

THE ULTIMATE GUIDE TO FUNCTIONAL GUT HEALTH IS FOR ANYONE WHO WISHES TO IMPROVE THEIR UNDERSTANDING OF HEALTH AND WELLBEING BY CARE OF THE GUT

LET'S TALK ABOUT HAPPINESS

THE ULTIMATE GUIDE TO
FUNCTIONAL GUT HEALTH

BY FRANCES FLANNERY

THE ULTIMATE GUIDE TO FUNCTIONAL GUT HEALTH

A BOOK BY

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Introduction

Happiness is intrinsically linked to your gut. But as humans, we all share a universal fear and embarrassment of the functions of the bowel. (Even my Chihuahua looks embarrassed when she passes wind). Could it be that we are so terminally embarrassed by our own inner workings that we are missing a major piece of the gut health puzzle? World Health Organisation figures show that 1.8 million people are affected by colorectal cancer per year, making it the second most common form of cancer.

Functional gut health has two stages. The first is to clear away the old and the second is to introduce the new. But most gut health programmes go straight to step two which is why they are not as successful as they might be in theory considering how much scientific evidence exists about wellbeing and its link to the bowel. After 10 years of working with thousands of clients at Vitality Centre, I have come to believe this . And so I have written this book to share my experiences with those who wish to empower and educate themselves on how to achieve wellbeing and restore balance through modern functional gut health practices.

It is the improvements in people that I have witnessed first-hand that have inspired me to keep going and to stay fascinated and determined to profile gut health and establish internationally accredited functional gut health training, an endeavour which took 4 years, so that those who want to train in functional gut health treatments can now do. Ireland is leading the way in gut health research. In 2014 researchers at UCC took stool sample microbiomes from professional rugby players and found that they contained a richer diversity of gut microbes and a strain of bacteria linked to lower rates of obesity when compared to healthy but nonathletic men. (Perlmutter, 2011)

Science recognises the gut as perhaps the most fundamental wellbeing organ of the entire body and this book aims to help you to use that knowledge to improve your wellbeing. Thank you to all my clients. You have been my teachers and my inspiration.

Yours in health

Frances Flannery

"The Gut Health Guru", Functional Gut Health Trainer & Founder Of Vitality Centre

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Contents

Introduction by Frances Flannery

Forward by Richard Burton, CEO of the Irish Institute of Nutrition & Health

What one thing could make you happier?

What is functional gut health?

How Hard Do You Party?

Probiotics and Prebiotics

Candida : the thistle of the guts garden

The gut brain connection

Years of toxic build up

How can a colonic be private? My story

Why we get gut problems

Food for thought

Make your own fermented food

The importance of gut health In contemporary medicine

Imagine if we knew what causes cancer

Creating a body that disease does not like

Elvis Presley died from constipation

Parkinsons may start in the bowel

Bibliography



"I believe that all nutritional & dietary changes should be accompanied by functional gut health protocols to harness the incredible potential that a balanced gut can create."

Frances Flannery

Forward

Richard Burton

CEO of the Irish Institute of Nutrition & Health

‘All disease begins in the gut’

Anyone who has explored the root causes of their illness will, at some point, have encountered these wise words of Hippocrates, widely regarded as the Father of Medicine.

I help to train Nutritional Therapists to work with clients who present with a range of persistent health problems. Investigation of background factors very often uncovers a history of chronic constipation or unstable bowel habits. And during recovery - from disorders of most types - improvement of bowel symptoms is regarded as a priority focus.

Just a few decades back, the colon, or lower bowel, was still regarded as essentially a receptacle for indigestible matter, functioning to absorb water and eliminate waste. The huge bacterial population there flourished on undigested dietary fibre, forming the bulk required to create a healthy, daily bowel habit. A fibre-rich diet was regarded as the general solution to most colon health problems.

But already in the 21st century, breakthrough gene technologies and big data have expanded scientific knowledge of the vital role of the colon and its microbial population light-years beyond the horizons of traditional understanding.

Accordingly, the world of health is now awash with novel terms - Probiotics, Prebiotics, Microbiome, Nutrigenomics, among many others. We are still in the early stages of a completely new conception of how diet interfaces with health and wellbeing – the notion of food as *information*, no longer simply as fuel, building materials, vitamins and minerals.

What is becoming clear is that the trillions of microorganisms harboured by a healthy colon are - somehow - continually acting to provide information from the surrounding environment, via food, to our internal systems for adaptation and homeostasis. This ‘intelligent interface’ between bugs and body seems to be the immune system, which is doubtless why around 70% of the body’s immune system is found located in and around the colon. Beyond

that, there is convincing evidence of a 'gut-brain axis', which would help explain, among other things, the often-seen link between chronic digestive problems and mental health issues.

There is also evidence that many chronic metabolic diseases originate in the gut. This relates to the different mix and overall diversity of gut bacteria residing in our colon, and also to the integrity of the gut lining. Studies have repeatedly shown that endotoxins - undesirable bacterial products - can leak through a damaged gut wall and enter the bloodstream. The immune system will then detect and attack these foreign substances, resulting in a chronic inflammatory response. This persistent, diet-derived inflammation is believed to contribute to insulin resistance (underlying type 2 diabetes), and has also been strongly linked to other serious physical and mental health disorders.

From personal experience and the feedback of many clients I refer to colonic hydrotherapy, I know its potential as a powerful adjunct to healing – even a game changer – in many cases of chronic ill-health where colonic function is not optimal. The standard of colonic hydrotherapy in Ireland is second to none, and I am delighted that Frances and her team at the Dublin Vitality Centre continue to offer such an important service, along with vital practical information that her clients need to help restore and maintain their bowel health.

Richard Burton is CEO of the Irish Institute of Nutrition & Health. Founded in 2002, the Institute provides fully accredited part-time training programmes in Nutrition & Health Coaching, and Nutritional Therapy. Attendance, online and blended learning study options. (iinh.net)

What one thing could make you happier?

95% of "The Feel Good Hormone" serotonin is produced in your gut, a scientific fact that directly links gut health to mood and happiness. *Brain World. (2018)* But so far removed our we, from this knowledge, that most people find it hard to believe that their gut health could have even the slightest influence on their overall levels of happiness, whatsoever. Ask people the question "What One Thing Could Make You Happier?" and you are bound to receive a varied reply, none of which will have any connection to the physical body, whatsoever. The answers you will receive, will inevitably include at least one, if not more, of the following; a great job, more money, amazing sex, better friends, more free time, looking better, being more intelligent (or more educated) and finding the one to merge with for that ultimate soul mate union and perfect relationship.

Since the pursuit of love and the perfect relationship lists highly among the beliefs that society at large, holds about the key to establishing its lifelong happiness, let us examine some statistics and studies that link relationships to happiness and personal 'joi de vivre' before we move onto the fascinating area of functional gut health and how it fits into the happiness paradigm.

The marriage factor

The effect of a wedding, with its pomp and ceremony, lasts for approximately two years during which time, there is an increase in overall happiness. According to the great John Gottman of The University of Washington, a world leading researcher on the subject of marriage and as referenced by Maureen Gaffney, Irelands best known and most trusted psychologist, in her book *Flourishing*, there is a magic ration of 5:1 for marriage to work. (Gaffney, 2011). It means you have to make up for any negativity with five portions worth of positivity to patch things up and correct the balance of happiness in the relationship.

Less depression is reported within couples who are married. (Gaffney, 2011). So to some degree, marriage can elevate your levels of happiness, somewhat and temporarily. But like most things in life, it's not that simple. If you get married and then become divorced, your levels of happiness will dip below that which they were before you were married in the first place. Hopeless romantics, don't lose heart - in time you will restore and your happiness level will ultimately return to what it was before you were married. Non

romantics, however, might conclude that the pursuit of a perfect relationship, to fulfil ultimate happiness, is at best, a risky business.

The single factor

The good news for women in their thirties and forties is that the struggle to deal with romantic relationships and the pressure of society to conform by finding a suitable partner and having children, all but disappears. A sense of contentment and happiness prevails, as the luxury of discovering the true self and recognising personal needs, for the first time perhaps, comes into graspable view. Overall, in both males and females, happiness increases with age whether attached or not. In marriage, the mental health of males improves overall. However, men deteriorate emotionally and physically with notable increased levels of depression as a result of a separation or divorce, compared to women. For those considering a long term relationship which excludes the certificate of marriage, the news is not good either - those who live together are less happy and have a higher chance of breaking-up than those who marry.

The child factor

A number of studies conclude that the arrival of children into a marriage causes happiness levels within the relationship to decline also. But it gets worse when those offspring hatch into teenagers during which time, happiness levels dip to a record low point, within the marriage. In her highly acclaimed book *Flourishing* by Maureen Gaffney, we learn that the happiness levels experienced by mothers when taking care of their children is lower than that which they experience preparing meals or doing shopping. (Gaffney, 2011)

The image factor

During the age of cosmetic surgery and digitally altered social media images, it is tempting to believe that a beautiful body and a perfect face, would greatly increase our levels of happiness. Oh to be younger, slimmer, more attractive, to rid ourselves of that extra ten pounds, increase bust or butt size, harvest more hair follicles, remove wrinkles, turn back the clock, a nip and a tuck, some suction there, a syringe here. What would be the harm? Surely then, true happiness would cease to evade so cruelly. Not so. Whilst there is a slight link between a more pleasing appearance and higher happiness levels, the root of this link, is found to correlate to how well the bearer of those good looks is received by society and thereby attracts partners and friends.

The friends factor

There is one area of life that is guaranteed to increase happiness, without exception. People who have five or more close friends are 60% happier than those who don't. Friendships can bring more happiness than family because they are free from the duty, obligation and expectations that many family bonds involve. The factors that make it easier to form new friendships fast such as; ease at making friends, getting involved in social activities, team sports and generally being socially active, all contribute.

But again, it's not that simple. Unsupportive friendships can cause the opposite result. Choose wisely. Your friendships have a major influence on your levels of happiness so be open to new ones. Cut out old ties that no longer serve your emotional needs. Leave behind friendships that are unreliable, destructive or negative. Notice how you feel around the people you consider friends. If the answer is positive, you are on to a winner. Cherish and nurture these relationships because they have the potential to bring a major increase in happiness into your life, bigger than any other external factor, aside maybe from something less well known about ...gut health.

