

## **7 DAYS TO YOUR IDEAL HEALTH**

1. Every day for 7 days, soak a wide variety of raw seeds and nuts in the fridge for 24 hours. Use your imagination: carrot, rocket, lettuce, broccoli, beetroot, rose hips, chia, carob, almond, pecan, Brazil nut and more. You may add fruits such as banana, apple, blueberries to sweeten. During this week consume no other solid foods, no caffeine and no alcohol. (You may add FRESH juices, if you wish.)

2. Exercise every day. We recommend the gentle Hippocrates Daily Exercise Program. And, if you're feeling more ambitious, do a long walk or attend a local Pilates studio.

3. Have colonic irrigation. "The fastest and easiest way to detox." Find a colonic therapist near you, or have enemas with the Bagenema at home.

4. Drink two litres of filtered water every day.

5. Meditate for 20 minutes, twice every day. (We know, it's difficult at first.) Simply force yourself to sit quietly, with no distractions.

6. Maintain an attitude of gratitude. Sure, we all face challenges and obstacles in life. But – for 7 days – focus on all of the good things in your life. Write a list every day.

7. During this week, you may also want to slowly cut back on any prescription or OTC drug intake.

We GUARANTEE that if you follow these steps daily for just 7 days — your life will change for the better. Just do it!

### **Overweight? Get An Electric Bike!**

In 2016, a study indicated that even though e-bikes require less rider effort to travel at a given speed, they're still a decent source of exercise. Now, a new study suggests that they're just as good as regular bikes at improving fitness – at least in overweight riders.

Conducted by scientists at Switzerland's University of Basel, the study involved 32 test subjects. 28 of them were men, and all were overweight, having a body mass index between 28 and 29. At the outset of the study, each person's cardio respirator fitness was determined via oxygen uptake capacity (VO<sub>2</sub>) testing, which measures the body's ability to take in and utilize oxygen.

17 of the participants were then supplied with an e-bike, with the other 15 receiving pushbike. All of them were instructed to ride a minimum of 6 km (3.7 miles) at least three days per week for a four-week period. Some riders were equipped with GPS devices, and all of them cycled at a speed of their choice.

When the four weeks were up, new VO<sub>2</sub> tests indicated the fitness levels of both groups had improved significantly, and by similar amounts. Riders in the e-bike group, however, maintained a higher average speed, and rode up steeper gradients on a daily basis.

“This indicates that the e-bike can increase motivation and help overweight and older individuals maintain fitness training on a regular basis,” says University Basels Professor Arno Schmidt-Trucksäss. “Those who use e-bikes on a regular basis benefit permanently, not only in terms of their fitness, but also in terms of other factors such as blood pressure, fat metabolism, and mental well-being.”

## **50 Ways to Improve Your Sleep**

1. Sleep in complete darkness, or as close to it as possible. Even the tiniest bit of light can disrupt your pineal gland's production of melatonin and serotonin, thereby disrupting your sleep cycle. Even the tiniest glow from your clock radio has the potential to interfere with your sleep.

So, close your bedroom door, get rid of night-lights, and use blackout shades or thick drapes. If shades are out of your budget, use a well-fitting eye mask. Refrain from turning on any light at all during the night, even when getting up to go to the bathroom. If you absolutely have to have some sort of night-light, use a red bulb.

2. Keep the temperature in your bedroom no higher than 20C. Studies show the optimal room temperature for sleep is between 15-20C.

Keeping your room cooler or hotter can lead to restless sleep. When you sleep, your body's internal temperature drops to its lowest level, generally about four hours after you fall asleep. Scientists believe a cooler bedroom may therefore be most conducive to sleep, since it mimics your body's natural temperature drop.

3. Sleep naked. Something as simple as sleeping naked may do the trick. One of the established benefits of sleeping in the buff is improved sleep quality, in part by preventing overheating.

One study showed a surface skin temperature difference of 0.4 degrees C led to sounder sleep. Studies have also found sleeping in the nude has several other health benefits, including improved metabolism and blood circulation.

4. Conquer sound pollution. Like temperature and light, sound can be a disruptive factor that's keeping you awake. An inexpensive pair of earplugs, or background fan, can eliminate most noise.

