



A NATION OF CONSTIPATION

- **CONSTIPATION** – Failure to expel feces from the colon.
- **STAGNATION** – As feces sits in the colon, it can release toxins for weeks. Less than 50% of Americans have a bowel movement every day.
- **PUTREFACTION** – Proteins break down causing foul odor and gas. Putrefactive bacteria produce a number of other toxic substances as well.
- **FERMENTATION** – Carbohydrates and sugars begin to ferment causing more gas, and oils and fats become rancid
- **AUTOINTOXICATION** – Our own fecal matter begins rotting within us and poisoning us. Toxins enter the bloodstream and cause many diseased states. Can lead to bowel degeneration.
- Dr. John Harvey Kellogg said, “90% of the diseases of civilization are due to improper function of the colon.”