The GUT factor

An uncompromising and little known fact about happiness and the *raison d'être* for this functional gut health book is to introduce the emerging wellbeing philosophy of focusing on restoring the bowel and rebalancing the many intricate florals that reside within it to create an increase in overall wellbeing and mood. During my years as a functional gut health therapist, I have noticed first hand the improvements in mood that result when the gut is cleansed, restored and balanced. And it is instant in many cases. Clients who have arrived angry, frustrated and irritated have left relieved, relaxed and apologising for their former state of mind. But when you understand the bowel and its connection to serotonin, it makes perfect sense that someone who is suffering from chronic constipation or IBS is likely to be moody, depressed and irritable. *"Given the two brains' commonalities, other depression treatments that target the mind can unintentionally impact the gut. The enteric nervous system uses more than 30 neurotransmitters, just like the brain, and in fact 95 percent of the body's serotonin is found in the bowels."* (Brain World, 2018)



"Advanced nutritionists and leading gut health doctors now recognise the importance of bowel health. It is time for everyone to clear and replant their gut flora garden. "

Frances Flannery

Health and mood have a definite effect on our overall levels of happiness. And what is more, these two things are profoundly linked physically within your body, in your bowel, to be more precise, through one very important hormone. That hormone is called **serotonin**. It is often referred to as "**The Feel Good Hormone**" because it is directly related to how happy we feel or not. During times of depression it drops.

95% of serotonin is produced in your bowel. That is why anti-depressants are used to treat IBS. These drugs boost serotonin production not in your brain but in your bowel where the resulting effect is an increase in mood.

"Functional Gut Health has 2 distinct stages. The first is to clear the bowel and the second is to introduce new gut flora."

Frances Flannery

95% of Serotonin is produced in your gut. (Gershon, 2008)

Relief from both depression and bowel problems are achieved. That is most likely because an increase or decrease in serotonin in your bowel caused by impaction, bloating or other gut related issues seems to cause a decrease in your mood and vice versa. The fascinating thing that I have noticed over the years is that boosting the peristaltic action of the bowel through functional gut health treatments seems to instantly boost mood for many people.

A game changing monument of research arrived on bookshelves in 1999. It was called ***The Second Brain*** and was written by a medical doctor called Michael Gershon, who devoted his career to understanding the human bowel (the stomach, oesophagus, small intestine, and colon) collectively known today as, the gut.

In fact, the gut refers to that five foot tube of bowel which many prefer not to ponder on for too long. The bowel has been extensively overlooked and ignored by both the medical profession and society in general, to the point that IBS (irritable bowel syndrome) was considered to be "all in the head" up to recent years. We know more than ever we did about the connection between the gut and brain. The *bowel* is our second *brain* and its relevance to our mental health is substantial. "*Trendelenburg had demonstrated that the intrinsic nervous system of the gut actually has properties that are like those of the brain and subservient appendage, the spinal cord. To a neurologist, this is like saying that the bowel is close to God.*" (Gershon. M, 1998)



"The gut itself has a major influence on mood because 95% of serotonin is produced in the bowel." Frances Flannery

What is functional gut health?

Functional gut health is a natural approach that aims to balance the body and reduce the many symptoms which originate in the gut by cleansing, balancing and restoring the digestive system and bowel. But the concept of strengthening the gut to achieve overall improvements in health has existed since the 1930s when a Japanese scientist called Dr. Minoru Shirota developed the first probiotic fermented drink known as "Yakult" and started to market it in Japan. Since then we have discovered more and more about the relevance of maintaining good gut health and the gut brain connection which links the bowel to mood.

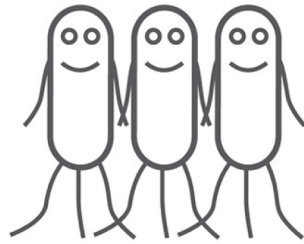
In Japan, the concept of gut health is sometimes called "Shirota-ism" after the founding father and first scientist to recognise the value of gut health and its' relevance within in the wellbeing spectrum.

Shirota-ism first made us aware of the importance of looking after the gut in order to prevent disease and to avoid falling ill later in life. Even today, the relevance of gut health is not fully understood but emerging research makes it clear that gut health is not just a side line but the most *crucial* part of our overall wellness and potential to avoid disease.

We have all heard of gut health. **But how many of us really know what our gut is?** There is certainly a lot of talk about gut health and probiotics these days. But who knows the exact location of the gut and what it is? Ask and many people will gesticulate uncomfortably and vaguely towards their stomach area. So let us clear up exactly what the gut is in relation to probiotics and functional gut health treatments once and for all.

When referring to probiotics like acidophilus, bifidus and lactobacillus in relation to gut health, we are very specifically referring to that part of the gut known as, the bowel. That's because probiotics and gut flora in general, populate in the bowel, not in the stomach, not in the liver, not in the pancreas. It is thought that natural gut flora is produced in the mesenteric arterial system and fed into the colon. We also know that gut flora is produced in the lumen that line the mucosal layer of the gut wall. The lumen are tiny pockets where gut flora populate and rebuild themselves deep within the bowel wall.

Probiotics, prebiotics, microbiome, nutrigenomics are all ways to describe gut flora which is relevant to the bowel and the bowel only. There are four names which refer to that very same organ. For the sake of clarity, let us make a note of each of those four names. I repeat that *all* of them refer to that 5 foot organ whose main function is the removal of water by absorption into its walls so that semi-solid matter (chyme) can be made into solid matter (faeces) and then ultimately excreted as waste. The deep inner wall of the bowel hosts a balanced gut flora garden where thousands of microbes do all sorts of work which keep our immune system and neurological system healthy.



Cleanse, restore, retrain & hydrate the gut
...with functional gut colonic hydrotherapy

The bowel is where probiotics must get to in order to populate and do the majority of the good work that we now know is so important. But before they get to the bowel, they must pass through various other parts of the gut. The stomach is designed to break down bacteria, (good and bad) which is one of the challenges that oral probiotics face. Next, the probiotic enters the small intestine which aims to absorb and assimilate nutrients. After twenty two feet of small intestines, the probiotic finally enters the bowel. One might argue that the journey the probiotic must take is arduous and designed to kill bacteria. That is true and recently it has come to light that there are better ways than taking oral probiotics.

A recent study by the University of London has proven that many probiotic drinks simply do not make it through the stomach to do their work in the bowel. *The same study found that liquid products were in general capable of delivering more viable bacteria than solid products. It also suggested that taking products in the fasted state gave the best chance of successful delivery. (Gaisford, 2014).* The study showed that only *some* of the gut flora in the probiotics taken orally *potentially* made it through the digestive system. That is why many world leading experts in the area of probiotics now recommend adding probiotic enemas to functional gut health programmes because probiotic enemas are the most direct way to repopulate the gut flora garden since

the probiotic can bypass the digestive system which is designed to break down any nutrients or bacteria that passes through it including probiotics.

One thing is for sure, our bowel and its billions of microbiome have a major influence on our health and happiness and so it is time to understand how best to rebalance gut flora properly because bowel care is a fundamental part of good gut health. Although, most people have heard about probiotics, very few know exactly how they fit into functional gut health protocols. Whilst most people know the word "probiotic" not so many really understand what probiotics actually are and why they are relevant to gut health and the bowel. Most people think of fermented foods or probiotic capsules when they think about gut health. But these things are just one small part of a functional gut health protocol.

Functional gut health is an approach that brings together a number of integrative wellbeing practices to create a "whole-istic" plan aimed at improving gut health naturally. A functional gut health programme may include nutritional planning, food intolerance testing, dietary changes, supplementation, colonic hydrotherapy, probiotic enemas, oral probiotics and taking prebiotic foods to form part of an overall wellbeing protocol that aims to balance the source of symptoms, many of which are now understood to originate within the gut.

Where conventional medicine treats symptoms of gut health issues like diverticulitis, IBS, constipation, acne, psoriasis, eczema, diarrhoea, bloating, mood swings and brain fog with drugs like SSRI anti-depressants (or when the condition has progressed to a chronic stage such as in the case of cancer, surgical interventions) functional gut health aims to prevent these conditions in the first place or to remove the root cause of inflammation which may result in their original formation.

Functional gut health involves working with the bowel physically in a practical and useful manner. It aims to restore, retrain, hydrate, replenish, replant and rebalance the bowel and gut naturally. Functional gut health can be described, therefore, as preventative gut health protocols that specifically relate to working "functionally" with the bowel.

Because we now know that almost everyone in the western world has imbalanced gut flora, the very first step for many people who still have an acceptable level of health and who are not already under treatment by a medical practitioner for a digestive, gut or bowel related disease, is to remove toxic bowel impaction and imbalanced bad gut flora overgrowths such as Candida from deep inside the bowel. The

most common bowel flora that can be visibly seen leaving the large intestine during colonic hydrotherapy is *Candida* which comes away in the form of small white pieces that resemble cotton wool. This is a daily sight at my clinic.

The second step of a typical functional gut health plan is to replant gut flora with pre and probiotic enemas directly into the bowel and the third step is to identify triggers from food or other body imbalances which may be the underlying cause of inflammation or flare ups of mood, skin or bowel conditions in the first place. Because there is an opportunity to detox the liver, at this stage, through the introduction of **enema solutions** which consist of herbal green bean organic coffee and because the liver is the bodies main immune support organ as well as the organ with the heaviest workload (alcohol, drugs, medication, processed food), many people are recommended to undergo **liver coffee enemas** as part of a functional gut health plan.

A Word About Liver Coffee Enemas At Home

Functional Gut Health is not for the faint hearted. Its a pretty serious thing and it is my opinion that *nobody* should do functional gut health treatments like liver coffee enemas themselves at home. It is all well and good if you are relatively toxin free but if you have a heavy load of toxic build up in you liver, you are going to experience some scary side effects. Several times over this past 10 years when doing functional gut health treatments like liver coffee enemas, I have experienced what can only be described as extreme healing reactions with clients. During these times, I know that the liver is doing some highly beneficial detoxification work and that ultimately the client will come out feeling better. But try telling them that when they feel like death warmed up. At those times, I am glad to have done 4 levels of I-ACT international colonic hydrotherapy training and that I have worked with my mother, a nurse and psychotherapist for 10 years. Because for a person or therapist who does not have substantial experience, this can be utterly frightening. That is just one reason I do not recommend anyone tries to do coffee enemas at home. If you have seen what I have seen, you would never ever consider doing it yourself, despite what you might read online. Take it from a pro. Its not a thing to take lightly.

