

A Clean Colon is The Secret to Health & Vitality

By Dr. Ron Gellatley

You'll be astonished to learn that a lot of diseases that seem to have little to do with your colon are actually caused by a colon suffocating with undischarged wastes. These wastes can slowly poison your system and contribute to a variety of health problems.

Do you suffer from any of these complaints?

Stomach problems, headaches, backaches, candida, low motivation, lack of energy and low immunity. Even arthritis has been linked to colon problems.

Death really does begin in the waste clogged colon. The trouble is that few people realize their colon is clogged — the reality is that very few of us are aware that we are carrying a load of poisonous wastes in our colon.

We think our problems have other causes. We do not understand that these wastes are affecting every cell and every tissue in our body. We cannot understand why we are tired all the time or why we have difficulty with moodiness and cannot cope. All too often our problems come from our colon.

Look at it this way, **if you carry poisons in your colon they must seep into your bloodstream.**

Your blood goes to every part of your body, including your brain.

How can anyone think clearly if the blood feeding their brain contains waste which should be in the sewer?

No wonder people wake up sometimes and feel their brain is stuffed with cotton.

Illness emanating from colon problems is costing the country millions of dollars in sickness.

How much misery does irritable colon, diverticulitis and stomach ulcers cause? What about constipation, the curse of modern civilization? It makes people feel ill all the time, causes sick headaches, lowers energy and slowly poisons us.

Your quality of life can be dictated by your colon. It is hard to be the life of the party if your colon is not performing properly.

How can anyone be full of joy with an irritable colon? Look around you, where are all the happy people?

My book, "Internal Health-The Key to Health and Vitality" (a best seller in Australia) is packed with vital information:

- You will find natural ways to rid yourself of constipation.

- You will find simple ways to bear irritable bowel.

- Discover the supplements that help diverticulitis.

- Why put up with bloating, wind and indigestion if you don't have to?

- Most people who are constipated take fiber. Find out why some fibers can make your condition worse, not better.

- Antibiotics seem to be given out for almost everything and you should find out what they can do to you.

- Why do children who take a lot of antibiotics seem to catch everything that is going around?

- Find out what we all must do after taking antibiotics. The book explains why eating yogurt will not do for you what you think it is doing.

You can find all this information and much more in this fascinating book.

If you want to feel better, if you want to have boundless energy, if you want to feel terrific most of the time, regardless of your age, then this book is for you. I have discovered in over 15 years of practice that the major cause of feeling your age, loss of energy and ill health is an internal system that is not working.

How can anyone feel full of the joy of living with a colon that is full of wastes, a colon where the lining is inflamed, full of pain and poisoned with waste? —

If you suffer with diverticulitis, constipation, irritable bowel, bloating and wind, this book is a must read! You learn step-by-step how to supercharge your entire digestive system... and you can feel better than you have in years.

This amazing book is already a best seller in Australia having sold for \$32.95 each. Right now as part of a special U.S. edition offer, you can order a special press run of "Internal Health: The Key to Health and Vitality" for only \$12.95 plus \$2.00 shipping. It comes with a 90 day money back guarantee. If you are not 100% satisfied, simply return it for a **full refund — no questions asked.**

Order an extra copy for family or friend and SAVE. You can order 2 for only \$20 total.

HERE'S HOW TO ORDER: Simply PRINT your name and address and the words "Internal Health" on a piece of paper and mail it along with a check or money order to: THE LEADER CO., INC., Publishing Division, Dept. IH205, P.O. Box 8347, Canton, OH 44711. VISA or MasterCard send card number and expiration date. Act now. Orders will be fulfilled on a first come, first served basis.

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Food

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The year's trendiest pet comes with breakfast.

IT SEEMS THE *Old Farmer's Almanac* was correct when it predicted that chickens would be one of the hottest pets of 2006. Demand for the birds is up in urban areas because of their low cost, minimal care requirements and the benefit of cheap, fresh eggs on a daily basis.

"Our average order keeps getting smaller, which means we're selling to more hobbyists," says Bud Wood, co-owner of Webster City, Iowa's Murray McMurray Hatchery, one of the country's largest rare-poultry breeders. He notes that there has been a "significant increase" in sales to large cities.

Egganig Industries in Ringgold, Va., reports a 15% jump in sales of chicken coops ranging in cost from \$300 to \$9,000. Linton Feed & Seed, suppliers of farm products in Portland, Ore., sold just 200 chickens in 1996; last year they sold 800.

Store owner Dan Cadmus says, "People raise chickens [mostly] for their eggs. They want to know where their food comes from, and there's no better way than to have it pecking around in the backyard."

Chickens cost \$1 to \$5 each and can produce up to six eggs per week. They need about the same care as cats: food, water and a daily scoop of the coop. Araucanas, medium-sized birds that lay light-blue to turquoise eggs, and Rhode Island Reds, which lay brown eggs, are among the most popular breeds sold at Woods' hatchery.

Still, be sure to check your local zoning requirements before you set your heart on buying a feathered flock. Regulations vary widely for hens, and roosters often are banned.

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REUTERS/GETTY IMAGES

Know your eggs

Don't want to raise chickens to get the eggs you need? Then get the eggs you want at supermarkets, which stock an increasingly wide variety.

We consulted the U.S. Department of Agriculture and United Egg Producers to clarify egg carton labels.

Chickens cost between \$1 and \$5 each and can lay up to six eggs a week.

Conventional: Hens live in stacked "battery" cages, usually four to eight chickens to a cage, with at least 67 square inches of floor space per chicken.

Cage free: Hens live on the floor of a barn rather than in cages.

Free range: Hens either live outdoors or they have unlimited access to the outdoors.

Organic: Hens are fed a diet of vegetables grown without any antibiotics, commercial fertilizers or growth hormones.

Omega 3: Hens are fed a diet containing ground flaxseed, which produces eggs containing slightly more polyunsaturated fatty acids.

— Kristina Stefanova

Seattle Tilth, a non-profit that teaches organic gardening, offers City Chickens 101, a course that covers the basics on raising chickens in urban and suburban settings. Another class teaches how to build a chicken coop. And every other year, the non-profit hosts a coop tour of city households that keep chickens.

"Once you've tasted an egg that a hen has laid that morning," says Karen Luetjen, executive director of Seattle Tilth, "there is no going back to super-market eggs." **W**

— Jodi Helmer