

CONSTIPATION...The Straight Poop

Denis Ouellette



Constipated...it's something you don't want to be! Two or three movements per day is good. You're in good shape "down there" if you "go" shortly after every meal, and if "it" is light brown in color and pasty (as opposed to very dark, clumped or balled). You shouldn't have to "push." And if you are "going" less than once per day, then you REALLY need Dr. Schulze's intestinal formulas!

Dr. Richard Schulze [www.dr-schulze.com] leading natural-health authority, is more famous for his Superfood, a powdered green drink high in chlorophyll and vegetable protein, but I think his greatest contributions to the well-being of mankind are these intestinal cleanse formulas. He says that bowel cleansing is the first and most important step for preventing and healing disease.

He also says we carry 5 to 10 pounds of fecal matter in our colons! People don't realize the wear and tear it places on their body when they're not pooping regularly. The excess waste stays there and toxifies the system, causing or worsening all kinds of

illness and fatigue. **So let's get things going again!**

You start with the Intestinal Formula #1 capsules that contain herbs (curaco and cape aloe leaf, senna leaf and pod, ginger root, garlic, etc.) that increase the peristalsis, the wavelike muscular contractions of the intestines and colon that force waste matter onward and outward.

Constipation is sluggish peristalsis. Dairy, cheese, eggs (sound like breakfast?); baked and processed foods (sound like lunch?); excessive meat protein combined with starchy or sweet foods (sound like supper?) all slow down the digestion and elimination. The directions say to start with one capsule daily and increase by one daily "until the desired effect is obtained." And you'll see—these herbs WORK!

Once that "back door" is working, you're ready for Formula #2, a natural bulk and fiber formula (psyllium seed, flax seed, bentonite clay, activated willow charcoal, etc.) that you mix with juice and water, shake vigorously, and drink down. As these substances move past the intestinal walls and colon, they expand like a sponge and absorb the old, impacted matter stuck there, which is then expelled with your next movement. And I'm telling you—THIS is the poop you've been waiting for!

You will have the feeling of extreme relief and release of energy and your whole body will sigh....Then you'll look at (and smell) what just came out and you'll say, "OMG—that was in me?" All your overworked organs will thank you.

As a service to our friends and their colons, we offer Dr. Schulze's intestinal formulas (along with Superfood and his powerful Echinacea tincture) for just a few dollars over wholesale. We're in Paradise Valley if you want to come by, but we also ship to customers around the country. ■ (See ad below.)

• NOW YOU CAN GET •
Dr. Richard Schulze's
 — Original Formula —
SUPERFOOD

The Finest Nutritional Supplement Available!
AT CLOSE TO WHOLESALE \$\$

Organic and Wild Harvested Vitamin and Mineral Herbal Protein Supplement

This naturally balanced blend of Botanical superfoods is formulated to provide Food-Source Vitamins, Minerals, Amino Acids & Essential Trace Nutrients. All ingredients are from the richest, whole-food sources on the planet.

These are Nature's Nutrients... not man-made synthetic vitamins!

Organic Hawaiian Blue-Green Spirulina and Chlorella & more! SuperFood is almost half protein by weight! 250% more protein than meat, poultry or fish.

— WE ALSO STOCK —

Intestinal Formulas #1 & #2
 #1- "Keeps me regular like clockwork!"
 #2- "Powerful natural bulk & fiber formula."

Echinacea Plus

"The strongest cold killer I know of."

SUPERGOOD NUTRITION

333-4103 Paradise Valley, MT



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