Some clients have a sudden rush of nausea. They can faint, break out in a sweat and feel utterly horrific for a few days post treatment. They will truly believe that something awful is happening to them as they experience the effects of the toxins that are in their body - the really bad and dangerous ones that are

build up inside fatty cell tissue - coming out and circulating in the body before they exit the bowel. The unpleasant reactions are attributed to the large amount of deadly substances such as drugs, medication, alcohol and food preservatives, being released by the liver and briefly experienced by the body. Once loosened these toxins must get to the bowel to be eliminated through the colon. But as they come away initially, the body can go into shock mode. Although this does not happen often, "a healing crisis" would be a powerful response. And someone doing it themselves at home with no experience of functional gut health would invariably panic, go to hospital and tell the doctors that the liver coffee enema did it. The liver coffee enema did not do it. The liver coffee enema is the catalyst that has caused your body to release its own toxic load. And now you are experiencing the almighty wrath of those toxins as they freely circulate in your body. My advice to anyone who thinks of selling enema bags to their clients to enable them to get the benefit of deep cleansing the body is this. If you can handle a client telling you that they are dying and you are responsible, go ahead. But otherwise leave functional gut health treatments like liver coffee enemas to the specialist clinics that provide them and are I-ACT certified to do so.

It is rare but allergic reactions can happen during or after the liver coffee enema. It starts with the throat closing up and within ten minutes can escalate to wheezing, hives all over the body, coughing, watery eyes. If this does happen, you may need to call for medical assistance. It is very rare. But in this situation, you could be dealing with something very serious. If you are doing coffee enemas yourself and experience an allergic reaction, you will not be able to call for help. In Phase 1 and Phase 2 detox these severe reactions happen. The body is feeling the effects of its own toxins. These toxins need to get out and they need to get out fast. That is why you always have a colonic in advance of a liver coffee enema. A colonic clears the path of the bowel so that the deep toxins being released by the liver can get out. This can last 20 to 30 minutes during which time anyone not familiar with the symptoms of a healing crisis and who does not know the difference between them and an allergic reaction will be in trouble. Of course the upside and the benefits of having a clean body for the first time in years is so incredible that dedicated therapists and functional gut health converts will always say it was worth it. The highs far out weigh the lows. The wellbeing far out weighs the side effects. Remember, of course, that side effects are a one in a million case. In the long run, your body and mind experiences levels of clarity and health that can only be described as heavenly. You think clearly. You sleep better. Cravings for sugar and alcohol disappear. Weight loss can result. Skin conditions like acne and psoriasis can clear up almost over night as a result of a clean body.

Taking prebiotic fermented food will help maintain good gut health but to get there in the first place, when the gut is imbalanced, impacted and toxic, consider a more advanced functional gut health protocol as outlined above. Colonics and liver coffee enemas will clear away historic matter that has built up inside the body and reside deep inside fatty cell tissue.

Oral probiotics are recommended during the course of the programme . A body 'MOT' is used to create a bespoke plan of vitamin and nutrient deficiencies.



Our Holistic Medical skin practices combine the best medical aesthetics with the most natural ingredients.

Far **infra-red thermotherapy** using a V-mat can be introduced to raise body temperature above a level which is comfortable for many bad bacteria to live in. If there are skin problems involved, the inclusion of **aesthetic skin treatments** may be introduced to compliment the basic functional gut health protocol outlined above. But in general, **functional gut health should consist of treatments that aim to restore, retrain, hydrate, replenish, replant and rebalance the bowel and gut without the use of prescription drugs or surgery ever becoming necessary.** That is the core foundation of functional gut health protocols at Vitality Centre Clinics.

Probiotics and Prebiotics

Science agrees that microbiome or probiotic research is the most progressive and exciting area of medicine right now says the Harvard Medical Journal. " *If you ask most medical experts about the hottest trends in health research, chances are they'll mention the microbiome. The term refers to the trillions of*

microbes living inside our bodies, known as the human microbiota. The vast majority of these bacteria, viruses, and fungi dwell deep within our intestines. These microbes help with digestion, make certain nutrients, and release substances that have wide-ranging health effects.

"There's a complex interplay between the microbes in our intestines and most of the systems in our bodies, including the vascular, nervous, endocrine, and immune systems. All of these relationships are highly relevant to cardiovascular health," says Dr. JoAnn Manson, professor of medicine at Harvard Medical School and chief of preventive medicine at Brigham and Women's Hospital. (2018).

But science has recently discovered that taking probiotics orally is not the best way to get the probiotic into the bowel. That's because the probiotic taken orally must travel through the complex and lengthy digestive tract to reach the bowel, which is located at the other end of it. Oral probiotics therefore depend on *some* of the good gut flora surviving this journey and actually getting into the large intestine.

"We often don't know if the probiotics are actually getting to the right place and changing microbial flora." (Manson .MD, 2018)

In a study carried out by Scientists at the University of London where they tested 8 well known probiotic drinks found in supermarkets and health shops to see whether products contained as many live bacteria as claimed on their labels and whether the bacteria survived in the stomach and if it then flourished in the gut, only one passed the test. (2018). The reason why oral probiotics sometimes don't reach the bowel intact is that they are digested and broken down by stomach acids.

That is why science is now beginning to realise that the best way to harness the benefits of introducing microbiomes is by probiotic enemas. Probiotics and prebiotic foods which we ingest such as kefir, kombucha, sauerkraut, yogurt, kimchi and other cultures are excellent for helping to maintain a healthy gut but when you need to get your gut balanced after extreme medication or ongoing exposure to antibiotics, consider going for the big guns. Introduce a course of probiotic enemas in tandem with the consumption of these foods. That is why probiotic enemas are a fundamental part of functional gut health.

Dr. David Perlmutter a medical doctor who has devoted his life to researching and writing about microbiomes recommends probiotic enemas because they have benefitted so many of his patients. He says that probiotic enemas *"are the best way to introduce probiotic bacteria directly into the bowel"*. (Perlmutter, 2015)

Your Gut Is Like A Garden

Its useful to use the analogy of a garden to help immediately understand the basics of probiotics and how they relate to the bowel. To understand how probiotics effect your gut health, just think of your bowel as

a garden. Within the garden, there are microscopic plants of many varieties. Each plant has a different function. Everything in the garden grows well.



"Gut flora is like a garden that grows inside your bowel. That is why "De-weeding" the gut garden before planting new seeds in the form of probiotics makes sense." " Frances Flannery

Each plant balances the other so that no one single plant can take over. Well, that is how it would be in an ideal world. According to Dr. David Perlmutter, a medical doctor who has dedicated his life to the study of gut health and microbes in the fight against neurological disorders such as ADHD, anxiety, depression,

dementia, Parkinson's, autism and Alzheimer's disease, a high percentage of babies already have imbalanced gut flora at birth.

Just how could that be you might ask? Imbalanced gut flora is directly linked to the use of anti-biotics to fight disease over the last century. *"In the last century, it seems we've tried to shut nature out in a lot of ways, believing it harbours germs and deadly pathogens. After Alexander Fleming discovered penicillin, we as a society got stuck on the germ theory of disease."* (Perlmutter, D. 2011)

Let's compare the bowel to a real garden and imagine that one day a gardener notices that there is a weed growing rapidly in the garden and threatening to take over the other plants. So what does he do? Well he could weed the entire garden of just the plants that are overgrowing and causing the issues and plant new seeds to restore natural balance (a functional gut health programme does a similar thing in the bowel) but it is more likely that he will spray weed killer on the entire garden aware that they won't just kill the plant that is causing the problem but will kill all the plants (similar to the germ theory where antibiotics are used to kill pathogens but invariably don't discriminate and so they kill *all* gut flora creating imbalance). Anti-biotics are used in the body to fight infection caused by a strain of bacteria that is causing infection somewhere in the body. They work in a similar way to weed killer being sprayed on the entire garden to kill just one plant that has become problematic. As mentioned anti-biotics do not discriminate. Just like weed killer, they kill all of the gut flora bacteria in your body, good and bad.

Because of this, it is estimated that almost everyone has imbalanced gut flora, because let's face it, almost everyone has been exposed to anti-biotics or other gut flora disturbing medication, at least once in their lives. And if everyone has imbalanced gut flora and because imbalanced gut flora can be linked to inflammation which is implicated in conditions as diverse as obesity, diabetes, cancer, depression, autism, asthma, arthritis, coronary artery disease, multiple sclerosis, Parkinson's and Alzheimer's disease, it is time that clearing away bad gut flora and replanting good gut flora became as fundamental to people's daily health care as brushing their teeth and visiting the dentist regularly.

Probiotics and Prebiotics : Can Colonics Wash Away Good Gut Flora?

It might be hard to believe today with all that modern science has learned about gut flora and the bowel that just two decades ago, an attempt was made to pin the epidemic of global imbalanced gut flora on colonic irrigation. Wow, that would mean that everyone in the western world (including new born babies) somehow managed to find the opportunity to have colonic irrigation. "*Unfortunately, we as a society have reached a place where we reflexively seek culprits to blame for our health challenges.*" (Perlmutter, 2011) So let us clear this matter up once and for all. The gut flora that lives in your bowel is not hanging around aimlessly hoping that it won't be washed away the next time you have a bowel movement or a colonic for that matter. Do you really think mother nature in all her genius would have designed your gut and gut flora in such a way especially since it has such an important role to play in the immunity?

