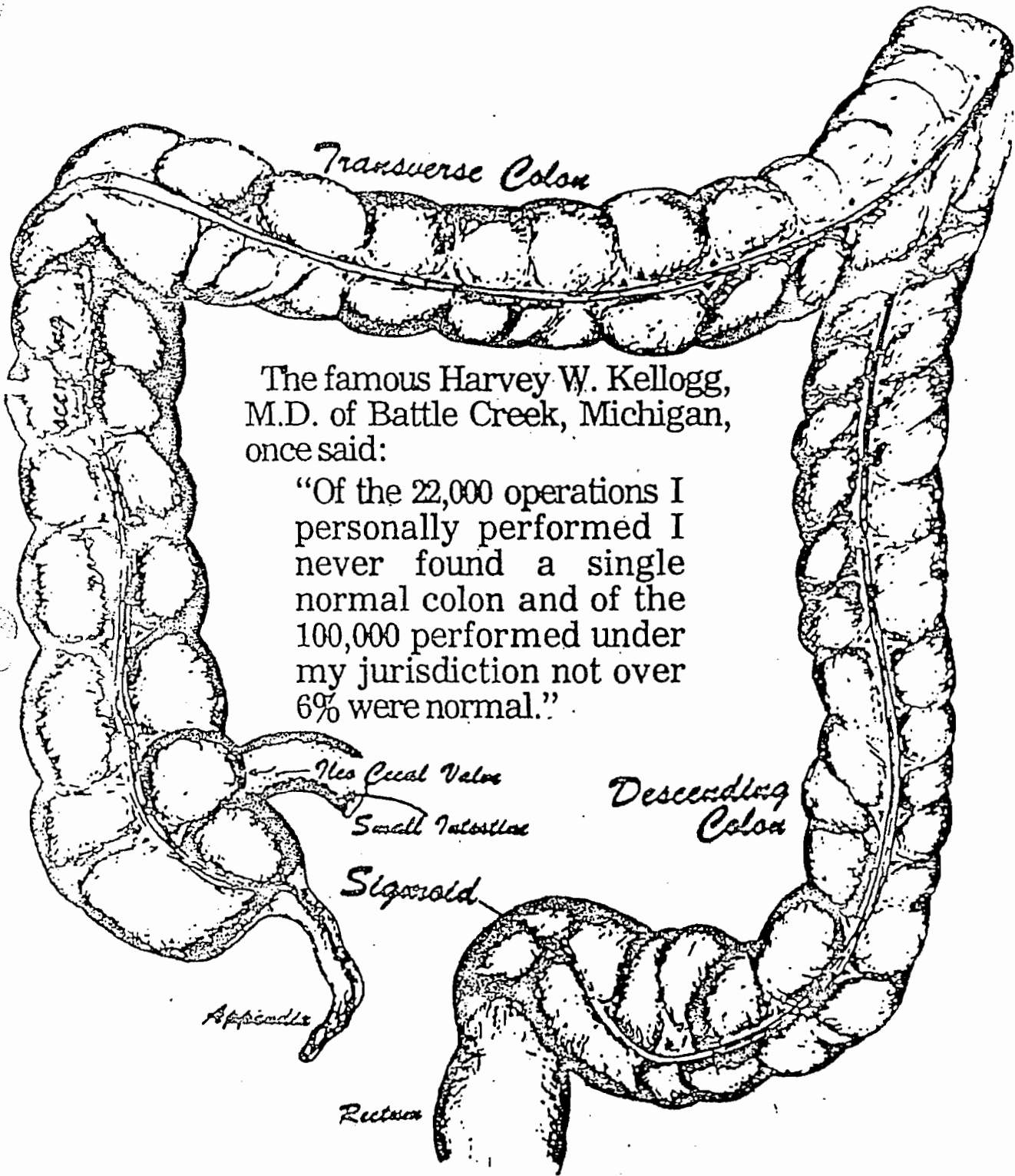


# A HEALTHY COLON:



The famous Harvey W. Kellogg, M.D. of Battle Creek, Michigan, once said:

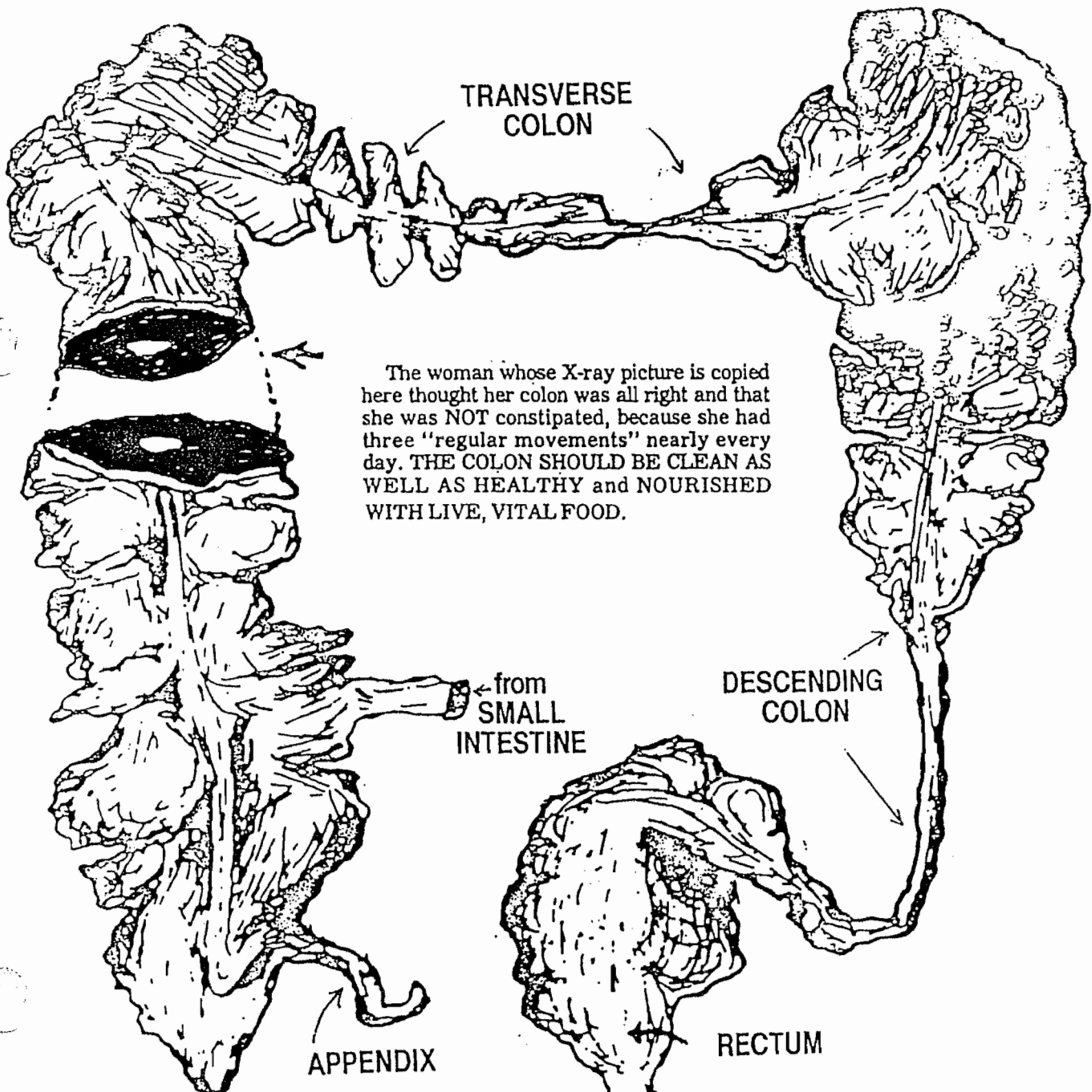
“Of the 22,000 operations I personally performed I never found a single normal colon and of the 100,000 performed under my jurisdiction not over 6% were normal.”

