution in the body, and thereby boost the individual's disease resistance and well-being. Unlike most conventional medicine, 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 spread and recurrence of skin disease and many other illnesses is enhanced. When integrated with an individually tailored nutritional and exercise program, the dream of conquering Psoriasis, Eczema and other chronic skin ailments can become the happy patient's reality.

The Stress Syndrome

Underlying stress has become almost a regular feature in many people's lives without them even realizing it. Take for example the common situation of a person who has moved overseas, and is now confronted with the challenges of living in a society and culture radically different from the one they grew up in. The lives of people who need to travel and live abroad for study or business reasons are known to be particularly stressful. The necessities of dealing with unfamiliar languages and mentalities combine with changes in diet and climate to impose a new range of demands on our system. It is an uphill struggle to adapt to the challenges of this strange environment without succumbing to chronic/underlying stress.

The increasing numbers of people suffering from underlying/chronic stress and depression represent one of the most challenging aspects of our technological advance and lifestyle modifications. Common symptoms include digestive problems, constipation, fatigue, listlessness and irritability. These health problems feed upon each other and cause an escalation in the chronic nature of the depression. Various studies have clearly demonstrated the connection between stress and heart disease, infertility, strokes and many other serious illnesses.²³³

The hectic pace of modern life with long and tense journeys to work through heavy traffic, the pressures of the business environment, and tensions caused by a breakdown in traditional family units, are common contributory factors triggering off a stress build-up²³⁴. These external pressures become that much harder to tolerate when people neglect to take such fundamental steps of health care as insuring regular bowel movements, good nutrition and exercise. In Israel the situation is further aggravated by concerns over terrorist attacks, and the deteriorating state of the economy. It is little wonder that our poorly maintained bodies reach the point of collapse under the extreme pressures of typical 2004 urban living.

A Fundamental Lack of Understanding

Up until recent years it was not well understood that underlying/chronic stress and depression belong in the category of illnesses and need to be treated as such. Today there is a much stronger awareness that these sicknesses are serious matters requiring medical diagnosis and treatment. The improved awareness of the problem is to be welcomed, but it has not been matched by major breakthroughs in conventional medical treatments. At the clinic the doctor tries his best to treat this illness with drugs. Although he may have some success in attacking the symptoms, the root of the malady remains untreated. Sometimes the drugs themselves can have very unpleasant side effects and provide a new host of problems for the unfortunate patient to deal with.²³⁵

Is it possible that in the rush to find quick release from stress that a more fundamentally sound and proven technique for stress management has been bypassed? If your curiosity has been aroused by our question, you are going to be even more excited by our innovative answer.

The Jerusalem Colon Hydrotherapy Clinic Stress Management Approach

Dr. Leah Miller Ph.D. C.C.T., and her husband Meir Miller C.C.T, Certified Therapist by the I-ACT (International Association for Colon Hydrotherapy), and founders of the Jerusalem Colon Hydrotherapy Clinic, have no doubts that we need to look back to the medical technology of an earlier era for the most effective and safest stress reduction and avoidance. The Miller's clinic is

²³³ Studies quoted by 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).

²³⁴ Watson, p.17.

²³⁵ Michael D. Lemonick, "The Power of Mood", Time Magazine, January 20th, 2003.

Stress

unique in the whole Middle East combining the latest FDA approved technology with one of the oldest recorded techniques for relieving underlying/chronic tensions. This technique is firmly centered around a solid understanding of link between physical and emotional sickness, and an awareness of the body's own immense self-healing abilities. The label of underlying/chronic stress as a mental illness is actually misleading for it ignores this essential unity of mind and body with their sharing of the same systems, and the clearly demonstrated effects the state of one has upon the other.²³⁶ The issue is how we can restore to our bodies the ability to cope with the all the strains we impose on them.