So where does gut flora ACTUALLY live. We know it lives in the five foot bowel part of the gut. But where exactly in the bowel ? Gut flora lives in deep pockets of the mucosal layer of the bowel wall called lumen which means it lives

deep inside the bowel wall and is perfectly adapted to staying put in a constantly moving and changing environment. After all, the bowel is just that. The bowel is designed to keep gut flora there. But how? Well, because of the deep folds and layering system of the bowel wall. The bowel is constantly dealing with water. If a colonic could wash gut flora away, this really would be a problem since the main function of the bowel is to drain water from faecal matter so that it can become solid and ready for excretion. The suggestion that water could disturb gut flora is a little bit like suggesting that watering your flowers and plants should be avoided as it might wash them away. Do plants get washed away in storms? No, they are attached to the earth because this is an environment they have adapted to for millions of years. Same too for gut flora in your bowel. It is now estimated that 90% of people have imbalanced gut flora and many are born that way . Dr. Michael Gershon, the world leading expert on the gut and the doctor who discovered the revolutionary gut brain connection which sparked off the ground breaking microbiome revolution says that gut flora live in "the array of defensive cells that reside in the loose connective tissue under the lining of the colon." (Gershon, 1998)

If gut flora can survive bouts of diarrhoea, it can certainly survive a colonic. Have you ever seen those self cleaning bathrooms on some streets in large cities. There is a an urban legend which tells the story of someone getting trapped inside one of those things and getting an impromptu shower as the entire toilet washes itself from the inside out after every use. Diarrhea happens in much the same way. When the bowel identifies a potentially harmful bacteria trying to "get under its skin", it creates an inner flush. Any germ that is sufficiently attached to the bowel wall is washed away as the bowel wall washes itself from the inside out to ensure this happens. Diarrhoea is the bowels way of ejecting unwanted bacterial visitors who try to penetrate the deep mucosal layer where good gut flora lives. In essence, the body is trying to give itself a flush. So if gut flora can survive this, it can certainly survive the introduction of fresh clean filtered water as is the case during colonics. Colonics help the bowel to help clear away toxins and bad gut bacteria that the bowel does not want. Long before the pharmaceutical industry turned its eyes to the marketing and manufacture of probiotics en masse as per the in the past decade (forecasted to reach to **about 64.02 billion dollars** by 2022), functional gut health training protocols have always recommended the use of probiotics during and after treatments to help heal, restore and balance the bowel.



"Water is life. If water could disturb the bowel, we really would be in trouble, since the removal and management of water is the bowels main function."

Frances Flannery

Candida : the thistle of the guts garden

Within your bowel, there are a variety of microscopic gut flora plants growing in harmony. Each one has a different but very specialised function within the eco system of your gut. One of these gut flora plants is called Candida. It is not a bad thing although it has a bad name for good reason. In its balanced state, it is perfectly harmless and has a very important role to play in gut and bowel health.

Its function is to remove heavy metal toxins from the body and to carry them to the bowel for elimination. Heavy metal toxins are found in tinned food and in water. They are also present in mercury dental fillings. These heavy metals are not to be confused with essential trace minerals such as zinc, copper, magnesium, calcium and iron which have very important *and* complex enzymatic reactions that protect our cells from the attacks from free radicals and have various other roles to play in the health of the gut and bowel.



" During colonic hydrotherapy, excess Candida can be seen leaving the bowel in the form of what matter that resembles cotton wool. "

When amalgam dental fillings containing mercury are present, it is often found that increased levels of Candida overgrowths in the gut are present. If you notice a taste of metal in your mouth, you might also notice a white tongue in the morning or experience the signs of Candida overgrowth i.e. brain fog, mood swings, decreased immunity, gut health issues, skin rashes and itchy eyes.

The increase in Candida is said to be an attempt by the body to carry the extra metals from the fillings away. Where necessary, it is optimal to choose non mercury fillings which are now standard practice in Japan and Australia, where the use of mercury in fillings is no longer legal. These fillings continuously release mercury vapour, the more poisonous, naturally occurring, non-radioactive substance on earth. Mercury contributes to over 100 health issues, including heart disease, chronic fatigue, depression, memory loss and autism.

Since the colons job is to absorb water, gut flora must be suited to thriving within a watery environment. Imagine how coral reef grows on rocks deep under the ocean by attaching itself and you might understand how gut flora grows and adheres to the deepest parts of the bowels mucosal layer.

During colonic hydrotherapy, excess Candida can be seen leaving the bowel in the form of white matter which resembles small pieces of cotton wool. This is thought to be the excess of the overgrown Candida colonies that break away. Remember that Candida is or should be a microscopic organism like all gut flora. Therefore you would not expect it to be clearly visible to the naked eye, never mind to see big chunks of it coming off the bowel wall. If you see *any* Candida, you know that it is heavily overgrown in the first place. Large pieces of Candida are regularly and clearly seen leaving the bowel during colonic hydrotherapy at Vitality Centre which tells us that many Irish people are walking around with abnormally high levels of Candida in their bowel, an advanced sign of imbalanced gut flora.

You might be wondering how and why this happens. There is a very good reason why Candida overgrowth occurs. Candida is resilient and strong because its function is to deal with the removal of heavy metal

toxins from the body. No lightweights need apply for the role of escorting heavy metal toxins such as copper, mercury and other mineral metals out of the body.

Candida is an extremely resilient gut flora. Perhaps, the toughest and most resilient of all and therefore perfectly suited to its job. So tough is Candida that when Candida comes into contact with an anti-biotic (unlike all the other micro flora in the bowel) it survives. After it comes into contact with an anti-bacterial it acts just like weed. For a while it lies dormant. But eventually it starts to flourish. Only this time, there are no other gut flora to compete with it because they have been killed off by the anti-bacterial. Very quickly it takes over. And this is when it becomes a problem. Candida might be compared to thistles in a garden that have been sprayed with weed killer. The thistles thrive in the garden because the natural balance of the organic eco-system has been disturbed and where once the existence of a variety of plants would naturally curtail the dominance of just one single plant within the environment, now one plant takes over. In the bowel, that plant is known as Candida.



"Those who have Candida will notice a white tongue in the morning, itchy eyes and skin, brain fog, cravings for sugar, fatigue and mood swings. "

Frances Flannery

It grows rapidly and spreads fast. Candida is a fungus and soon it lines the entire bowel and then spreads into the intestines and every part of the digestive tract. Those who have advanced Candida imbalances in their bowel will notice a white tongue in the morning as well as brain fog, skin itchiness around the eyes and scalp, sugar cravings, fatigue and moodiness. There is less saliva washing it away during sleep and so it is visible on the tongue in the morning. Functional gut health colonics and probiotic enemas are recommended.

"The problem with Candida is that it causes inflammation in the body and inflammation is found to be underlying in a wide variety of diseases. Colonics are needed to cleanse it away." Frances Flannery

The problem with Candida is that it causes inflammation in the body and inflammation is found to be underlying in many diseases including cancer. That is why balancing Candida is so important. Imbalanced Candida causes mood swings, brain fog, depression, itchy eyes and scalp . If you have ongoing fungal infections on toes or a white tongue in the morning, then Candida is very likely the underlying cause and your focus should be on correcting this. Candida feeds on sugar. It will make you crave sugar constantly.

That is why it is valuable to reduce sugar consumption or in some extreme cases, to put the body into ketosis by introducing a healthy plant based low sugar diet. But there are other approaches that can assist in the elimination of Candida. Think of the gardener who spots the weed taking over his garden. What should he do? Put on gloves and manually pull out the overgrown weed out by its roots. He should then replant the garden with the other flowers and plants . This is the equivalent of colonics (remove excess) and probiotics enemas (replant the good gut flora to maintain natural balance). Do this along side a low sugar diet.

The gut brain connection

In the past number of decades, science has come to understand and recognise that the bowel produces a large proportion of the bodies overall serotonin. Serotonin is the main hormone which is responsible for how happy we feel. It is often called "The Feel Good Hormone". When depression is present, low serotonin levels are present.

Serotonin is a stimulant. It is thought that the reason why the bowel produces so much serotonin is to stimulate the muscular action of this large organ to move faecal matter along its five foot tube. Peristalsis is the muscular action that moves faecal matter along by rolling it against the absorbent bowel wall repeatedly.

Regardless of the reason why the bowel produces serotonin, one thing has become very clear. When the bowel is impacted, mood is affected. When constipation is present, low mood is present. It has been suggested that the dilated bowel which is fully compacted with hardened faecal matter cannot or does not produce as much serotonin as normal.

It has certainly been found that those who undergo colonic hydrotherapy to clear the impacted matter which lines the bowel wall experience a feeling of instant wellbeing and relief that has brought tears of joy to many eyes. Many people walk around with massive amounts of impacted faecal matter in their colon feeling angry and irritated at the world

When you understand the link between the bowel, depression and serotonin, the very first question that should come into the mind of someone who is feeling the onset of "the blues" and a tendency towards negative thinking is "When was the last time my bowel moved? Do I feel bloated?" Look for these links and you will inevitably find them. Do you know people who abuse their bodies with alcohol and drugs for days at festivals and then wonder why they feel suicidal. Newsflash. You have just used up all your serotonin, ingested mega amounts of toxins, probably eat nothing but junk food and sugar all weekend and hardly slept. If you intend to do this to your body, be sure to book a course of functional gut health liver coffee enemas on your return from said festival and take probiotics.

How Hard Do You Party?

Do you take recreational drugs like cocaine, ketamine or mdma? Do you smoke or take perscription medication? Do you drink alcohol? Functional gut health detoxification protocols such as *The Party Lifestyle Detox* are designed to remove the cellular toxins that cause ongoing drug, alcohol and even sugar cravings. This 90 minute cleanse is designed to rejuvenate and revive party people both mentally and physically after a period of exposure to chemical toxins by clearing the main detoxification organs, the liver, colon and lymphatic system.

An essential step in restoring one's ability to enjoy life after heavy period of recreational drug or alcohol use is physical detoxification of the main eliminatory organs, the liver , colon and lymphatic system. If you have finished treatment or if you just stuggle with cravings and wish to remove these harmful behaviours from your life, begin by ridding your cells on a deep level of built up toxicity. This valuable addition to your overall drug or alcohol rehab program guides you through a physical detoxification of the liver, lymph and colon that flushes out historic built up drug and alcohol toxins. Please note you must be drug or alcohol free for at least 48 hours before this programme can be undertaken.

Drug and alcohol toxins residues lodge themselves inside the fatty tissues of the body where they can be involved in the triggering of more cravings. This can keep you craving these chemicals even years after drug abuse or alcohol consumption has stopped. The deep body cellular toxins can also fog up and slow down thinking, insomnia, fatigue and cause depression and anxiety. When the toxins are fully flushed out you will experience a brighter outlook, better sense of taste and smell, more energy, increased mood, relaxation, peace and less cravings. There is a physical scientific link between mood and the gut.