**HEALTH BEGINS IN THE COLON**

# KEEP YOUR COLON CLEAN

If you had a house that burned, you would not think of **REBUILDING** until you cleaned up the **DEBRIS**.

Cleaning out the colon can remove **DEBRIS** sometimes known to have hardened and been there for as much as 10 to 30 years.



# TRANSPORT of ABSORBED FOODSTUFFS

After absorption the **NUTRIENTS** are transported in:-

(a) **BLOOD** through  
Mesenteric Veins  
to  
Portal Vein  
to

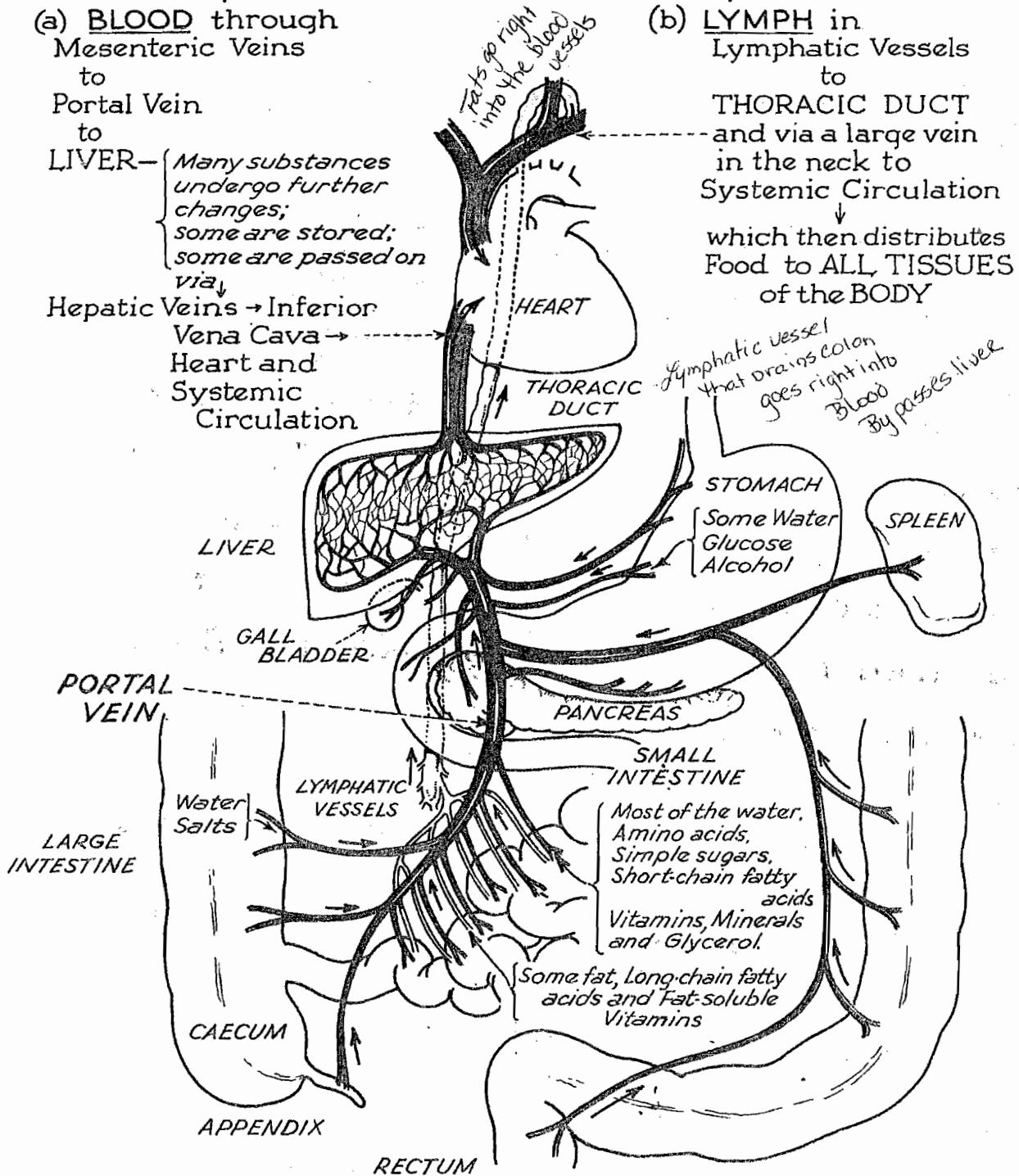
**LIVER**- { Many substances  
undergo further  
changes;  
some are stored;  
some are passed on  
via ↓