5. Eliminate electric and electromagnetic fields (EMFs) in your bedroom. These can disrupt your pineal gland's production of melatonin and serotonin, and are a significant contributor to mitochondrial damage and dysfunction, which is at the heart of virtually all chronic disease.

EMF exposure has also been linked to neuronal changes that affect memory and your ability to learn. EMFs harm your body's mitochondria by producing excessive oxidative damage, so "marinating" in EMFs all night, every night, can cause or contribute to virtually any chronic ailment, including premature aging.

Ideally, shut down the electricity to your bedroom by pulling your circuit breaker before bed. If you have neighbours on the other side of the wall, floor or ceiling, consider installing a Faraday cage (copper- and/or silver—threaded fabric) around your bed. If you live in a high-rise and have neighbours beneath you, place the Faraday fabric on the floor beneath your bed as well. This may significantly improve your sleep quality.

6. Shut down your Wi-Fi at night. Another important step is to turn off your Wi-Fi at night. It would be best to hardwire your home, to have no Wi-Fi 24/7 in your home, but many are unwilling or unable to take this step. It's important to realise that Wi-Fi in your home is nearly always more danger to you than what's coming from outside your home.

You can confirm this by measuring the microwave signals with a meter, and seeing what your exposure is. The fact is, you don't need Wi-Fi while sleeping, so this is a wholly unnecessary exposure that is easily remedied by turning it off.

7. Move alarm clocks and other electrical devices away from your bed. If these devices must be used, keep them as far away from your bed as possible, preferably at least 3 metres. Keep your mobile phone as far away from your bedroom as possible if it must be on. If you keep it in your bedroom, either shut it down or put it in airplane mode.

8. Avoid using loud alarm clocks. It is stressful on your body to be suddenly jolted awake. If you are regularly getting enough sleep, an alarm may even be unnecessary.

Alternatives include a sun alarm clock, which wakes you by gradually increasing the intensity of light, thereby simulating sunrise, or a talking alarm clock, designed for the visually impaired.

9. Gently stretch your body before going to bed.

10. Take magnesium chloride before going to bed to enhance body relaxation.

11. Reserve your bed for sleeping. If you are used to watching TV or doing work in bed, you may find it harder to relax and drift off to sleep. Avoid doing these activities in bed.

12. Consider separate bedrooms. Recent studies suggest that, for many

people, sharing a bed with a partner can significantly impair sleep, especially if the partner is a restless sleeper or snores. If bedfellows are consistently interfering with your sleep, you may want to consider a separate bedroom. Pets may also need to be banished if their presence impair your sleep.

13. Get to bed as early as possible, ideally between 9 and 10 p.m. Our target is to actually be asleep by 9 pm. Your body (particularly your adrenal system) does a majority of its recharging between the hours of 11 p.m. and 1 a.m.

In addition, your gallbladder dumps toxins during this same period. If you are awake, the toxins back up into your liver, which can further disrupt your health. Prior to the widespread use of electricity, people would go to bed shortly after sundown, as most animals do, and which nature intended for humans as well.

14. Don't change your bedtime. Go to bed and wake at the same times each day, even on the weekends. This will help your body to get into a sleep rhythm and make it easier to fall asleep and get up in the morning.

15. Legal Cannabidiol (CBD) oil. Another alternative is to take CBD oil. By bringing tissues back into balance, CBD oil helps reduce pain, nerve stimulation and muscle spasm. It also promotes relaxation and has been shown to improve sleep.

16. Establish a relaxing bedtime routine. This could include meditation, deep breathing, using aromatherapy or essential oils or indulging in a massage from your partner. The key is to find something that makes you feel relaxed, then repeat it each night to help you release the tensions of the day.

17. Avoid drinking fluids within two hours of going to bed. This will reduce the likelihood of needing to get up and go to the bathroom, or at least minimize the frequency.

18. Go to the bathroom right before bed. This will reduce the chances that you'll wake during the night.

19. Avoid eating at least three hours before bedtime particularly grains and sugars. These will raise your blood sugar, delay sleep and raise your risk of acid reflux. Later, when blood sugar drops too low (hypoglycemia), you may wake and be unable to fall back asleep.

