

## Colonic treatment.(Letters to the Editor)(Letter to the Editor)

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Editor:

I was overjoyed to read Dr. Thomas Dorman's article entitled "**Colonics**" in your July issue. It is a healing modality that is becoming very popular for good reason: the bowel is the main organ of elimination and the first line of defense in the body against sickness and disease.

Reference is made to consecrations or, more commonly called, mucoid plaque, that can accumulate over years, blocking the walls of the intestinal tract. According to several pioneers in this field, such as Bernard Jenson DC, PhD, Norman Walker DSc, PhD, Max Gerson MD, Leon Chaitow ND, Richard Anderson ND and others, the intestinal tract reflects every organ of the body. Actually, every one of our organs reflects every part of the body. But it is most obvious and very much accessible to us to alter the health of our organs through the colonic procedure.

From children age 11 up to the elderly in their 80s, the self-administered, safe method of colonic irrigation stimulates the built up layers of mucoid plaque to exit the colon. With the increasing interest in self-healing methods that empower the individual, periodic administration of **colonics** with fasting and later a raw foods diet, while taking a daily dose of psyllium husk (and sometimes cleansing herbs), can enhance the process of cleansing a thousand-fold!

Old mucoid plaque built up throughout the intestinal tract can cause just about every type of health condition, such as: arthritis from acid being absorbed into the body; brain fog and CFS, due to lack of oxygen to the brain, also due to too much acid in the body; skin rashes and Candida albicans; food allergies; lower back pain with problems in the reproductive organs, from a prolapsed overweight colon that because it is out of shape can pull on the back muscles, putting pressure on the uterus and prostate glands, causing infertility and impotence; bad circulation in the legs from bladder problems, due to the ascending and descending colon being blocked with an accumulation of mucus; high blood pressure and heart conditions, due to big mucus pieces pushing on main arteries, veins and nerves to this delicate reflex ... and the list goes on.

As we get older and the mucoid plaque builds up, the signs of aging come on rapidly. One of the first signs is bad posture as the nerves in the spine become numb due to the lack of peristalsis or nerve tone in the colon. As every nerve in the body connects to the spinal cord and to the colon, there is a strong correlation.

A first symptom of old age is arthritis, due to the excessive amounts of acid in the body. When the colon is full of mucoid plaque the pH in the colon becomes overacidic bringing on an anaerobic environment. This anaerobic (no oxygen) environment is the perfect breeding ground for bacteria, worms, parasites, fungi, yeasts and viruses which can be absorbed through the intestinal lining. When the colon is cleansed of this material and its acidic toxic residues, the cells of the colon are stimulated to heal.

Dr. Dorman goes on to say that "**colonics** have an invigorating effect on the cells of the colon, just as exercise does on the muscles, with an increase in oxygen utilization." I have found this is especially true when the colonic water has Hydrogen Peroxide 35% added to it. When the colonic water has oxygen added, the metabolism of the colon cells are given an even bigger boost of oxygen.

The fact that the colon breathes was brought to my attention in Dr. Dorman's article. He points out that "the large intestine is an environment that tends to be somewhat deficient in oxidative power." I have found that the colon has a slightly acidic pH of about 6.4 to 6.8. A more acidic pH than this in the colon will not allow oxygen to thrive, turning the colon into a perfect breeding ground for anaerobic, unfriendly bacteria and the rest. "Oxygen in the colon," as Dr. Dorman states, "increases the metabolism in this important organ." But, may I add, the increase in oxygenation improves the metabolism throughout the whole body, not just the colon. The brain, the liver, thyroid, the adrenal glands, and the rest of the glands work more efficiently because not only is the mucoid plaque and parasites gone but the body is able to receive more oxygen. With more oxygen the body gets energized and the immune system picks up.

The colon is a balancer for the body and the psyche. As I stated already, it reflects and connects to every cell, tissue and organ of the body, including the brain. Not only our mental energy, but also our attitudes, the way our senses work, our habits and addictions are influenced by the state of our colon, especially the transverse colon. The colon helps to balance our water levels, the electrolytes, certain minerals, hydrogen ions, oxygen, bacteria, pH of the body. When the colon is blocked with mucoid plaque then all of these factors are off balance. And when the plaque is eliminated the body's natural balance returns. It is able to breathe again.

