

What Doctors and Medical Science Have to Say About Keeping the Colon Clean

by Mark Ament
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"If people would take care of their body and cleanse their colon and intestines, their problems would be pretty much eliminated."

Dr. George C. Crile

If you're looking for a lot of contemporary cutting edge medical research to support colon cleansing, then I'm sorry to disappoint you. The Pubmed online database contains over 17 million citations from medical and life science research journals dating back to the 1950s.¹



In searching for "colon cleanse" in this vast catalogue, you'll find just 11 references, most of which have to do with technical aspects of cleaning the colon before medical tests. There is no mention of a single scientific study regarding the efficacy of colon cleansing itself.

Interestingly, though, if you look at medical literature before 1950, you'll find that thousands of doctors and medical scientists wrote about the benefits colon cleansing.

¹ <http://www.ncbi.nlm.nih.gov/pubmed/>

From the 1890s to 1950, doctors and researchers knew about the importance of a clean colon and taught it in their practices.

Here are some highlights of their work

LATE 1800s

1892 - *Dr. C.A. Herter* links intestinal putrefaction to epilepsy in 31 patients.²

1892 - *Dr. G.R. Satterlee* and *W.W. Eldridge* report success with 518 cases of "mental symptoms" including loss of concentration, lack of confidence, excessive worry and irritability by eliminating intestinal toxemia in patients.³

1900 - 1950

1902 - 1945 *Edgar Cayce* performs 14,256 psychic readings. 9000 are on the topic of health and of those 6235 are specifically about colon health. At one point Cayce says: "Keeping the colon clean is necessary for EVERY well-balanced body."⁴

² Herter, *Researches upon the Etiology of Idiopathic Epilepsy*," New York Medical Journal, Vol. 56 (1892): 208-266.

³ Satterlee and Elridge, "Researches upon the Etiology of Idiopathic Epilepsy," New York Medical Journal, Vol. 56 (1892): 1414.

⁴ Duggan, "Edgar Cayce's Guide to Colon Care," cover, reading no. 1702-2.

1906 - After 23 years of observation *Dr. D. Rochester* of the University Of Buffalo School Of Medicine declares that "toxemia of gastrointestinal tract origin is the underlying cause of asthma."⁵

1909 - *Dr. J.A. Stucky, MD* reports "marked amelioration or entire relief" in "several hundreds" of sinus and ear disorders by eliminating intestinal toxins.⁶

1913 - 57 leading researches and doctors meet in London before the Royal Society of Medicine to discuss alimentary toxemia. The 382 page report results is called "**Death Begins in the Colon.**" It states that almost every known chronic disease is directly or indirectly due to the influence of more than 30 bacterial poisons that are absorbed from the intestines. These poisons accumulate because of poor eliminations from the colon.⁷

1914 - *Dr. C.W. Hawley, MD* successfully treats many cases of eye disorders by relieving intestinal toxins.⁸

1918 - *Dr. T.M. Howell* writes: "toxemia due to intestinal sepsis is a common cause of high blood pressure."⁹

1920s - *Dr. John Harvey Kellog* (of Kellog cereal fame) realizes that many diseases can be avoided by cleansing the bowel through the

⁵ Quoted in Anderson, "Cleanse and Purify Thyself v.1" p.38.

⁶ Quoted in Anderson, "Cleanse and Purify Thyself v.1" p.39.

⁷ Quoted in Duggan, "Edgar Cayce's Guide to Colon Care," . 46.

⁸ Hawley, C.W. "Autointoxication and Eye Diseases." *Ophthalmology*, Vol. 10, No. 4, (1914): 663-674.

⁹ Quoted in Anderson, "Cleanse and Purify Thyself v.1" p.38.

consumption of more fiber. He also finds that in the majority of cases, chronic constipation is curable without resorting to surgery.

1927 - After studying 109 cases of eczema *Dr. J.F. Burgess* from Montreal General Hospital reports: "On the basis of clinical observations and sensitivity tests against various amino acids and ptomaine bases, eczema is probably caused by intestinal toxemia."¹⁰

1929 - *Dr P.I. Clark, MD* writes: "Where there is perfect drainage, there is no death. Sanatology has pointed out and proven that a clean, wholesome human body, clean inside to the marrow of the bones as well as outside, has unlimited powers of resistance. It is utterly incapable of 'catching' any 'disease.'"¹¹

1929 - *Dr Arbuthnot Lane*, one time personal surgeon to the King of England, writes that "constipation is the cause of all ills of civilization." And "all maladies are due to the lack of certain food principles, such as mineral salts or vitamins, or to the absence of the normal flora. When this occurs, toxic bacteria invade the lower alimentary canal; the poisons generated pollute the blood stream and gradually deteriorate and destroy every tissue, gland and organ of the body."¹²

1930 - *Dr. George C. Crile*, one of the world's leading surgeons says, "If people would take care of their body and cleanse their

¹⁰ Quoted in Anderson, "Cleanse and Purify Thyself v.1" p.40.

¹¹ Clark, P.L. "How To Live and Eat for Health, p. 77, 88.

¹² Quoted in Tenny, "The Natural Guide to Colon Health," p. 15.

colon and intestines, their problems would be pretty much eliminated."¹³

1930 - *Dr. William E Fitch* reports success in treating headache, lassitude, anorexia, coated tongue, fatigue, weakness, insomnia and more with intestinal cleansing.¹⁴

1939 - *Dr. William Lintz* reports successful treatment of 472 patients who suffered with allergies by cleansing the colon.¹⁵

1942 - *Dr. Anthony Bassler* reports 100% success in eliminating cardiac arrhythmia by reducing intestinal toxemia.¹⁶

1942 - Gastroenterologist *Dr. Anthony Bassler* writes: "Every physician should realize that the intestinal toxemias are the most important primary and contributing causes of many disorders and diseases of the human body."¹⁷

With such compelling reports of success, why hasn't medical research into colon cleansing continued beyond 1950?

