



***Psoriasis and Other Skin
Problems
A Methodology
for Treating the Primary Causes
Via Colon Hydrotherapy***

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PART I

Treating Psoriasis and Other Skin Problems Through Colon Hydrotherapy

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."¹ 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 it 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.²

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."³

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

¹ Journal of Investigative Dermatology, Volume 116 Issue 5 Page 728 - May 2001

² Quoted on the www.biospace.com Internet site.

³ Carolyn Charman, British Medical Journal, June 12, 1999

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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 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.⁴

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.”⁵

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

⁴ Brenda Watson, C.T “Renew Your Life”, Renew Life Press, Clearwater, FL, (2002), p. 43.

⁵ BBC Online News, Friday, August 14, 1998.

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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 trying to implement a patch cure.⁶ 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 the causes and effects 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.⁷ The pressures reach the point where the skin of the colon becomes perforated and waste products escape into the body via the bloodstream⁸. 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."⁹

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

⁶ 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.

⁷ Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), chapter 1.

⁸ Ibid. p.14.

⁹ Quoted by Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 41.

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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 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.

PART II

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

The Body Under Siege

The past 60 years has witnessed tremendous advances in curative medicine with significant successes in reducing infant mortality and increasing life expectancy. Nevertheless, at the same time medical science has marched forward with proud strides, the quality of the environment we live in and the food we eat has seriously deteriorated. The improvement in living standards has been gained at the price of an increasingly polluted environment and a major downturn in the quality of the average person's diet with the rise of the junk food industry, and the introduction of artificial food flavorings. The waste processing and digestive organs of the body are able to satisfactorily cope with a certain level of contamination. However, there comes a point where an unpalatable diet of air, water and food pollution deposits such residues of waste in the body that its processing mechanisms clog up¹⁰. 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!¹¹ 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 liver¹². 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.

¹⁰ Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

¹¹ Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

¹² 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.¹³ 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.

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.¹⁴ 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

¹³ Tony Centracchio, P.A, "Colon Hydrotherapy – A Forgotten Art", The American Chiropractor, October 1986.

¹⁴ Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 53.

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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.¹⁵

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 colon¹⁶. 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”?¹⁷

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 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

¹⁵ Hanna Kroeger, “Parasites, the Enemy Within”, Hanna Kroeger Publications (1991), p.7

¹⁶ Dr. Bernard Jensen, “Dr. Jensen’s Guide to Better Bowel Care”, Avery (1999), Ch.2.

¹⁷ Ibid. p. 154

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well as helping those who are suffering from the side effects of conventional medical treatments. Treatments are also applicable to a range of age groups from 9 to 99! People who are concerned over deterioration in their health, and people who want to take preventative action to forestall future illness, both find Colon Hydrotherapy can be very beneficial.

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

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