Hepatic Veins → Inferior  
Vena Cava →  
Heart and  
Systemic  
Circulation

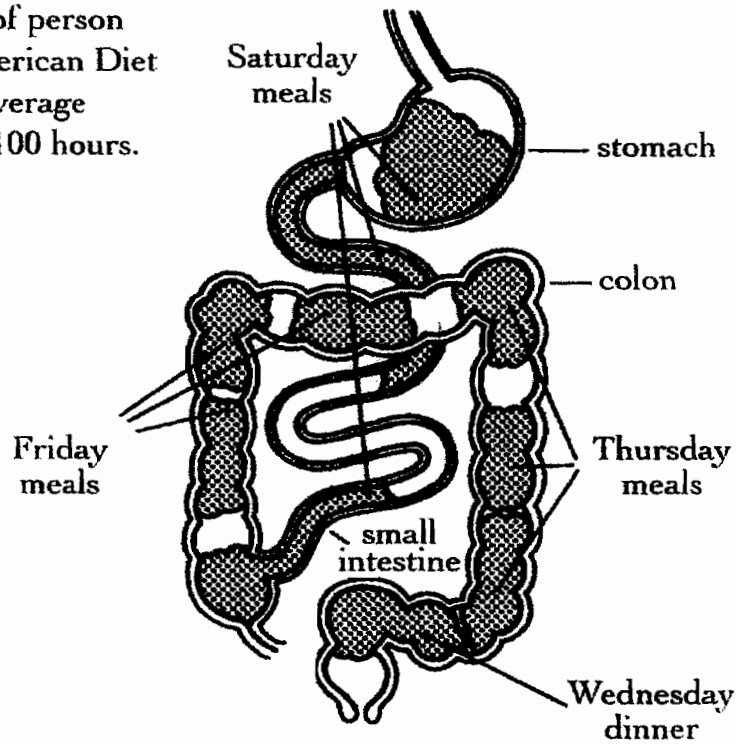
(b) **LYMPH** in  
Lymphatic Vessels  
to