Aside from that, eating too close to bedtime can harm your health in other ways. If you consume more calories than your body can immediately use, there will be an excess of free electrons, which back up inside your mitochondria.

These electrons are highly reactive and start to leak out of the electron transport chain in the mitochondria. These excess electrons wind up prematurely killing the mitochondria, and then wreak further havoc by damaging your cell membranes and contributing to mutations. There's compelling evidence to suggest this type of mitochondrial dysfunction is one of the keys to accelerated aging.

20. Take a hot bath or shower before bed. When your body temperature is raised in the late evening, it will fall at bedtime, facilitating slumber.

The temperature drop from getting out of the bath signals your body it's time for bed. It will also help if you finish your shower with a cold rinse.

21. Take a sauna, followed by cold immersion in an unheated pool or shower, two to three hours before bed. This combination helps activate your parasympathetic nervous system to induce relaxation, allowing a sounder, deeper sleep.

22. Wear socks to bed. Feet often feel cold before the rest of the body because they have the poorest circulation. At least one study has shown that wearing socks to bed reduces night waking. As an alternative, you could place a hot water bottle near your feet at night.

23. Put your work away at least one hour before bed (preferably two hours or more). This will give your mind a chance to unwind so you can go to sleep feeling calm, not hyped up or anxious about tomorrow's deadlines.

24. Avoid watching TV before bed. Even better, get the TV out of the bedroom or even completely out of the house. It's too stimulating to the brain, preventing you from falling asleep quickly. TV disrupts your pineal gland function.

25: Minimize use of electronics, both during the day and in the evening. Electronic screens are major sleep thieves, robbing you of the ability to fall asleep quickly. Research has shown that the more time you spend on electronic devices during the day, and especially at night, the longer needed to fall asleep and the less sleep you will get overall.

Teenagers who used electronic devices such as MP3 players, video games, tablets, smartphones and/or computers for more than five hours a day were 3.5 times more likely to get fewer than five hours of sleep per night. They were also 49 per cent more likely to need more than an hour to actually fall asleep.



26. Swap out LEDs and fluorescent light bulbs in your home for incandescents. LEDs and fluorescent lights emit blue light that is not balanced by red and near infrared frequencies. Incandescent lights emit red and near infrared wavelengths and very little in the blue wavelengths, making them a far healthier light in general.

Once the sun has set, the lower the light in your home the better. Candlelight is ideal. Salt lamps are another option that will not have an adverse impact on your health and sleep quality.

27. Use blue-blocking glasses after sunset. While amber lenses work, glasses with red lenses actually work even better, as they not only block blue light but also yellow and green.

You can get inexpensive amber glasses and red glasses at [www.amazon.com.au](http://www.amazon.com.au).

28. Install blue-blocking software on your electronic screen devices. Flux is the best and we have used it for many years. If you use this at night, you won't need blue blocking glasses. [www.justgetflux.com](http://www.justgetflux.com)

29. Reset your circadian clock. Expose yourself to bright sunlight in the morning and/or around solar noon to “set” your master clock, and avoid blue light exposure after sunset for the same reason.

30. Listen to relaxation sounds. Some people find the sound of white noise or nature sounds, such as the ocean or forest, to be soothing for sleep.

31. Read something spiritual or uplifting. This may help you relax. Don't read anything stimulating, such as a mystery or suspense novel, which has the opposite effect. In addition, if you are really enjoying a suspenseful book, you might be tempted to go on reading for hours, instead of going to sleep.

32. Journaling. If you often lie in bed with your mind racing, it might be helpful to keep a journal and write down your thoughts before bed.

33. Short-circuit worry with creative distractions. If worry has you in its grip, try thinking of something else that interests you but is of no importance. Sleep expert Neil Stanley, Ph.D., said, "I fly a lot, so I imagine I have my own private jet and how I would arrange the furniture on it. If you're someone who likes going to music festivals, what would your lineup be?"