Depression and anxiety are caused by a variety of factors that most definitely include the state and function of the gut and its inhabitants, according to Dr. David Perlmutter in his best-selling book, 'Brain Maker'. When the gut is impacted and gut flora is imbalanced and out of sync, hormonal, immunological and neuronal functions are not right either. And that means that the brains ability to handle emotions is affected. "

I have met the most beautiful, creative and gifted people who take drugs regularly. There does not seem to be any reason for it. It does not make sense to me. But they will tell you straight up that they have no intention of giving up taking recreational drugs for one simple reason and that is that they just love drugs. These people are often highly successful intelligent and wonderful in many ways. They have children are

pillars of society and can afford to take drugs. They are not living on the street or in drug outreach programmes. It is for those people that I have developed the "Party Lifestyle Cleanse" protocol. I hope that someday they will see that drugs create experiences that are not real. Life might appear to move more intensely exciting for a period of time. People might seem more glamorous, more interesting, more impressive. You might feel more confident too and more connected to others. You might not have the same inhibitions that you have, the same heartbreaking fear of opening up to others. People speak more confidently and are more self-assured. Reality is altered. But reality is reality. And in the end we all have to come back down to reality, at some stage. It might not be pretty but at least it is real. There is a reason why you have feelings. They are there to guide you on your journey through life. They are *your* feelings. Why on earth would you want to change them to make yourself into someone that *other people* can accept. The only person that needs to accept you is *you*. That is just my opinion for all it is worth. I am not a drug councillor. Therefore, one thing that you will not hear when you come into my clinic is me preaching at you about your lifestyle choices. If you willingly ingest toxins in the form of drugs or excessive levels of alcohol, that is up to you. Nobody can stop you only you. If you have decided to take in toxins then the least you can do is to remove those toxins from your main eliminatory organs by detoxing physically and abstaining from those substances for long enough for your body to recover. I am talking to the festival go-ers, the electronic music fans, the musicians, the ravers and the mums who like to have a bottle of wine or two when the kids have gone to bed. Make yourself a promise to give your body a break for a while. Do a detox. Look at yourself in the mirror and say "*I like me and I am going to do this for me*". Cleanse your liver and clear your head. It will be the best thing you will ever do for yourself.

If you wish to really improve your mental health, follow this cleanse up with regular cardiovascular exercise. This should include any activity that increases your heart rate to about 75% - 85% of your maximum heart rate. You can determine this by a simple equation. Just subtract your age from the number 220. If you are 50 years old, subtract 50 from 220 and your MHR is 170. This is the maximum number of times that you should aim for your heart to beat per minute during exercise.

Exercise is a fantastic way to help your body to detox as it increases your ability to sweat. It also increases circulation and blood flow to remove toxins. It makes your bowel move and it keeps your respiratory system healthy. Begin gently if you are unfit and use functional gut detoxification to get you off alcohol

and nicotine so that you can improve your wellbeing with the addition of moderate exercise increasing the load incrementally as you improve. You will be more motivated to keep to your programme and have better energy if you clear away the historic impaction in your bowel and liver first .

Professional body builders and athletes often undergo The *Party Lifestyle Cleanse* to remove the build up of cortisol and protein that results from eating a meat based diet, reducing fibre, increasing exercise in preparation for body building tournaments. Those body builders and athletes who fail to remove toxins will suffer from constipation, acne, fatigue and mood swings as the circulating chemicals try to exit the body through other channels. They will experience the signs of premature aging as free radicals and anti-oxidants build up in the body and eat away at the skin causing fine lines and wrinkles. Collagen is needed not cortisol for good skin. If too much cortisol is produced excess weight gain will result and losing this weight will be almost impossible. Have a course of colonics with liver coffee enema. Change your diet for a while to include lots of prebiotic fibres like vegetables, fruits and oily fish. When you restrict carbohydrates your bowel is starved of the food that feeds the gut flora there. The stuff that feeds gut flora is called prebiotic foods. It includes fermented foods like kefir and kimchi. But word to the wise, if you have been restricting fibres you need to take a little prebiotic food at a time with some probiotics ideally in the form of probiotic enemas. Start gently or you will experience stomach aches as the good gut flora multiplies. Take some fish oils too for your skin. Drink three litres of water a day. Stretch your muscles so that they can repair and renew. Yoga is great. Are you suffering from mood swings. It is likely you are if your bowel is full of dried up matter caused by eating lean protein and nothing else for a few weeks in advance of a competition. Vitamin C is good for your bowel function but it is not enough. You need colonics. The long term health effects of the type of restrictive diets that body builders sometimes undergo can have devastating effects on longterm health. That is why world leading personal trainers and winning athletes and bodybuilders always include liver coffee enemas and colonic cleansing programmes like the *Party Lifestyle Cleanse* to return their bodies to homeostasis after a period of competitions and shows. If your body is your business, you need to invest in its long term performance, not just its performance for the next competition. Most body builders become trainers themselves or sell health products when they give up competitions. So practice what you preach now and start looking after your body for the long term by keeping it clean and healthy on the inside. If you put your body to the extreme make sure to get it clean afterwards so that you can have a long and health career.

"An essential step after a heavy period of drug or alcohol use is physical detox of the liver, colon and lymphatic system. " Frances Flannery

When the gut is impacted and gut flora is imbalanced and out of sync, hormonal, immunological and neuronal functions are not right either. And that means that the brain's ability to handle emotions is affected. Very often people who suffer from IBS or constipation can, if they make a conscious effort to do so, link the onset of feeling negative to the onset of constipation, bloating and IBS episodes. If you are suffering from anxiety and you have gut health issues like constipation or IBS, consider keeping a notebook of your bowel movements or better still consider undergoing a course of functional gut health treatments such as colonic hydrotherapy, probiotic implants and food intolerance testing.

And if you find a link between the two things, do yourself a favour, if you decide to undergo cognitive behaviour therapy or some other form of counselling, invest in a functional gut health programme to compliment this treatment. Look for a programme that uses a combination of food intolerance testing, colonics, liver coffee enemas and probiotics to restore, retrain, hydrate, replenish, replant and rebalance the bowel and gut.

Perhaps the use of prescription drugs or anti-depressants will never become necessary. Perhaps, like so many others, a high percentage of the problem which you think is in your brain is related to the disturbances and imbalances in the gut which we now know cause emotional responses of anxiety and depression in the brain and which is commonly referred to as The Gut Brain Connection .

Years of toxic build up

On at least a dozen occasions over the past 10 years of working with functional gut health therapies, I have spoken to clients who have informed me that their constipation was identified by X-rays of the

bowel. That is an indication of what ordinary people have in their bowel and have absolutely no idea about it. This sort of impaction of the bowel occurs over many years, perhaps over the course of a lifetime. It does not happen over-night, which is why it often only comes to light and becomes symptomatic during the early twenties or thirties. The relief and improvements experienced by those who undergo colonics to remove this sort of deep impaction is extraordinary.



"On at least a dozen occasions, I have been told by clients that their bowel impaction was so hardened that it was identified by an X-ray when in hospital for something else." Frances Flannery

To see a person who is depressed and anxious, has back acne, facial acne, halitosis, weight gain, fatigue or insomnia and who holds out little hope for the treatment helping them at all because they have been so poorly informed about it, but who is still willing to try it since they are at the end of their tether and have tried everything else, recover and vow and swear to spread the word, is uplifting and encouraging beyond words. And when that person looks at you and asked you "Why on earth did nobody tell me about this before now?", you know it's time to write down all that you have learned. Such moments inspired me to write this book. Because it is the clients I have met who have given me the insight into how so many people, of which I was one myself, will suffer in silence because they are not aware **that there is something that could help them.**

Many people with gut health issues very often do not know where to turn and so they take laxatives which ultimately cause dependence. Many people ignore gut health issues due to embarrassment and fear. This is one of the reasons why I truly believe global bowel cancer instances are so high - embarrassment and fear of talking about the gut, never mind having functional gut health treatments such as colonic hydrotherapy, probiotic implants and food intolerance testing.

These two emotions - fear and embarrassment - accompany all associations with the bowel and they are not limited to ordinary everyday people, but extend also to the medical profession or such is the belief of Dr. Guilia Enders (MD) whose international best seller "GUT" states that the bowel is the least studied human organ medically because it is seen as a less prestigious specialisation by doctors and medical students seeking to make their mark on the world of medical science. The doctor who studies the colon should not be any less proud of his subject than, say for example, the brain surgeon or the doctor who specialises in cancer research.

The bowel is 100% independent of the bodies main nervous system. It can operate autonomously without any connection to the brain in our heads. It somehow senses emotions and responds to those. Fear is one of the main emotions that will trigger a "feeling" in your gut. Is it any wonder then that many people find the idea of having a colonic utterly terrifying. But there are treatment options. Not all colonics are the same. All are wonderful and highly effective. All will bring about exceptional health benefits in the body.



Years of toxic build up adhered to the bowel wall is what many ordinary people are carrying around everyday. That is really not

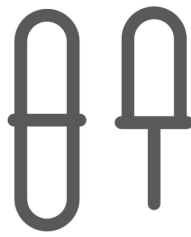
OK". Frances Flannery

How can a colonic be private? My story

I believe that every person who finds themselves working with the humble gut has a personal story to tell. It seems to me that nobody chooses this path but that it is somehow thrown into their lap. That was certainly the case in my experience. Before I knew much about colonic hydrotherapy, I was only aware of one method. I visualised a treatment where the therapist holds a tube which is about an inch in diameter into their rectum. Then water comes in and I would be expected to release the contents of my bowel in this position. The matter released would go back into the same tube that brought the water in. It is true that this is the most common method of colonic hydrotherapy used in clinics. It is called a 'closed method'. I know many great therapists who use this method. It is highly regarded and is the most commonly found system. It brings much relief for thousands of people with gut health issues in clinics all around the world.

But there are some people who are so "switched off" and revolted by their own bowel that such a treatment is emotionally prohibitive for them. These are people who cannot bear to use a bathroom if there is someone in earshot, never mind someone holding a tube into their rectum and expecting them to release. In other words, one size does not fit all when it comes to colonic hydrotherapy. Different methods suit different people. After all, we now recognise that the bowel is the second brain. It is not a brain that we can tell what to do.

We cannot order the bowel to do as it is told. If we could, there would be no gut health issues such as diverticulitis, Crohns, leaky gut, bloating or constipation and the bowel would not spasm as it does in IBS. Instead, it would move like clockwork so there would be no need for functional gut health in the first place. The gut is sensitive to our emotional condition. When we are afraid, it is affected. That is why many people suffer from bouts of diarrhoea before important interviews or events. How do I know all this? Because I was just that person. I could not undergo the traditional 'closed method' of colonic hydrotherapy even if I wanted to. In fact, I had given up hope of ever having a colonic when I came across the 'open method'.



We believe that excellent training means excellent treatment which is why we are Irelands only I-AGT certified internationally regulated training school for gut health colonic hydrotherapy

My main barrier to having the treatment was that the therapist would be present. I know my body would not be able to "let go" with an audience so to speak. I really did not understand the mechanics of how the "open method" worked but I was intrigued to see how a colonic could be done without anyone touching you. On the day of my first treatment, I said to the therapist "Here is the payment. Please take it as I may need to leave at any time. I may not be able to do this." Such was my anxiety about what lay ahead. She laughed at me and told me I would be fine.