**THORACIC DUCT**  
and via a large vein  
in the neck to  
Systemic Circulation

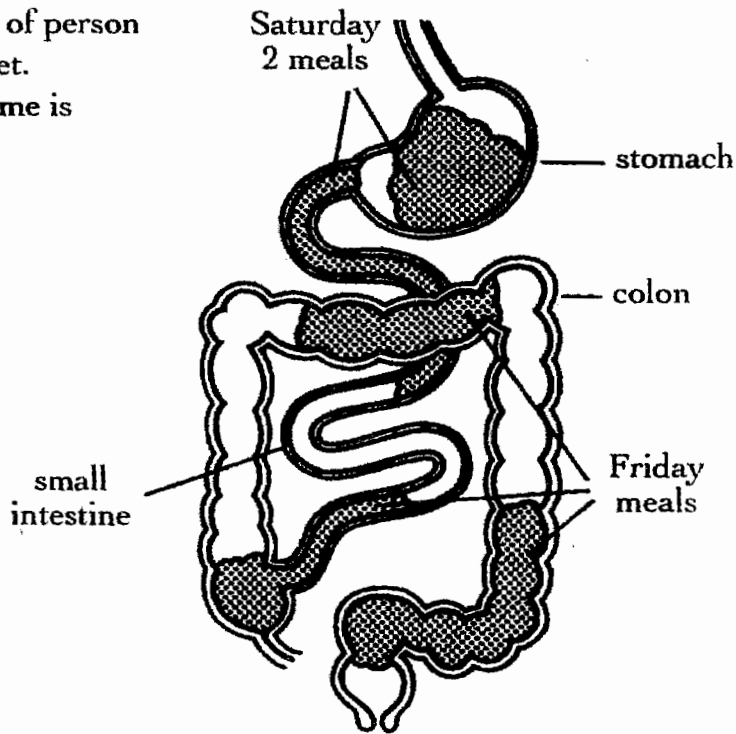
↓  
which then distributes  
Food to **ALL TISSUES**  
of the **BODY**



Food transit time of person on a Standard American Diet (low fiber) diet. Average transit time is 65–100 hours.

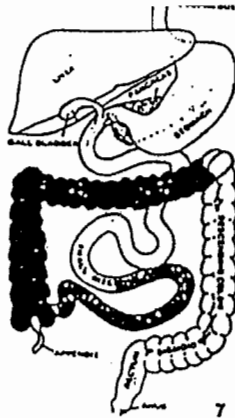


Food transit time of person on a high fiber diet. Average transit time is 20–45 hours.

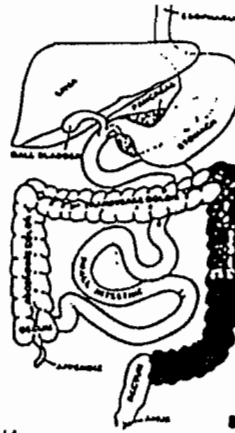


NOTE: The person on the Standard American Diet holds eight meals of undigested food and waste material in the colon, while the person on the high fiber diet holds only three.

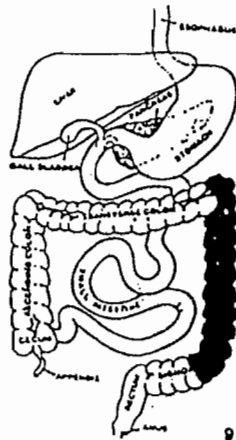
Figure 2.1 Food Transit Times



10:00 PM  
 A. BREAKFAST RESIDUE DISCHARGED (BOWEL MOVEMENT AT BEDTIME.)  
 B. LUNCH RESIDUE MOVING THROUGH COLON.  
 C. DINNER RESIDUE WAITING TO ENTER THE COLON.



6:00 AM  
 MORNING OF SECOND DAY  
 DINNER RESIDUE IN PELVIC COLON  
 READY TO BE DISCHARGED.



6:30 AM  
 SECOND DAY  
 A. HALF HOUR AFTER RISING, IMMEDIATELY AFTER BOWEL MOVEMENT  
 B. RESIDUE OF PREVIOUS NIGHT'S DINNER LEFT IN THE COLON.



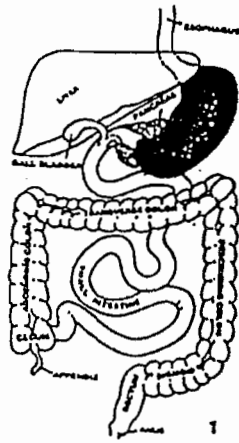
8:00 AM  
 SECOND DAY  
 A. BREAKFAST IN STOMACH. BOWELS HAVE COMPLETELY EVACUATED IN PREPARATION FOR THE NEW SERIES OF MEALS.