34. Avoid as many drugs as possible. Many drugs, both prescription and over the counter, adversely affect sleep.

35. Avoid caffeine. At least one study has shown that, in some people, caffeine is not metabolised efficiently, leaving you feeling its effects long after consumption. So, an afternoon cup of coffee or tea will keep some people from falling asleep at night. Be aware that many legal drugs also contain caffeine (for example, diet pills).

36. Avoid alcohol. Although alcohol will make you drowsy, the effect is short-lived and you will often wake several hours later, unable to sleep. Alcohol will also keep you from entering the deeper stages of sleep, in which your body does most of its healing.

37. Avoid foods you may be sensitive to. This is particularly true for sugar, grains and dairy. Sensitivity reactions can cause excess congestion, gastrointestinal upset, gas and other problems.

38. Exercise regularly, but not within three hours of bedtime. Exercising for at least 30 minutes per day can improve your sleep. However, don't exercise too close to bedtime, as it may keep you awake. Studies show exercising in the morning is the best if you can manage it.

39. Lose excess weight. Being overweight can increase your risk of sleep apnea, which can seriously impair your sleep.

40. Have your adrenals checked by a good natural medicine clinician. Scientists have found that insomnia may be caused by adrenal stress.

41. If you are menopausal or perimenopausal, likewise get checked out by a good natural medicine physician. The hormonal changes at this time may cause sleep problems if not properly addressed.

42. Get out of bed. Rather than tossing and turning, allowing frustration to grow, get out of bed. Try writing your thoughts down; just be sure to keep the lights dim. Telling yourself you're going to try to stay awake instead may also have the paradoxical effect of making you sleepy. The reason for this is that once you're OK with being awake, your frustration and arousal level drops, making it easier to fall asleep.

43. Do some controlled breathing exercises. Breathing is both an involuntary and a voluntary process. You can alter the speed and the depth of your breathing, and you can choose to breathe through your mouth or your nose. These choices lead to physical changes in your body.

Slow, deep and steady breathing activates your parasympathetic response while rapid, shallow breathing activates your sympathetic response, involved in releasing cortisol and other stress hormones.

The combination of controlled breathing with counting can be particularly effective when your mind refuses to shut down at night, as it gives your mind something to focus on. One breathing exercise involving counting that you could try is the 4-7-8 breathing technique taught by Dr. Andrew Weil. It's a potent remedy for anxiety, as it acts as a natural tranquilizer for your nervous system.

44. Tape your mouth to prevent mouth breathing. While this may sound bizarre, it's quite effective and not at all painful or risky. Simply place a small piece of medical tape (please do not use industrial types of tape which can damage your skin) across your lips.

45. Boost your melatonin. Ideally it is best to increase levels naturally with exposure to bright sunlight in the daytime (along with full spectrum bulbs in winter) and absolute complete darkness at night. In scientific studies, melatonin has been shown to increase sleepiness, help you fall asleep more quickly and stay asleep, decrease restlessness and reverse daytime fatigue.

Melatonin is a completely natural substance, made by your body, and has many health benefits in addition to sleep.

46. Use a natural sleep aid such as valerian root. Studies have found valerian root helps improve the speed at which you fall asleep, depth of sleep (achieving deep sleep 36 percent faster) and overall quality of sleep.

Start with a minimal dose and use the lowest dose needed to achieve the desired effect, as higher dosages can have an energising effect in some people. Typical dosages used in studies range between 400 mg and 900 mg, taken anywhere from 30 minutes to two hours before bed.

47. Drink chamomile tea. This herb is typically used in the form of infusions, teas, liquid extracts or essential oils made from the plant's fresh or dried flower heads. It has sedative effects that may help with sleep, which is why chamomile tea is often sipped bed.

48. Tap for insomnia. One of my favourite remedies for insomnia is the Emotional Freedom Techniques (EFT). Most people can learn the basics of this gentle tapping technique in a few minutes. EFT can help balance your body's bioenergy system and resolve some of the emotional stresses that are contributing to your insomnia at a very deep level. The results are typically long lasting and improvement is remarkably rapid.

49. Limit daytime naps, and avoid napping after 5 p.m. Last but not least, if you're tired during the day, you may be tempted to take naps. This, however, can make it more difficult to fall asleep later in the evening, so limit naps to 15 or 20 minutes, and don't sleep too late in the afternoon.