I wondered how anyone could be so nonchalant about an activity which I perceived to be on a par with doing a parachute jump in terms of riskiness and adrenal fuelled pursuits. Sadly, like many people, I had found misinformed information on the internet written by people who knew little about the procedure but put themselves forward as experts.

What I have found over the years is that many people who dismiss functional gut health treatments like colonic hydrotherapy, have never had it, know nothing about it but take affront to the idea of it. There is something taboo about the rectum in the human psyche. But that's not very helpful or practical for those, like I was, who are forced to take action and therefore confront their bowel due to health issues. And so despite my fear, I went ahead with what I perceived to be a huge undertaking and had my first colonic. I could not believe that it was so easy and so private.

The tube was the size of the tip of a pen. It was self-inserted just 1 inch into the body and warm purified water was brought into the bowel and pushed out quite naturally. Dare I say pleasantly, as relaxing music played and the air was scented with essential oils and lavender. "How could I have not heard of this

before.?" I thought as I remembered the years of misery and confusion that my own gut health struggles had caused me.

Well I had not heard of it before because this method of colonic hydrotherapy, 'the open method' is less commonly available than the 'closed method.' The 'open method' I feel, is for people who find the idea of having a colonic hydrotherapy session beneficial and see the potential health gains of hydrating, retraining, replenishing, restoring and replanting the gut, but who are absolutely sure they could not go through with it when a larger tube is being held in their rectum and there must be somebody in the room with them. I have spoken to people who would only feel comfortable with the therapist present and holding the tube in place. That is why it is important to note that there are two distinct ways of undergoing colonics. Each one is perfectly wonderful but suits different people.

In the 'open method', the therapist can offer the client privacy in the room. The therapist is accessible via a bell at all times. When the treatment begins, water is gently introduced into the bowel. It causes built up faecal matter to be hydrated and broken down. Eventually there is a gentle feeling that one wants to release the water. The treatment is intuitive in that you release at any time that you want to. There is no pressure gauge on the wall. You decide what feels good for you.

There is no odour in the room because it is extracted away by the system. Nothing could be more private and dare I say more pleasant. In the 'closed method', an equally wonderful treatment, the therapist stays with the client and holds the tube. They check a pressure gauge on the wall and ensure the client releases matter. Many people find it comforting to have someone there. Others do not.



Tony Robbins & Patrick Holford both recommend colonic hydrotherapy as the keystone for vitality.

If you have given up on colonics because the idea seems appalling to you, please do open your mind to the options of two distinct functional gut health methods that are available to you and that can improve your wellbeing in untold ways. Try both method and see which one feels right to you. Whatever you do though, do not let the words of someone who knows absolutely nothing about a perfectly wonderful health treatment block your opportunity to achieve wellness.

Instead, look to the global icons of health such as Patrick Holford and Tony Robbins who both insist that colonic hydrotherapy is a keystone foundation of restorative vitality. Patrick Holford has his own colonic hydrotherapy training institute. And Tony Robbins, the world leading health guru and mentor who commands \$30K for his life changing seminars, offers colonic hydrotherapy as part of their life changing transformation. He uses the 'open method' during his seminars. But Patrick Holford uses the 'closed method'. Both are health leaders. Both methods are equally wonderful.

My passion for gut health is something that people, I suspect, find rather odd initially. Just how did a designer for Brown Thomas become a spokesperson and internationally certified trainer for the functional gut health treatment that profile the humble gut of all things?

When questioned about why I am so taken with gut health and profiling functional gut health treatments, I explain that is not for the study of the guts physical contents as I am sure many people imagine, but for the positive changes and experiences of relief from long term misery that I myself and then my clients have reported to me first hand, time and time again over many years. It is this that has prompted me to hone functional gut health practices as a therapeutic holistic wellbeing protocol.

It is the humbling experience of meeting so many real people and seeing improvements in their health over 10 years that has kept me intrigued, focused and determined to help educate others over the course of my adult life on the subject of functional gut health and its importance and to put in place treatments that are accessible and offer the assurance of internationally regulated training standards and equipment.

These are the assurances that I myself would have sought when I nervously resorted to what was for me, my last resort, but ultimately became a life changing wellbeing choice that I never would have taken if I had not been so desperately in need.

Why we get gut problems

I am going to share with you a story that I have heard many times over the past 10 years, a story that makes me wonder why gut health education is not a compulsory part of the national school curriculum in Ireland. If it was, I truly believe our health service would save a fortune on bowel cancer care in the long run. I believe that I can pinpoint the exact day that my gut health issues began - that was the day that I started national school (age 5) . My family had moved from London to Meath. I attended a small rural school where the toilets can only be described as an after-thought, at best.

They were located in a prefabricated outhouse which had no locks on the doors and whose walls I dare not think about to this day for they were filthy. The light rarely worked and toilet paper was a luxury that was seldom to be found anywhere in sight. There was a ghastly hand towel which hung from a railing and was never changed. There was a bar of soap sitting in what looked like gunge at the side of the sink in a dish. And when I think of the smell of that toilet, I can hardly breathe to this day.

I entered the toilet on the first day of school, needing to alleviate my bladder and I swore there and then that whilst necessity may require that I use it for such things, I would never ever use it for anything more than I had to. I refused to enter that bathroom long enough for my bowels to open. And so with pure Celtic will and stubbornness, I simply trained my bowel to switch off.

By ignoring the call to go to the bathroom for all of my school years, I switched off the neurotransmitters whose message tells the sigmoid colon to tell the brain that it's time to visit the bathroom. I never discussed this decision with anyone and I thought for many years that I was the only person in the world who did this. At the age of 25, the chronic constipation had caused impaction in my bowel resulted in body toxicity which resulted in ongoing UTIs which almost killed me when I had an anaphylactic shock to a drug called Ipral, which is an anti-biotic for UTIs. I believe that my body was so full of toxins, my poor bowel so overloaded with years of built up faecal matter, that my liver simply could not process the drug.



Many children do not like using the bathroom in school which seems to cause gut health issues later in life.

According to the Harvard Medical Journal, anaphylaxis is a severe and sometimes life-threatening reaction that can develop within an hour — and sometimes within minutes or even seconds — after exposure to an allergen, a substance to which an individual's immune system has become sensitized.

Many allergens can touch off anaphylaxis, including foods, medications, and insect stings. But the strange thing about the whole experience, in my case, was that not one health practitioner, at the time, thought to ask me what I now consider to be the most common sense wellbeing questions of all. "How often does your bowel move. Do you suffer from constipation? If so, how many days does it last and what do you do when it happens?". It was not until I had left my job at Brown Thomas as In House Graphic Designer, a position I had worked very hard to earn and role that I had carved out over 3 years and held down despite debilitating fatigue that I understood the root cause of my health problems. It was only when I was convinced to undergo colonic hydrotherapy, food intolerance testing, liver cleansing, probiotic enemas and experienced life changing improvements in mood, health, energy, sleep and brain function, that I knew there had to be thousands more people like me.

People who were so removed from thinking about how often they went to the bathroom, that they would eventually end up leaving a perfectly good job due to extreme undiagnosed fatigue, insomnia, constipation and would end up believing that they were physically inadequate in some way. Because that's exactly what I thought about myself until I discovered and underwent functional gut health treatments, and they changed my life. I gained so much energy the first year that I underwent these treatments that I was able to take on a post graduate degree in business and e-business, achieve first class honours, set up a business in the worst recession in living history, make that business successful,

exercise regularly and develop a full and diverse social life, lose weight, achieve fitness goals I had only dreamed of in the past and improve my life and wellbeing in countless ways.

And when I eventually began to operate as a functional gut health therapist , I began to notice that so many of my clients reported the same thing. "I never use the bathroom unless I am at home. " The same story presented itself over and over again with clients who were suffering from gut related issues. It is too much of a coincidence that thousands and thousands of Irish people with bowel problems like IBS and constipation all reported the same thing. So I began to ask each and every person who attended my clinic who reported this common behaviour when exactly this pattern started and very soon I discovered the answer. " **I didn't like the bathrooms at school and so I always waited until I got home**". I could, of course, identify with this myself.

I believe that every school should run functional gut health talks and every parent should ask their child about the bathrooms in schools and if they find that the child is not comfortable using the bathroom in the school, consider and be aware of the long term effects of this behaviour on the child's health. Nobody wants their child to suffer from gut health issues in adult life if they can be avoided by just a little conversation and awareness. It is time to bring bathroom discussions with children into the open, just as one might train a child to take care of their teeth and gums, how to brush and floss and to ask them and check-up that they are complying with this training, one must ask their child if they are using the bathroom every day.

"Educating children about gut health awareness should be as important as teaching them to brush their teeth. "

Frances Flannery

Food for thought

A fundamental part of functional gut health is to correct the diet. It is not enough to remove years of toxic build up from the bowel wall and repopulate the colon with a fresh harvest of good gut flora. That is just the start. For the results of a functional gut health programme to benefit the body, it is essential to bring the right foods into the body and avoid those that are not working or causing triggers in bowel and skin issues. For many people who suffer bouts of constipation, IBS and skin conditions, this is easier said than done.

There has never been so much awareness of food as there is now. The availability of gluten free, dairy free and allergy free foods should make it easier to look after the gut, in theory. The simple fact is that not all foods affect all people in the same way. In general, it is advisable to choose a diet that is high in fresh fruit, vegetables, beans and grains because many of these foods are "prebiotic" foods which means they feed the probiotic good gut flora in the bowel. We should introduce some fermented foods too such as apple cider vinegar and kefir. We all know that. But many whole foods contain natural sugars (FODMAPS) which strange as it might seem, can actually irritate the bowel for some people. That is why a food intolerance test is recommended. A food intolerance is not an allergy. It is a food that may cause subtle issues that have a cumulative deteriorating effect over time. It may not lead to hospitalisation or anaphylaxis but it can be the underlying cause of gut health issues and skin problems.

A food intolerance test will establish what foods are not working for you. Sometimes those foods will be perfectly healthy foods that you would never suspect. One of the most common food intolerants that come up is lettuce. When I first began to practice, I found it hard to believe that so many Irish people had a problem with this healthy natural food but they have. And when they give it many gut health issues resolve if it has been causing a problem. This makes the case for having a food intolerance test. Never think that just because a food is good, it is good for you. Fruits and nuts can cause skin and gut health issues for some people just as much as gluten and dairy can.