Diagnosis

The Millers' own research into underlying/chronic stress in the United States, and their success in treating stress sufferers, have led them to an advanced understanding of the interconnections between the chemical processes of the brain and the basic waste elimination functions of the colon. Underlying stress causes the release of stress hormones that are distributed throughout the body via the bloodstream²³⁷. The effective functioning of the colon can be impaired when it is forced to contend with pressures generated from this build up of stress hormones and adrenal secretions²³⁸. Instead of being quickly processed, waste builds up and starts to putrefy in the colon. The stress absorbed in the rotting waste matter begins to penetrate the wall of the bowels and infest other areas of the body²³⁹. Thus a vicious cycle is set in motion that leads to the body poisoning itself, the underlying stress situation worsening, and additional rounds of self-poisoning set in motion. Since 80% of the body's immune tissue is found in the colon, it is easy to understand the pivotal role it plays in preserving good health, and the central role it can unfortunately play in deteriorating health.

The taking of drugs to relieve the stress obviously fails to address the central problem of the build up of contaminated waste matter 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, the spiral of emotional and physical health problems continues to gather pace with a frightening rapidity and ever-increasing severity.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the solution to underlying/chronic stress lies in the elimination of the blockage in the colon. By restoring the effectiveness of the colon's normal waste elimination role, the downward spiral of physical and emotional health can be reversed. The decaying waste with all the embedded stress is allowed to pass out from the body naturally. The colon once again can fulfill its role and with the return of the patient's bowels to normal functioning, the self-poisoning ceases. The resultant strengthening of the immune systems and reduction of pressure on the liver 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” is thus able to go to work and free the patient from the clutches of his deep depression.

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 standard 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

²³⁶ Yakir Kaufman MD, p.13.

²³⁷ Ibid. p.14.

²³⁸ Jensen, , pp. 66-67.

²³⁹ Walker, chapter 1.

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his 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 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 this unique combination of colon hydrotherapy, massage and emotional support has the power to reduce stress and thereby boost the individual's disease resistance and well-being. Unlike most conventional medicine, 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 underlying/chronic stress and many other illnesses is enhanced. When integrated with an individually tailored nutritional and exercise program, the dream of conquering underlying/chronic stress can become the happy patient's reality.

Weight-related Problems

Weight-Related Problems of Today's World

Lifestyles and diet have tremendous impact on health. In the United States it is estimated that physical inactivity and unhealthy eating are the underlying causes of hundreds of thousands of American deaths each year. The statistics show that obesity was the underlying cause of a horrifying 400,000 deaths in the USA in 2000. The Federal Center for Disease Control and Prevention reports that it will become the primary cause of preventable deaths if current trends continue.²⁴⁰ This health crisis is also far from restricted to those of mature years. In the words of the Oregon Youth Risk Behavior Survey, “*Health researchers and educators have noted that excess weight and increasingly sedentary lifestyles are becoming a particular problem for young people as well as adults.*”²⁴¹

The situation in other Western countries is likely to be very similar to that described for the USA, given the broadly comparable living standards. The BBC reported in 1998 that obesity is at “epidemic levels” in the UK with 57% of men and 48% of women overweight.²⁴² A few years ago the Israeli Ministry of Health conducted a survey of 2,000 adults and found that an astonishing 45% of Israeli men, and 30% of women were overweight. The percentage underweight was 8% of women and 5% of the men surveyed.²⁴³

Weight and overeating problems are commonly perceived as issues of appearance. Most people are conscious of their appearance and do not wish to appear either too fat, or “thin as a scarecrow.” If weight issues were simply a matter of personal vanity, their importance could be downgraded. However, these are issues that have serious health implications and need to be treated accordingly.

Being overweight leads to high blood pressure that can damage the heart.²⁴⁴ In the words of the American Obesity Association, “*Persons with obesity are at risk of developing one or more serious medical conditions, which can cause poor health and premature death. Obesity is associated with more than 30 medical conditions, and scientific evidence has established a strong relationship with at least 15 of those conditions.*”²⁴⁵ Among the diseases with a strong link to obesity are arthritis, birth defects, cancers, diabetes, and gout, and this list is far from exhaustive.²⁴⁶

If being overweight is so potentially dangerous, being underweight should in theory be a benign complaint, but scientific evidence shows that this condition is also one that a sensible person should wish to avoid. If a person is chronically underweight it could indicate the presence of several serious health issues, including the development of Crohn’s disease, certain cancers, parasite infestation, diabetes, and depression.²⁴⁷ The only safe condition is to be at the normal weight for your height and build.