50. Use a sleep tracker. Many fitness trackers now include sleep tracking software that can be quite useful, allowing you to evaluate the effects of different strategies.

For example, did that afternoon coffee disrupt your sleep? Did morning exercise make it better but evening exercise made it worse? How long does it take you to actually fall asleep, and how much earlier must you go to bed to get a full eight hours of sleep?

## **DETOXIFICATION**

The quickest and easiest way to detox? By cleansing the colon. (We know, this isn't a topic most like to discuss.)

How? You have three options:

- Find a good local colonic therapist. (Pricier, but many first-timers prefer professional assistance.)
- The reusable Bagenema. You can give yourself enemas in the privacy of your home.
- Hippocrates Happy Bowel Powder. Stir the powder into water, and drink.

All three methods get results. Which would you prefer?

The mention of enemas can induce surreal visions of tubes and hoses – often provoking gales of nervous laughter or shudders of horror – yet colonic cleansing is one of the oldest techniques in natural medicine, going back at least 5000 years.

The principle is very simple – that of an internal bath to help cleanse the colon or large intestine of poisons, gas, accumulated faecal matter and mucus deposits. These deposits, if not properly eliminated, can prevent the absorption of nutrients from food and can poison the body by retaining waste matter. Even in a healthy body, the colon may not be entirely cleansed by normal bowel action. Food such as dairy products, eggs, sugar and flour promote the formation of mucus, which can accumulate in the colon and hinder proper elimination.

If waste matter congests in the bowel on a regular basis (as happens in cases of poor digestion, yeast overgrowth, spastic colon, irritable bowel syndrome, chronic constipation or diarrhoea), the colon can 'auto-intoxicate': literally poison itself by reabsorbing wastes back into the bloodstream, thus placing a huge burden on the body's other cleansing organs – the kidneys, skin and lungs. In due course, such a

toxic overload will likely cause problems such as diverticulitis, haemorrhoids, prolapses, colitis or even bowel and other cancers.

It's easy to give yourself an enema. You fill the vinyl Large Volume 1500ML Reuseable Bagenema Set (complete with vinyl tube and adjustable tube clamp) with body-temperature water. You hang the bag on your bathroom or shower door, ABOVE body level. (Gravity causes the water to flow downward.)

You get on your hands and knees on the floor, or lie on either side, and gently insert the vinyl tube into your colon. You then allow the water to flow slowly through the tube into your rectum and colon.

(The adjustable tube clamp allows you to control water flow.)

The water gradually softens fecal matter and compacted deposits, while you gently massage your abdomen to stimulate the colon and improve elimination. The enema requires approximately one hour. Bagenema Set users find the enema experience pleasant, relaxing and soothing.

You may also use your Bagenema to implant fresh wheatgrass juice, or Hippocrates Organic Wheatgrass Powder dissolved in warm water, in your colon. After the enema has removed all loose fecal matter from your colon, empty excess water from your Bagenema. Then place 90ml or more of wheatgrass juice in the Bagenema. Allow the wheatgrass juice to slowly enter your colon. Gently massage your abdomen, moving the wheatgrass juice through your colon.

Hold the wheatgrass juice in your colon for as long as you can. (Most of the wheatgrass juice will be absorbed within 15-20 minutes.) Wheatgrass juice implants purge the colon and liver, and nourish the body by being absorbed into the bloodstream through the colon. Just inside the rectum (where you insert the juice) lies the haemorrhoidal vein, which enters into the portal circulation. This portal vein receives liquids, minerals, nutrients and toxins from the colon, then transports all of these directly to the liver, where they are either used, or eliminated from the body.



Since a portion of the wheatgrass juice is thus absorbed into the system, it works on the entire length of the colon, not only on the lower bowel.

You may also use the Bagenema for coffee enemas. (We recommend that you use organic coffee.)

Women might like to also try wheatgrass juice as a vaginal implant. Don't use your Bagenema, though! Instead, use a Vaginal/Rectal Syringe, and place 90ml of undiluted wheatgrass juice in the vagina. Allow it to be absorbed. You may find that the vagina will then eliminate a white sticky fungus — *Candida albicans*.