For those who are not celiac but who have strong intolerance to gluten, a food intolerance test can be highly beneficial as it shows the level of intolerance needed to register a problem is lower than a medical diagnosis of celiac. If you suffer from leaky gut syndrome or Crohn's disease, it is wise to undergo allergy testing for celiac. But just because you are not a celiac, it does not mean that you do not have an intolerance to gluten.

One reason why we think that gluten has become such a common intolerance is due to the fact that gluten is now genetically modified to make it a more resilient plant. This is done to protect wheat harvests against weather damage in countries where high quotas must be met to meet demand. The gluten becomes so tough that the body's digestive system cannot break it down. In years gone by wheat was different. That is why it is a wise idea to eat ancient grains instead of wheat where possible.

We know that many fruits are now genetically modified to taste sweeter. And so fructose levels (especially in tropical fruits) can be relatively high compared to what they used to be in years gone by. Perhaps this is a reason why the sugars in some fruit for some people can aggravate the gut. The very best way to determine what is causing the problem is to undergo a food intolerance test which includes a test for fructose as well as the individual fruit. At Vitality Centre, we use FDA certified MED II equipment to carry out food intolerance testing .

When we eat processed foods, the body often cannot recognise the food as food. That is why fresh whole foods such as vegetables and grains are by far the best choice you can make for your overall health. They are naturally filling. They contain higher levels of water and phytonutrients and free radicals that have a whole host of gut health, skin and overall wellness benefits.

In the book of Essene, a book found in Israel in the 1940s and believed to be part of the original bible, there is a line that says. "Eat of your mother, if you wish to know your father." This means "Eat food that comes from mother earth if you wish to increase your spiritual awareness and inner peace." Incidentally, the same book outlines an ancient form of colonic irrigation which again was undertaken by the Essenes for spiritual purity and enlightenment. This can be found online for those who are interested. Essene means peace and it is quite true that when we eat a diet rich in fresh plant based whole foods that are free of hormones, additives, preservatives and animal protein, we induce a feeling of peace and bring nutrients that the body recognises as food into every living cell of the body.

Whole foods are live foods. They contain enzymes that our body needs to break down and digest the foods. They are prebiotic and ferment within the gut to feed good gut flora. There are a million reasons to choose a diet that is plant based but now science is beginning to understand that whole foods form a key role in gut health because they are the foods that our good gut flora need to flourish and grow. They

make us feel full and they make us feel happy. But best of all, they make us healthier stronger and more peaceful right down to the cells that make up our bodies building blocks.



Diet plays a major role in maintaining good gut health.
Functional gut health clears away the old stuff so
that you can start again and put in the right stuff.

Gut health matters . Functional Gut Health is a revolutionary way of taking care of ourselves that can change our health and wellbeing futures. The time to start a functional gut health programme is now because everybody lives in the same toxic world and everyone has been exposed to anti-biotics at one time or another. And that's OK but now we need to bring balance back. Which is why everybody needs to restore, retrain, hydrate, replenish, replant and rebalance the bowel and gut naturally for lifelong optimal wellness and happiness.



"Fresh food is a gift from the gods. Why choose anything else to feed your body which is also a gift from the gods. "

Frances Flannery

Make your own fermented food

Fermented foods are an excellent way to *maintain* good gut health over the course of a lifetime. As stated, if you already suffer from IBS, constipation, bloating, gas, mood swings, skin issues and Candida, taking fermented food should form just one part of a functional gut health plan designed to cleanse, restore and replant your bowel first. Be very clear that the jars of pickles you can buy off the shelf at the supermarket are sometimes pickled using vinegar and not the natural fermentation process using live organisms, which means they don't contain probiotics. Start with small amounts and let gut flora build up gradually or you might experience cramps and tummy aches as your bowel gets used to all this new life.

Below is a recipe from the book *Always Delicious* by Dr. Ludwig and Dawn Ludwig that can help get you started.

Spicy pickled vegetables (escabeche)

These spicy pickles are reminiscent of the Mediterranean and Latin American culinary technique known as escabeche. This recipe leaves out the sugar. Traditionally, the larger vegetables would be lightly cooked before pickling, but we prefer to use a quick fermentation method and leave the vegetables a bit crisp instead.

- 2 cups filtered water
- 1 to 1-1/4 tablespoons sea salt
- 2 tablespoons apple cider vinegar
- 1 jalapeño or a few small hot chiles (or to taste), sliced
- 1 large carrot cut into 1/4-inch-thick rounds or diagonal slices
- 1 to 2 cups chopped cauliflower or small cauliflower florets
- 3 small stalks celery (use only small inner stalks from the heart), cut into 1-inch-long sticks
- 1 bay leaf
- 1 cabbage leaf, rinsed

Warm the water (no need to boil). Stir in the sea salt until it dissolves completely. Set aside to cool (use this time to cut the vegetables). Add the vinegar just before using. The brine can be made ahead of time and stored in a sealed glass jar on the counter to use when ready to pickle.

Set a quart-size canning jar in the sink and fill it with boiling water to sterilize. Empty the jar and tightly pack the vegetables and bay leaf inside to within 1 to 2 inches from the top of the jar. Pour the brine over the vegetables to fill the jar to within 1 inch from the top. Wedge the cabbage leaf over the top of the vegetables and tuck it around the edges to hold the vegetables beneath the liquid.

Set jar on the counter and cover with a fermentation lid. (Alternatively, use a standard lid and loosen it a bit each day for the first few days, then every other day, to allow gasses to escape.) Let pickle for three to five days, depending on the indoor temperature. Check the taste after a couple of days, using clean utensils. Vegetables will pickle faster in warmer climates. Make sure the vegetables stay packed beneath the level of the liquid and add salted water (2 teaspoons sea salt dissolved in 1 cup warm filtered water) as needed.

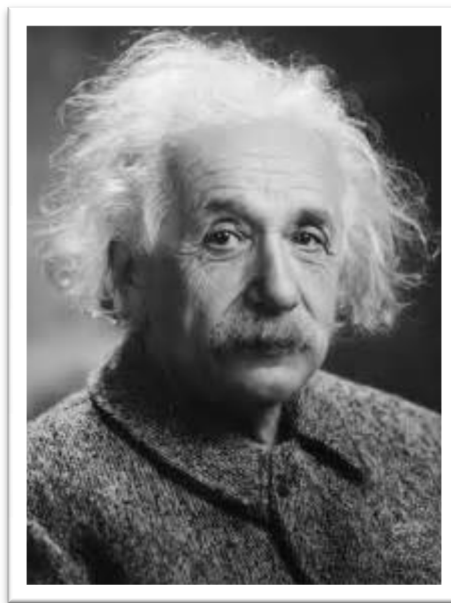
When the vegetables are pickled to your liking, seal the jar with a regular lid and refrigerate. Vegetables will continue to slowly pickle in the refrigerator. They will keep for about one month. Taste for saltiness before serving and, if desired, rinse gently to remove excess salt.

Calories: 1 (per 1 tablespoon)

Carbohydrate: 0 g

Protein: 0 g

Fat: 0 g (Ludwig, 2018)



"Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet."

Albert Einstein

The Importance of Gut Health In Contemporary Medicine

Colonics have been around since the Egyptian and Mayans times. It seems that we instinctively know that a clean body means a healthy body. As a society, we generally accept that we must clean our teeth but prefer to think that the other end of the tube, the gut, looks after itself. But things are changing as science begins to discover the relevance of the gut as the foundation of all health and wellness.

1998: Around about 1998, a medical doctor called Dr. Micheal Gershon wrote a best selling book called "The Second Brain" which proved that 95% of serotonin is produced in the bowel. This sparked off mass production of anti-depressants being used to treat IBS.

2014: In 2014 researchers at UCC in Ireland took stool sample microbiomes from professional rugby players and found that they contained a richer diversity of gut microbes and a strain of bacteria linked to lower rates of obesity when compared to healthy but nonathletic men.

2015: Dr. David Perlmutter a medical doctor wrote "Brain Wave" which brought together a monumental amount of evidence based research and recommended probiotic enema implants as the best way to replant gut flora.

2015: In 2015, a young medical scientist Giulia Enders wrote the book GUT which became an unexpected New York Times best seller and verified the importance of bowel health and suggests that the bowel has been grossly overlooked as the source of illness due to the simple fact that all humans are innately embarrassed by their bowel including the medical profession. It takes us on a fascinating tour of our insides.

2018: Functional gut health protocols like colonics and probiotic enemas combined with dietary changes were described by Frances Flannery in "The Ultimate Guide To Gut Health" and after 10 years of working with clients, Irelands first Functional Gut Health clinic launched in Dublin as a natural health and wellbeing protocol for gut and bowel care.

2018: Richard Burton ,CEO of the Irish Institute of Nutrition &Health recommends colonics as part of advanced nutritional programmes. *"From personal experience and the feedback of many clients I refer to colonic hydrotherapy, I know its potential as a powerful adjunct to healing – even a game changer – in many cases of chronic ill-health where colonic function is not optimal."*

Imagine If We Knew What Causes Cancer

World Health Organisation figures show that 1.8 million people are affected by colorectal cancer per year, making it the second most common form of cancer. Functional gut health protocols such as colonics, balancing gut flora and correcting diet aim to reduce inflammation, one of the underlying causes of disease and cancer. There are a few key points about cancer that every person should know.

When we take on board lifestyle, diet and functional gut health protocols, what we are talking about is prevention. Unfortunately, nobody can claim to cure cancer. When cancer is present, the patient is recommended to follow the medical programme offered to them by their doctor. Naturally, we would prefer to avoid contracting cancer in the first place. Along with exercise and correct diet, keeping your bowel healthy can absolutely help create a body where the conditions for cancer are unsuitable. The first thing recommended to anyone who wants to create a body that is uncomfortable for cancer to survive in, is to remove sugar from your diet.

CANCER LOVES SUGAR.

But more than that. Cancer cannot live without sugar. During a PET scan, a standard medical test to monitor cancer tumours, radioactive sugar is injected in the patient. This sugar is absorbed by the cancer tumour in seconds. The tumours instantly become active and shows up on the PET scan which enables the cancer to be identified. Why does the cancer tumour suddenly light up when it comes in contact with sugar? Because the tumour begins to feed on the sugar.