The Western world’s high standard of living in the early twenty-first century has been bought at a high price. The development of weight-related health problems can be linked to unhealthy diet, environmental factors and stressful lifestyles. Dr. Jensen writes of how, “*Fear, anger, depression, stress, tension, worries, and obsessions can all upset the delicate processes of the body, in*

²⁴⁰ “Hamodia” American News B12, 11th Nissan 5764/April 2nd 2004.

²⁴¹ 1999 Oregon Youth Risk Behavior Survey. See

<http://www.dhs.state.or.us/publichealth/chs/yrbs/99report/bmi.pdf>

²⁴² BBC Online News, Thursday, November 12, 1998.

²⁴³ The Jerusalem Post Internet Edition, June 11th, 2000.

²⁴⁴ Sraya,, p.94.

²⁴⁵ http://www.obesity.org/subs/fastfacts/Health_Effects.shtml

²⁴⁶ Ibid.

²⁴⁷ <http://www.go-symmetry.com/health/underweight.htm>

Weight-related Problems

particular those of digestion and elimination.”²⁴⁸ The disturbing statistics indicate the extent to which such health problems have come to represent one of the most challenging side effects of our technological advance and lifestyle modifications. One might well ask how is it possible that a civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, cannot satisfactorily deal with the basic malfunctioning in our bodily systems, and the serious consequences to our health consequent upon our over-indulgence in the benefits of progress.

We must acknowledge the early twenty-first century’s abundance of food and water, and the luxury of accommodation compared to past ages of human history, yet we are forced to admit that 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. Our predominantly sedentary lifestyles deny the body the exercise so essential to the healthy functioning of our vital organs. 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.*”²⁴⁹ 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.

The clearly proven links between weight problems and the society we now live in are clearly indicated in scientific studies. In 1998 the AACE produced an Obesity Report in which they write of how American dietary factors and activity patterns that are too sedentary have key roles in obesity.²⁵⁰

Dr. Andrew M. Prentice, MRC, of the London School of Hygiene and Tropical Medicine carried out a pioneering study of the health risks of overeating in England. He describes the principal environmental and cultural factors that have combined over the past decades “*to markedly increase the risk of both active and passive (inadvertent) overeating.*”²⁵¹ The chief culprits identified by Dr. Prentice are the increased availability and marketing of high fat foods, and the increasingly sedentary lifestyles of citizens of developed countries producing a situation where energy intake greatly exceeds energy consumption. This over consumption is encouraged by hard drive marketing constantly exposing the public to images of the foods and drinks the companies want us to buy. A simple experiment by changing the food of laboratory rats from low fat to high fat food results in a 400% fat gain. Dr. Prentice also presents charts for the UK showing almost a doubling of obesity levels between 1950 and 2000 linked with dramatic rises in TV viewings, and car ownership.²⁵²

A Test for Conventional Medicine

Although obesity is recognized as a disease in the United States and by international health bodies, there remains a significant body of prejudice against people suffering from weight problems. If a person is underweight it is their fault for not eating properly, and if they are overweight they must be overeating and victims a lack of willpower. There has been a trend in

²⁴⁸ Jensen, p 65.

²⁴⁹ Walker, p. 4.

²⁵⁰ American Association Of Clinical Endocrinologists (AACE)/American College of Endocrinology (ACE) Obesity Statement (1998 revision), p.3

²⁵¹ Dr. Andrew M. Prentice, MRC, “Overeating: the Health Risks”, The North American Association of the Study of Obesity (2001).

²⁵² Ibid.