You may reuse your Bagenema repeatedly — by the same person — over a lengthy time period.

However, like toothbrushes, every family member should have his or her own individual Bagenema.

All items are available at [www.hippocrates.com.au](http://www.hippocrates.com.au)

## **NATURAL VISION IMPROVEMENT**

We can do no better than to recommend Leo Angart's IMPROVE YOUR EYESIGHT NATURALLY.

We do the book's exercises every day.

The book details strategies designed to improve your eyesight by exercising your ability to see. It explains how you can tone your eye muscles, release tension and build up energy to regain your natural eyesight. It includes simple vision tests that you can use to verify your level of vision and monitor your improvement.

For cataracts (Australia's most widely performed surgery) we also recommend:

- Lots of natural vitamin C, in the form of rose hips or hot chilli peppers blended in water daily.
- Wheatgrass juice in the eyes.
- (If you're 100% vegan) Place your fresh urine in your eyes (using an eye cup) several times every day.
- Drink 2L of purified water every day.

## **NUTRIENT ABSORPTION AND GRANDER WATER**

The mucosal lining of your large intestine is lined with tiny pits that open into long, tube-like intestinal glands; these glands are lined with specialized cells that absorb water and other specialized cells (goblet cells) that release mucous into your large intestine to lubricate your stools and to protect the lining of your large intestine against acidic substances and noxious gases.

The specialized cells that absorb water from your waste materials are responsible for about 10% of the water that you absorb from the foods and beverages that you ingest; the remaining 90% is absorbed by cells that line your small intestine.

This 10% of water absorption in your large intestine amounts to between 500ML and 1L of water in most people, and represents a significant portion of your body's daily intake of water. As water is absorbed from the waste material in your colon, so are some nutrients, mainly minerals.

Three to ten hours are required for your large intestine to absorb enough water from waste material to turn the waste into solid or partially solid stools. Your stools consist mainly of water, mucous, fiber, old cells from your intestinal lining, millions of microorganisms, and small amounts of inorganic salts.

When your rectal pouch is distended with enough faeces to trigger a contractile reflex, your faeces are pushed out through your anus. When you consciously contract your abdominal wall, your diaphragm moves downward and helps open muscles that line your anal sphincter.

Your rectum is lined with three horizontal folds, called your rectal valves; these valves are what prevent stools from passing through your anal sphincter when you pass gas.

If you choose not to release stools when you experience an urge to do so, your reflex contractions may stop, in which case you likely won't have a significant bowel movement until the next mass peristalsis occurs.

When waste material travels through your digestive tract too quickly for sufficient water absorption to occur, your stools will be runny and more frequent than normal.

### **COMMON CAUSES OF DIARRHEA:**

- Undesirable microorganisms
- Food intolerances (such as lactose intolerance)
- Stress

In the first two cases listed above, it makes sense that your body would want things to move quickly through your system; your body doesn't want to spend time digesting foods that it cannot properly extract nutrients from or that are laced with disease-causing microbes.

Stress can cause transit time to shorten by affecting your enteric nervous system. (Please recall that your enteric nervous system controls the reflex contractions that mark "haustral churning".) Your enteric nervous system is part of your autonomic nervous system, and your autonomic nervous system regulates your physiological responses to emotional and physical stress.

When waste material travels through your colon more slowly than it should, so much water is sucked out of your waste material that your stools become hard.

### **COMMON CAUSES OF CONSTIPATION:**

- Not evacuating when you feel an urge to evacuate.
- Lack of a healthy intestinal lining; a lining capable of producing enough mucous to properly lubricate your stools.
- Insufficient intake of water, water-rich foods, and/or fiber-rich foods.
- Stress.

Chronic constipation is the single greatest cause of having an unclean and unhealthy colorectal region, because over time constipation causes your bowel walls to endure excessive pressure — pressure that is created by you straining to evacuate, and by your colon walls creating stronger contractions to help eliminate hard stools.

Excessive pressure on your colon walls can cause diverticuli (small pouches) to form. Sometimes small bits of waste material can become lodged in diverticuli.