I have often been lacking in a more scientific explanation of why we use Hydrogen Peroxide in our colonic water. Well, thank you Dr. Dorman, you have given me the words to finally back up my claim of why HP 35% is so good for the colon.

Further claims that Hydrogen Peroxide or Oxygen therapy is good for the body are frequent. Beginning way back 100 years ago William F. Koch (1885-1962) and Otto Warburg (1883-1970) were doing clinical research. Otto Warburg, MD, winner of the Nobel Prize for medicine in 1931 (for elucidating the chemistry of cell respiration), observed that cancer cells have lower respiration

(metabolic rates) than normal cells. He concluded that cancer cells grow better in a low-oxygen, or no-oxygen (anaerobic), environment. His greatest finding was that introducing higher oxygen levels could retard or kill cancer cells. (Casseleth) And William F. Koch theorized in 1919 that toxins produced during metabolism and by bacteria were normally burned off during oxidation of carbohydrates. If the toxins persisted, they damaged the toxin-burning system (the metabolic function) and converted a normally present 'harmless germ' into a virulent cancercausing one. (Green)

Over the years there have been various promoters of Hydrogen Peroxide therapy, such as: Father Richard Wilhelm who in the last century was influenced by Edward Carl Rosenow, MD, a physician who headed the Mayo Clinic's division of bacteriology; also more recently, Kurt Donsbach, PhD, Walter Grotz, George Borell, Ed McCabe and Charles Farr, MD, PhD.

I am a true believer of using Hydrogen Peroxide to kill bad bacteria and other parasites in the colon, as I have felt them dying and seen numerous dead worms appear. HP increases the oxygen content of the colon and throughout the body preventing and--I believe--curing cancer, killing parasites and worms, making it uninhabitable for them.

When Hydrogen Peroxide gets into the body it splits into a molecule of water H<sub>2</sub>O, and one atom of oxygen. The single oxygen atom provides oxygen that the body uses. Supplying more oxygen than a cancer cell can tolerate may be a way of killing them but it is also possible to take too much which can have detrimental effects on the body as well.

It is important to start out using just 3 or 4 drops of 35% food grade Hydrogen Peroxide in two liters of water. Then increase one drop per day up to 10 drops. I have found using much more than this for most people can cause side effects.

As more and more people have IBS and IBD the word **colonics** is becoming a household word. Due to our dietary habits: what we eat, our eating schedules, how much we eat, the combinations of food and our attitudes toward our own nurturing, our immune intelligence which protects us in every way, becomes suppressed and inhibited from functioning properly. As the mucoid plaque builds up and the signs of aging dominate, death from a toxic body wins out.

With Hydrogen Peroxide 35% added to colonic water (green tea with HP is my favorite! I like it better than coffee for cleansing), the colon magically eliminates, literally, buckets of the above mentioned mucoid plaque, along with old bile, worms and liver flukes and Candida.

Once a good diet of mostly raw fruits, vegetables, sprouted grains, soaked nuts and seeds is aspired to, a pre-biotic venue for the future growth of one's own friendly bacteria is presented. Then the colon is healed, the body truly becomes years younger, the mind miraculously awakes and the spirit invigorated toward a life of health.

As anti-aging medicine is becoming the most sought after medicine of the 21st century, I would have to say that periodic fasting with colonic irrigation and a raw whole foods diet can be a much less expensive and painless way of enhancing one's youthfulness. One example comes to mind. When my mother was 74 she came to do a fast with us in Thailand. A few months prior she had had a very expensive facelift done in Florida. She was actually upset that her face looked much younger and more vibrant and alive after her fast with **colonics** than after the expensive face lift. Her eyes and skin were glowing! She is 78 and continues to self-administer **colonics** when she doesn't feel well.

It would be inspiring to see more medical schools throughout the world incorporate a course teaching their students the practice and benefits of both fasting and colonic irrigation. I am sure there are many qualified experienced practitioners who are enthusiastic to teach such a course. But if there is a need for one, I will be the first to volunteer.

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