



***Underlying/Chronic Stress***  
***A Methodology***  
***for Treating the Primary Causes***  
***Via Colon Hydrotherapy***

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## PART I

# Treating Stress through Colon Hydrotherapy

### 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 Western world's high standard of living in the early twenty-first century has been bought at a high price. 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.<sup>1</sup>

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-up<sup>2</sup>. 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.

### Curing the Symptoms

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.<sup>3</sup>

Is it possible that in the rush to find drug-based relief from stress that an ancient but sound and well-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.

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<sup>1</sup> 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).

<sup>2</sup> Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), p.17.

<sup>3</sup> Michael D. Lemonick, "The Power of Mood", Time Magazine, January 20<sup>th</sup>, 2003.

# PART I

## The Jerusalem Colon Hydrotherapy Clinic Stress Management Approach

### Diagnosis

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, are convinced that the ancient holistic approach to stress treatment has significant advantages over the typical approach of conventional medical practitioners. 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 causes of illness and disease, and relieving underlying/chronic 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. 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.<sup>4</sup> 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 underlying/chronic stress in the United States, and their experience in successfully treating stress-afflicted patients, 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. In the words of Dr. Leah Miller, "*It is not so important what you eat, but what is eating you.*" Underlying stress causes the release of stress hormones that are distributed throughout the body via the bloodstream<sup>5</sup>. 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 secretions<sup>6</sup>. 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 body<sup>7</sup>. 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

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<sup>4</sup> Yakir Kaufman MD, in "Psychoneuroimmunology: The Science Connecting Body and Mind", B'Or Ha'Torah, The Spiritual Wiring of the Brain, Jerusalem, Shamir Publications (2004), p.13.

<sup>5</sup> Ibid. p.14.

<sup>6</sup> Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), pp. 66-67.

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

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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 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.

## *PART II*

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

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

The past 60 years has witnessed tremendous advances in curative medicine with significant successes in reducing infant mortality and increasing life expectancy. Nevertheless, at the same time medical science has marched forward with proud strides, the quality of the environment we live in and the food we eat has seriously deteriorated. The improvement in living standards has been gained at the price of an increasingly polluted environment and a major downturn in the quality of the average person's diet with the rise of the junk food industry, and the introduction of artificial food flavorings. The waste processing and digestive organs of the body are able to satisfactorily cope with a certain level of contamination. However, there comes a point where an unpalatable diet of air, water and food pollution deposits such residues of waste in the body that its processing mechanisms clog up<sup>8</sup>. This can soon lead to the overwhelming of natural defenses against disease, and the results are catastrophic.

What is happening is easiest to understand from a comparison with the blocked household drains we are all familiar with. Just as you would not want waste matter to overflow into your kitchen and then into the living room, so you should feel the same way about a waste and toxins build up in your own body. It is easy to envisage how an overflow of domestic waste into the house would provide a fertile breeding ground for germs if left untreated, so imagine the consequences for our bodies when they are unable to rid themselves of accumulations of poisonous waste!<sup>9</sup> Initial symptoms might manifest themselves in the form of stress and fatigue. Subsequent complications can include constipations and diarrhea, allergies and skin problems, weight loss and ultimately deadly serious intestinal disorders. Once sent in motion there is no limit to the gravity of the individual health crisis in the making.

#### **Conventional Medicine Challenged**

The contradiction between improved living standards and the plethora of health problems afflicting Western man poses a serious challenge for conventional medicine. Unfortunately today's emphasis placed on curative as opposed to preventive medicine puts doctors in a position where they can at best relieve symptoms rather than address the causes of the illness. The increasing numbers of new drugs released onto the market may be doing more for the incomes of the pharmaceutical companies than they are doing to improve our health. The side effects of many drugs are still not thoroughly investigated. For example, it has been estimated that over a thousand of the drugs and chemicals in regular use today can cause serious damage to the liver<sup>10</sup>. The well known phenomena of diseases such as SARS resisting antibiotics is another clear indicator of conventional medicine's short term victories gained at a long-term price.

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<sup>8</sup> Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

<sup>9</sup> Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

<sup>10</sup> Melissa Palmer MD, "Hepatitis and Liver Disease, Avery Publishing (2000), p.377.

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

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

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

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

Colon Hydrotherapy is a technique for maintaining and improving bowel health that was certainly known to the Rambam's generation. The origins of the practice predate his era by over a thousand years, going back in time all the way to the ancient Egyptian and Roman civilizations. Colon Hydrotherapy continued in popular use in the United States and other countries up until the 1930's, when it began to be displaced with the use of antibiotics as a cure all solution.<sup>11</sup> The Millers extensive studies in the United States have convinced them that the abandonment of Colon Hydrotherapy by conventional doctors has deprived patients of a proven method for successfully treating a range of serious illnesses, but even more importantly, a way of preventing these illnesses initial development.

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

Colon Hydrotherapy is based on an understanding of the pivotal role of the colon (also called the large intestine) in eliminating toxins from the body. The famous surgeon Dr. Harvey Kellogg of Michigan's Kellogg sanitarium, estimated that more than 90% of known diseases originate from a blocked and non-operational colon.<sup>12</sup> When the colon is working effectively waste matter is discharged through regular bowel movements. If the colon is blocked up the waste matter accumulates and provides a fertile breeding ground for bacteria that can spread infection

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<sup>11</sup> Tony Centracchio, P.A, "Colon Hydrotherapy – A Forgotten Art", The American Chiropractor, October 1986.

<sup>12</sup> 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.<sup>13</sup>

Just as the overflow from a blocked sewage pipe can contaminate a whole neighborhood, an overflow of toxins from the body can contaminate the blood stream and impede the effective functioning of other vital organs. If this situation is left untreated the results can be fatal. This phenomenon is referred to as “Auto-intoxication” since the body is poisoning itself by releasing a toxic overflow from the colon<sup>14</sup>. According to an investigation made by England’s Royal College of Surgeons up to 36 poisons can be released into the body from a leaky colon.

If we all followed a diet with high fiber and bran content and healthy portions of raw foods, and we lived in environments free from stress and pollution, key causes of colon blockage would be removed. The realities of modern, urban life force so many of us to contend with highly polluted environments, and drink water and eat food that is very far from its pure state. There is much that each person can do by maintaining a wholesome diet and taking regular exercise, but the external environment we live in makes it so much harder to avoid situations where our bodies end up overburdened with the task of removing the waste that builds up within them. So how is it possible today to achieve the lasting and abiding health that Dr. Jensen describes as “...the result of education and discipline in cleanliness of the body, mind and spirit”?<sup>15</sup>

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

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

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

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

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<sup>13</sup> Hanna Kroeger, “Parasites, the Enemy Within”, Hanna Kroeger Publications (1991), p.7

<sup>14</sup> Dr. Bernard Jensen, “Dr. Jensen’s Guide to Better Bowel Care”, Avery (1999), Ch.2.

<sup>15</sup> 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.

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

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We look forward to hearing from you.

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