Every time you eat a substantial meal, you stimulate stretch receptors in your stomach that are responsible for triggering normal and mass peristaltic waves throughout your small and large intestines, ensuring regular movement of waste material through your colon and rectum

Also, eating substantial meals allows significant “chunks” of waste materials to travel together through your colon, turn into well-formed stools, and be eliminated from your body in an efficient manner

If you regularly suppress the urge to have bowel movements, waste materials spend more time than is optimal in your colon, causing excessive dehydration of waste materials and formation of hard stools

Water helps to move waste materials along, and is absorbed throughout the entire length of your colon. Insufficient water intake can cause stools to form long before waste materials reach your rectal pouch, which can cause constipation.

Fibre adds bulk to the boluses of waste material that travel through your large intestine. This bulk is essential to your colon’s ability to turn waste materials into well-formed stools.

A diet that is rich in raw vegetables, fruits and legumes ensures high fiber intake.

Adequate vitamin D intake significantly lowers your risk of developing all types of cancer, including colorectal cancer.

When you aren’t able to get regular exposure to sunlight (enough to tan without burning), look to ensure adequate vitamin D status by taking Hippocrates Natural Vitamin D3.

As mentioned, glands that line the mucosal lining of your colon are responsible for releasing mucous needed to lubricate your faeces.

All of your cells, including those of your large intestine and nervous system, require a constant influx of undamaged fatty acids and cholesterol to remain fully functional. If you don't ensure adequate intake of healthy fats (such as found in avocados and coconuts), your nervous system and the smooth muscles that surround your digestive passageway — both of which are responsible for creating peristaltic waves throughout your digestive tract — may deteriorate.

### **LARGE POPULATIONS OF FRIENDLY BACTERIA CAN KEEP YOUR DIGESTIVE TRACT CLEAN AND HEALTHY BY:**

- Promoting optimal digestion, thereby preventing buildup of toxic waste materials.
- Utilizing space and resources, thereby helping to prevent infection by harmful bacteria, fungi, and parasites.

The easiest way to build and maintain healthy colonies of friendly bacteria in your digestive tract is to take in high quality probiotics, such as found in fermented foods.

Your body is designed to keep your colon and rectal regions clean and healthy. If you follow the steps outlined above, you can rest assured, knowing that your lifestyle choices are minimizing your risk of having colon-related health issues.

## **Why Do We Recommend the Grander Water Filtration/Energising System?**

### **And what is GRANDER® Water?**

Water having a high, stable and biologically valuable quality.

Water possesses an immune system. The basic idea behind the method proposed by Johann Grander is to strengthen the self-cleansing effect and resistance of water by improving its structure. This creates a natural and stable immune system.

GRANDER® Water Revitalization is based on the understanding of information transfer. The core element of GRANDER® Water Revitalization is water. The active medium known as “information water” in the GRANDER® Water Revitalization units consists of water with a high internal order and stability – made according to the special process and knowledge of Johann Grander.

Through its high internal order, this information water is able to transfer natural information and vibrations even to non-revitalized water without ever coming in contact with it. In this way, water is naturally stabilized and biologically improved.

Johann Grander’s goal was to make the properties of revitalized water – with all its positive effects for humans, animals and plants – transferrable to all water. It should be available for all those who drink it and use it in their everyday lives

GRANDER® Water Revitalization Units work solely with natural energy, not requiring any electricity or other additives. The units are maintenance and service free. They are either installed directly in the main water supply, to the tap or hung in the sink or container.

GRANDER® Revitalized Water is characterized by

- adding to the pleasure of drinking through its subtle good taste.
- keeping fresh longer
- promoting a pleasant, gentle feeling for skin and hair while bathing and showering
- encouraging the strong growth of plants and flowers

- giving food an exquisite, fresh and more intense taste while keeping it fresh longer
- protecting the heating system through cleaner heating water
- ensuring the reduced use of detergents and cleaning agent

The effect of the GRANDER® Water Revitalization Units remains constant even during downtimes and after several years of use.

Details: [www.grander.com.au](http://www.grander.com.au)