After World War II, the profit motive entered the medical profession more than it had ever before. Capitalistic pharmaceutical companies took advantage of the "germ theory myth" to begin training doctors. Simply put, these new doctors and medical researchers

¹³ Quoted in Anderson, "Cleanse and Purify Thyself v.1" p.38

¹⁴ Quoted in Tenny, "The Natural Guide to Colon Health," p. 21.

¹⁵ Quoted in Anderson, "Cleanse and Purify Thyself v.1" p.38

¹⁶ Bassler, A. "Coronary Disease and the Intestine." *Medical Record*, Vol. 133, April (1942): 249.

¹⁷ Quoted in Berry, "Internal Cleansing," p. 41.

were not taught colon cleansing as a way to treat disease, in spite of all the previous success. Instead, they focused on developing new medicines to sell to the public and in specialized forms surgery to treat conditions that might have been treated through diet or lifestyle changes.

Even the very common hospital practice of giving an enema to most patients on arrival was abandoned after 1950.¹⁸

Fortunately, the knowledge of colon cleansing did not disappear after the 1950s. Instead it was and is practiced, and perfected by several pioneering figures in the field of natural or holistic health.

1950s - 1970s *Paul C. Bragg*, the originator of health food stores throughout the U.S. teaches thousands about the miracles of fasting and cleansing. Bragg dies in a surfing accident in his 80s!

1970s - *Bernard Jensen, ND, PhD* has a 40% success rate in the treatment of leukemia through bowel management. Conventional medicine has 0% success. Later Jensen writes: "In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems." He practices into his 90s, curing himself of cancer at 88.¹⁹

1979 - *Norman Walker, PhD*, the inventor of juicing, who treated and inspired countless patients and readers with fasting and

¹⁸ Jubb, "Jubb's Cell Rejuvenation," p. 137.

¹⁹ Anderson, "Cleanse and Purify Thyself, v.1," p. 35.

cleansing writes: "There is no ailment, sickness or disease that will not respond to treatment quicker and more effectively than it will after the administration of a series of colon irrigations."²⁰ Walker writes and lectures into his 90s.

1982 - Present, *Richard Anderson, ND* pioneers herbal cleanses that release mucoid plaque and inspires over 150,000 people through his books on cleansing.

1985 - *Linda Berry, D.C.* and popular cleansing author, writes: "I believe that a toxic elimination system is the most common cause of ill health today, and the most dangerous. Fortunately it is also treatable."²¹

1987 - *Dr. Jeffrey Bland* publishes results of a rigorous 3 month clinical study of people on an internal cleanse regime at the prestigious Linus Pauling Institute. In all cases he finds a reduction of pathogenic bacteria, an increase in water soluble vitamin absorption and a decrease of undigested (rotting) protein in the bowel.²²

1993 - *Hulda Regher Clark, N.D.* publishes the ambitiously titled book, "The Cure for All Cancers" in which she explains the connection between cancer and the human intestinal fluke parasite (*Fasciolopsis Buskii*). Dr. Clark says that in every case of cancer she studied the patient had this same parasite. Her research shows that when you kill the flukes, cancer stops immediately and tissues

²⁰ Walker, "Colon Health," p. 15.

²¹ Berry, "Internal Cleansing: A Practical Guide," p.9.

²² Bland, Jeffrey. "Intestinal Toxicity and Inner Cleansing."

become normal. Subsequently she publishes the "Cure for All Diseases" and "The Cure for HIV and AIDS."

1995 - *Sandra Duggan, R.N.* and developer of the Edgar Cayce Colon Therapy Program writes: "You cannot expect to be healthy by fasting and following other health regimes without also having a properly functioning colon."²³

2006 - *David Jubb, PhD*, leading microbiologist, writes: "Gastrointestinal balance is important in remaining vital. Perhaps some 90% of all known systemic disease is due to or exacerbated by gastrointestinal dysbiosis. It can be said that auto-intoxication is a thousand-headed monster masquerading as a large group of symptomatic health challenges." And "Disease comes from one root, and that is other than maintaining vital electrics and keeping cells clean and oxygenated. Disease is an acidic, toxic, hypoxic terrain."²⁴

2007 - *Edward F Group III, ND*, a worldwide leader in colon cleansing with oxygen based cleansers states: "The colon is the gateway to health or disease."²⁵

²³ Duggan, "Edgar Cayce's Guide to Colon Care," p. 56

²⁴ Jubb, "Jubb's Cell Rejuvenation," p. 13, 55.

²⁵ Group, Edward F. "The Secret To Health" DVD, 2007.

Key Point Summary

- Between the late 1880s and 1950 thousands of medical doctors and researches published excellent results in treating disease with intestinal cleansing
- These results apply to almost every conceivable disease
- After World War II, the profit motive entered the medical profession more than it had ever before
- After 1950 the “germ theory” and big pharmaceutical companies dominate medical science and research on colon cleansing evaporates
- Pioneers in the alternative health care field preserve and perfect the earlier teachings of colon cleansing
- Now it is clear that the treatment of any disease can be enhanced by first cleansing the colon

NOTE: This is chapter 6 from my complete colon cleansing system “Homemade Colon Cleansing Made Easy: The Complete Step-by-Step Guide.”

To Order or To Learn About My 332 page Guide Go To:

www.safecoloncleanse.com

Remember: all orders are fully covered
by my 1 year satisfaction guarantee

If you have any further questions at all on colon cleansing, contact me on service@safecoloncleanse.com. I'm happy to help.

Yours in radiant health,

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