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recent years to a more considerate and serious approach to weight-related problems. Doctor's today frequently offer exercise and diet programs to bring about the desired weight change. Nevertheless, when confronted with chronic cases the prescribing of drugs appear as an attractive option to a number of doctors. For example, to stimulate appetite in patients who have suffered from weight loss, doctors might prescribe Periactin. Although it may help stimulate appetite it can also trigger Anaphylaxis (life-threatening allergic reaction), dizziness, diarrhea and a host of other potentially dangerous side effects.²⁵³

The treatment of obesity is another area where the conventional cure could be as bad or worse than the disease. The success rate of prescribed diets and drug-based treatments is not guaranteed. It is estimated that about a third of patients do not respond to antiobesity agents, and of those patients who do experience weight reduction, after 6-8 months the drugs cease to be effective.²⁵⁴ Whatever success can be achieved through drug-based treatments also carries the risk of side effects that might include increased blood pressure, diarrhea, drowsiness, and abdominal pains besides other unwelcome ailments. The BBC reported the withdrawal of two antiobesity drugs in England in 1997 since they were found to cause heart problems in patients.²⁵⁵

An approach characterized by trying to find a quick and easy cure for weight-related ailments has more often than not resulted in a situation where investigating and treating the source of the diseases had been replaced by a concentration on suppressing the symptoms. The conventional medical doctors are doing the best they can to help you, but they are often limited by such a narrow focus on treating the symptoms rather than trying to identify and deal with the source of these ailments, and appreciating how they relate to the health of the colon, "*upon which the health of the body in its entirety depends.*"²⁵⁶ The fact of the matter is that in the rush to find a quick and preferably drug and diet-based relief for these health issues, an ancient but sound and well-proven technique for internal body cleansing and illness prevention has been sadly neglected.

The Jerusalem Colon Hydrotherapy Clinic Treats the Roots 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 internal body cleansing and preventive health care has significant advantages over the typical approach of conventional medical practitioners when applied to problems of overeating, obesity and weight loss. 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 illness, 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. Unfortunately, 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 treat eating disorder and weight-related problems 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.²⁵⁷ The challenge is how we can restore to our bodies the

²⁵³ <http://www.healthsquare.com/newrx/per1328.htm>

²⁵⁴ AACE/ACE Report, p.317.

²⁵⁵ BBC Online News.

²⁵⁶ Walker, p.6.

²⁵⁷ Kaufman, p.13.

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ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller's inquiries into eating disorder and weight-related problems in the United States, and now in Israel, combined with their clinical experience in successfully treating afflicted patients, have led them to an advanced understanding of the interconnections between the development of these ailments, and problems with the basic waste elimination functions of the colon (or large intestine).

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.²⁵⁸ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this "transit time" is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon.

Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. His study compared the health of rural East Africans with people living in the Western World. He found that problems like obesity were virtually unknown among the Africans. When he compared the bowel transit times of the average Englishmen and Africans, he found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.²⁵⁹

Whatever the dietary or environmental influences that lead to the 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. Such accumulations of waste matter in the colon provide fertile breeding grounds for the development of parasite infections. These parasites rob the body of vital nourishments, and can spark off hungers for the sugary substances they feed upon.²⁶⁰

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.²⁶¹ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.²⁶² 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.*"²⁶³

The taking of drugs to relieve the ailment obviously 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.

²⁵⁸ Jensen, p. 47

²⁵⁹ Quoted in Jensen, p.52.

²⁶⁰ Kroeger, p.3.

²⁶¹ Ibid, Ch.2.

²⁶² Watson, p.39

²⁶³ Medsker and Medsker, p. 6.

Weight-related Problems

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the most effective method to treat overeating, obesity and weight loss is not to be found in taking medications or diets to remove these signs of malaise. This is equivalent to covering up the warning lights in your car, as if hiding the indicators will by itself solve the lack of water or fuel. The only long-term answer is found in 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. 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 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 resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being. With the blockage in the colon removed, the stress on the body and its associated obesity or weight loss symptoms are eliminated. The parasites that encourage the desire for sugary foods and drinks and rob the body of vital nutrients are removed. The activation of an effective waste elimination process will also assist weight reduction and slimming.²⁶⁴ Since the colon can contain from anything from 4-12 pounds of decaying waste, removing this alone represents a significant weight loss achievement.²⁶⁵

Once the colon is cleansed, 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 free the patient from the clutches of these sicknesses with all their undesirable manifestations and disturbing long-term effects.

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 remove the sources of weight problems, 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 these chronic illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of being able to attain and sustain your ideal weight can be realized.

²⁶⁴ Ibid. p.19.

²⁶⁵ Jensen,

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