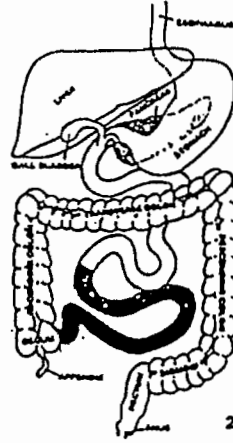
DIAGRAM SHOWING CONDITION OF COLON WHEN BOWELS MOVE ONLY ONCE DAILY, CONTAINING RESIDUE OF SIX MEALS.



DIAGRAM SHOWING CONDITION OF COLON IN CHRONIC CONSTIPATION—SHOWING NINE OR MORE MEALS HELD BACK.



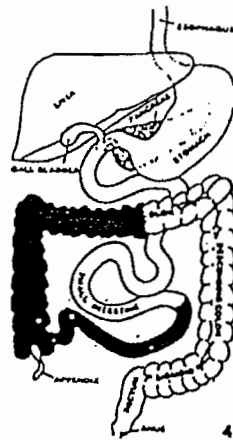
8:00 AM  
A. BREAKFAST—IMMEDIATELY AFTER INGESTION.



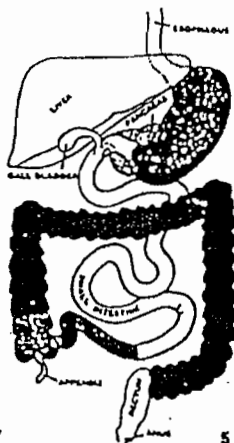
12:00 NOON:  
A. BREAKFAST—FOUR HOURS AFTER INGESTION. FOOD HAS REACHED THE ILEUM AND ILEO-CECAL VALVE. DIGESTION AND ABSORPTION ARE COMPLETED AND THE UNUSED RESIDUE IS READY TO BE PASSED INTO THE COLON.



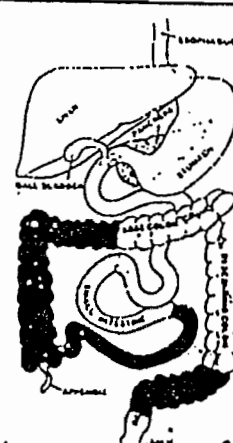
1:00 PM  
A. BREAKFAST RESIDUE PASSING THROUGH THE ILEO-CECAL VALVE INTO THE COLON.  
B. LUNCH IS NOW IN THE STOMACH.



5:00 PM  
A. BREAKFAST RESIDUE IN THE COLON.  
B. LUNCH RESIDUE IS READY TO ENTER THE COLON.



6:00 PM  
A. BREAKFAST RESIDUE IS MOSTLY IN DESCENDING COLON.  
B. LUNCH RESIDUE PASSING INTO THE COLON—MIXING WITH BREAKFAST RESIDUE.  
C. DINNER JUST EATEN AND IN STOMACH.



9:00 PM  
A. BREAKFAST RESIDUE IS IN SIGMOID COLON, READY TO BE DISCHARGED.  
B. LUNCH RESIDUE IN CECUM, ASCENDING AND TRANSVERSE COLON.  
C. DINNER RESIDUE IS READY TO ENTER THE COLON.

## The Most Important Organ

One day the body got together and decided to have a board meeting. Here's what went on behind closed doors.

There was intense discussion to determine WHO WAS MOST IMPORTANT PART OF THE BODY.

The BRAIN was the first to speak. "Without me, nothing would be accomplished."

Then the HEART spoke up. "Without me pumping blood to your brain you could not function."

The ARMS laughed. "You're both wrong; without me to put food in the mouth, nothing would work."

The STOMACH said, "Without me, your food would not digest."

The LUNGS bellowed back, "Without me, you couldn't breathe."

The EYES blinked, "Without me, you could not see."

The KIDNEYS snorted, "Without me, you could not detoxify and eliminate."

Then the COLON meekly spoke up. "I am important. You need me to eliminate all of the garbage from your systems." Everyone laughed and made fun of him. "How can you be as important as we are. You're just a smelly old sewer."

The poor colon — his feelings were hurt! He turned away, and thought, I'll show them. HE SHUT DOWN!

Then he sat back and watched what would happen.

The BRAIN was stupefied.

The HEART's beat was weak and irregular.

The ARMS were weak and couldn't move.

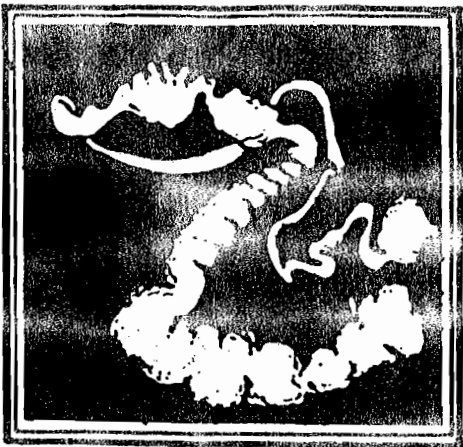
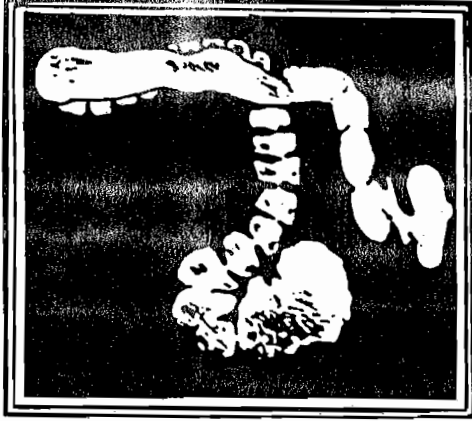
The LUNGS — the breathing was shallow.

The EYES became clouded.

The KIDNEYS quit.

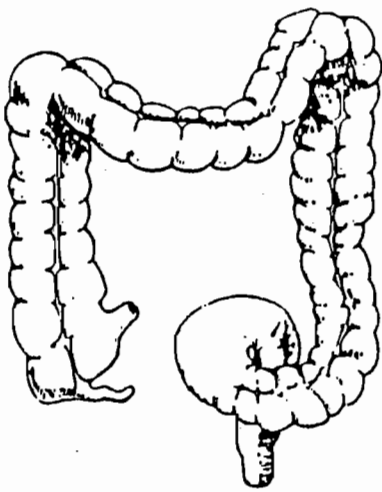
Then the COLON looked around and decided it was time to call another meeting. It wasn't too lively this time, but everyone was in total agreement. THE COLON WAS THE MOST IMPORTANT ORGAN.

## MAN'S PERVERSIONS

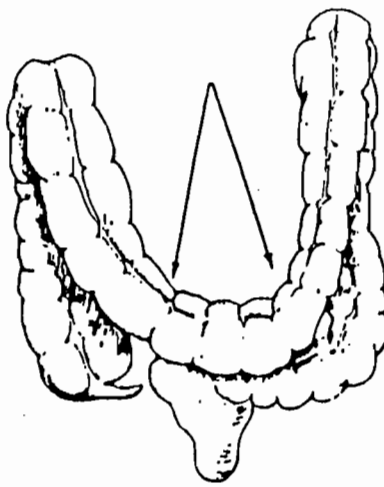


The above four pictures of prolated, distorted, twisted, sickly looking colons are exactly reduced reproductions of X-ray negatives of the colons of *apparently* healthy, civilized people whose illusion about their physical condition was exploded when they saw this conclusive evidence.

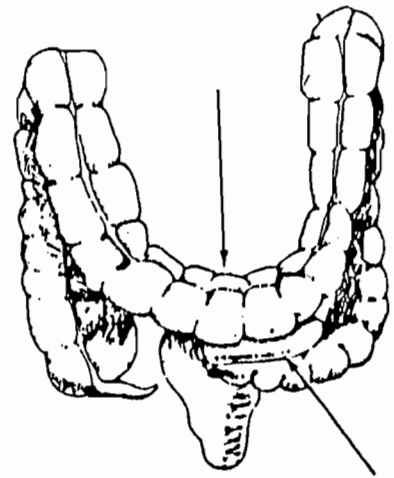
**COLON CONDITIONS**



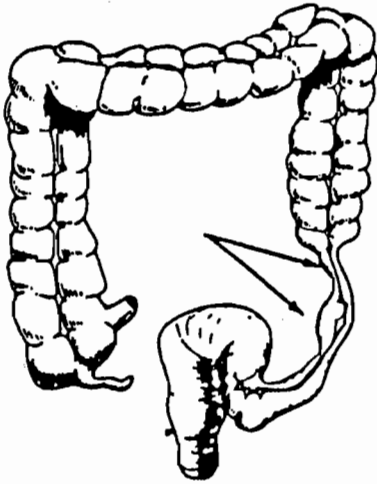
Normal colon



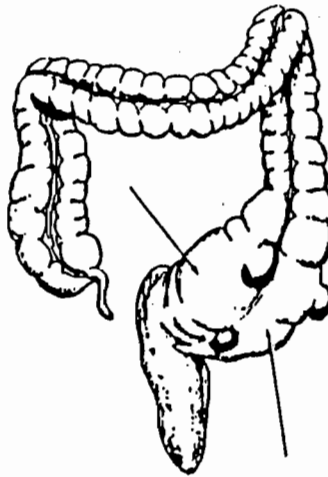
Prolapsus



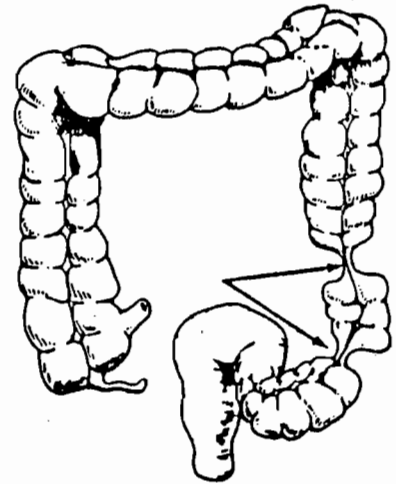
Prolapsus with pressure on lower organs



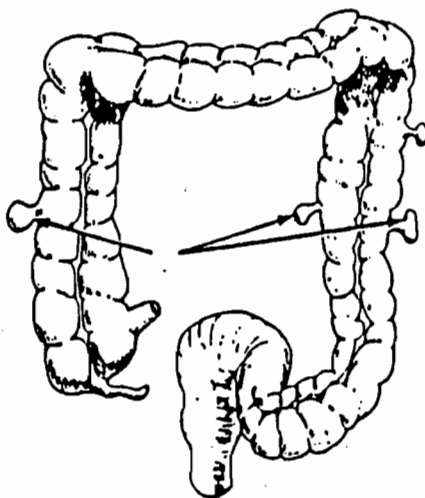
Spasm



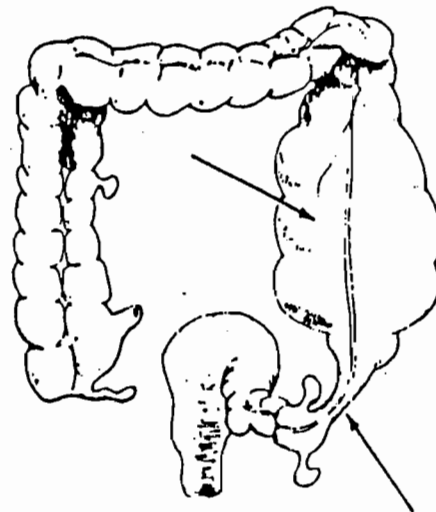
Ballooned sigmoid



Stricture



Diverticula



Colitis