WE KNOW WHAT CAUSES CANCER

Imagine if we knew what conditions cancer needed in order to survive in our bodies. Then we would simply avoid those conditions and hey presto, problem solved. Right? No more cancer. You might be surprised to learn that we already know some serious things about cancer, things which most of us never put into action. Why? Because nobody tells us to. Until now of course. Prepare yourself for this information as it might seem shocking. Are you ready? Dr. Otto Warburg discovered the root cause of cancer in 1923 and he received the Nobel Prize for doing so in 1931. What his studies tell us is that there are two things that cancer needs in order to survive.

ACIDOSIS

Acidosis is created in the body when we consume sugar. A diet high in sugar, processed salt, chemicals, preservatives, alcohol and pesticides causes acidosis. So too do toxins from the environment. If you wish to create a body where cancer is uncomfortable you should completely remove sugar, salt, chemicals, preservatives and pesticides from your diet. That is why it is so important that you cook all your foods yourself where possible. But that is only one part. When you stop taking harmful toxic foods into your body, the fatty tissue in the cells where toxins reside

begin to unload themselves. They become mobile and can move towards your eliminatory organs. That is why it is essential that the pathways are clear for the loosened toxins to exit. Cleanse your bodies main eliminatory organs the liver and bowel to free up the path so that loosened toxins can exit the body. Colonic hydrotherapy hydrates and alkalises your body creating a state which is the opposite to acidosis. By ensuring your liver and bowel receive a fresh flush of pure filtered clean water, you will help to switch your body from acidosis to an alkaline state. In doing so you will be taking on the findings described by the genius physician and Nobel Peace Prize Winner, Dr. Otto Warburg whose incredible research on cancer are only now being realised thanks to the free flow of information and the world wide web. All of the toxins that your body takes in MUST be eliminated via your liver and colon, in the end. If not, they will try to exit other ways, like through the skin. That is why many people who have tried every topical potion or lotion for long term psoriasis never recover until they cleanse their liver. Acidosis is caused by toxic build up in your body. That happens when toxins cannot exit via the main eliminatory organs due to back log in your liver and bowel.

"All toxins that your body takes in MUST exit via your liver and colon. If not, they will try to exit other ways, like through the skin. That is why many people who have tried every topical potion or lotion for long term psoriasis or acne never recover until they cleanse their liver." Frances Flannery

LACK OF OXYGEN (HYPOXIA)

Hypoxia as described by Dr. Otto Warburg, is a state in which a reduced supply of oxygen reaches the bodies organs. "Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous." he tells us. Cancer cells are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen. In other words, the more oxygen your cells get the less comfortable cancer will be there. Typical situations where your body receives a less than adequate supply of oxygen are as follows:

1. Inhaling fumes and environmental pollutants including smoking
2. Reducing cardiovascular and respiratory capacity
3. Blood flow restriction to the heart by clogged arteries.

Creating a body that disease does not like

Reduce Fumes. That is pretty self explanatory. It's time to stop smoking. Just stop. NOW. It's also time to cleanse your body of the accumulated environmental pollutants and fumes that have already clogged up your body, notably your liver. Detoxing your liver with coffee enemas is recommended to remove the toxic burden which your main "detoxer", your liver, has to cope with when you breath in poisonous fumes through your lungs. Don't you think that your body has enough toxins to cope with without paying good money for cigarettes so that you can purposefully provide it with more? Sorry if this sounds preachy but anyone who smokes needs to hear it.

So cancer hates oxygen eh? Wouldnt it be get if you could blast it with the very thing it hates, like those fumigation systems that get rid of unwanted pests in the home? But how? Increase cardiovascular and respiratory capacity of the lungs. Yes folks, it time to exercise. Preferably outdoors in the park, where the CO2 levels are low and oxygen is high. But if you are in a gym and working with a trainer already, well done. You are doing great. Try running or hiking outdoors sometimes. Your lungs will love you for it. And if you are not doing any exercise, then you have no excuse. Just put on your trainers and run to the shop everyday. A little makes a lot of difference. As you exercise, bear in mind that excess sugar and carbs, not physical inactivity, are behind the surge in obesity, say experts in the British Journal of Sports Medicine recently. What this means is that YOU MUST remove sugar AND YOU MUST exercise together.

"Angina in the intestines mirrors what happens in the heart." (2012). Intestinal angina is a condition where plaque develops on the walls of the gut in much the same way as cholesterol blocks the arteries of the heart. The digestive system ordinarily gets 20% to 25% of the oxygenated blood pumped out by the heart. After eating, though, blood flow to the stomach and intestines almost doubles. In a healthy person, the heart, the digestive system, and the rest of the body handle this without missing a beat. It's a different story when plaque causes severe narrowing in one or more of the major arteries supplying the gut. The different story referred to is that when your bowel is blocked up with plaque, it is highly likely that all of your intestines will shortly become blocked up with plaque too and when that happens, the extra blood flow needed for digestion to occur (blood from the heart of course) will not get through and this creates pressure on your heart. And such pressure on your heart, is not good for you. Think of the pump in your home trying to pump the water into pipes that are blocked up. You might hear a strange unsettling sound from the pump and if left unchecked, it might eventually shut down. Your heart is just one big pump. Do not make its job difficult by having blocked up pipes in your bowel.

Cancer does not happen overnight. It takes years to develop. It usually shows symptoms by age 50. That is why everyone should undergo regular bowel cancer screening. It is absolutely imperative. If you have cancer, you cannot have colonics. One symptom of colon cancer is a feeling of

incompleteness when you go to the bathroom. If this is definitely not due to constipation, it must be checked out medically to rule out cancer. Book in for a colonoscopy with your doctor.

When it comes to bowel cancer, the conditions must be right in order for it to thrive. That is why prevention should be everyone's main priority. Colon cancer is the second leading cause of cancer-related deaths and the third most common cancer in men. We take on functional gut health protocols like cleansing the body, introducing alkalising foods and increasing exercise when we are healthy, not when we are sick. By doing so, we aim to create a body where the conditions are wrong for cancer. We make it unwelcome. "The colon and the rectum—the two parts of the large intestine—are common places for cancer to occur. It is often a hidden cancer because it doesn't usually cause symptoms in its early stages." (2018). That's right. It is a hidden cancer. It hides in your bowel for years. You can't see what goes on inside your bowel. But since the latest studies from the esteemed Harvard Medical Journal tell us that our intestines accumulate plaque and we know that plaque is a breathing ground for colonies of nasty bacteria to populate, it makes absolute sense to rid the body's main eliminatory organ, the large intestine of such putrid filth before things get out of hand.

Fat is not the enemy. Sugar is. A new study by the British Medical Journal has confirmed what many people suspected for years. At last, science has the facts to prove that *"Fat is not the enemy when it comes to cardiovascular disease, weight gain, brain health, and so many other issues. It turns out that sugar — in all its many guises — is the real culprit for making you fat. What it also means is that because sugar causes inflammation throughout the body, it increases your risk of cardiovascular disease — and just about everything else."* (2013). But oh how your body craves it, I hear you say. But there is some comforting news ahead. Sugar is a three day addiction. As your insulin levels balance out, you will not longer crave the deadly killer that is sugar any more. You will be free of it. One of the best ways to kill sugar addiction is by eating more fat. Eat good healthy fats like nuts, avocados and olive oils. Just about every progressive medical journal now agrees that sugar is possibly the most harmful thing you can feed your body. *" Overall, the odds of dying from heart disease rose in tandem with the percentage of sugar in the diet—and that was true regardless of a person's age, sex, physical activity level, and body-mass index (a measure of weight)." (Corliss.J,2014).*

Plaque develops on your intestines in much the same way as cholesterol develops on the arteries of your heart. Intestinal angina is a condition where plaque develops on the walls of the gut in much the same way as cholesterol blocks the arteries of the heart. Left unchecked, this mucoid plaque coats the bowel and causes fatigue, low energy and lack of vitality. The bowel is that 5 foot organ located between the ribs and the hips. It is approximately the length of the average bathtub. I have seen mucoid plaque and its pretty nasty stuff. Never expect to get rid of this stuff in your first treatment of colonic irrigation. Sadly, we must wait for this congested, impacted matter to be gently loosened. It is adhered to the walls of your bowel. We cannot scrape it off as the dentist scrapes the plaque off your teeth.

You need to cleanse your bowel. That is a no brainer and here is why. Your digestive system is one long tube. At one end is your mouth and at the other is your bowel. They are both lined with mucosal tissue. They both have exit points which meet the world and therefore are exposed to oxygen periodically. They are both dealing with exactly the same thing - the food you eat. Why in

heavens name do you think that is perfectly OK to brush our teeth twice a day, see a dentist every six month but leave the bowel to fend for itself for its entire life. Really?

When you see what I've seen in the past 10 years coming away from the gut, wild horses would not stop you from getting rid of the stuff that builds up in your bowel. Of that, you can be sure. The mouth takes in the food and other substances that you find appetising enough to raise to your face and joyfully swallow consciously and with full consent. The bowel deals with that which most people, lets face it, do not fancy getting up close and personal with. Which organ do you think needs a good cleaning out the most ? The answer is both. Plaque builds up on the walls of your bowel in much the same what that it builds up on your teeth. The Harvard Medical Journal tells us that plaque in the intestines mirrors what happens in the heart. Its real and it's not going away by itself. Have you ever met a person who does not brush their teeth? It is not a pretty site.

In recent years, I have seen numerous clients who have attended the hospital feeling so bad with stomach ache that they thought they were dying. After the various checks that our wonderful doctors are obliged to do in these cases, nothing seemed to be wrong. Finally an x-ray is undertaken. In at least a dozen cases, I have been told by clients that it was an x-ray of the abdominal showed impacted faecal matter in their bowel. This type of build up is so hard and dry that it had concreted itself to the gut wall. In such cases, laxatives are not going to do the trick. During a course of three colonics there is a good chance, however, that this putrid filth can be gently moistened and slowly but surely broken away. One of the reasons I am writing this book is because of these people. Invariably, they ask afterwards me why on earth nobody had told them about colonics before. I can only tell them that as a wellness practice, it is for those of us who choose to learn how to look after our bowel when we are well. What's the point in waiting until we are sick. Colonics can't cure cancer as far as I know. But perhaps it can combined with other lifestyle changes help you to create a body where the conditions are wrong for cancer to develop in the first place.

I have met so many people who fit exactly the same profile as me. When they tell me their story, I am always amazed. Very often, I am the first person who has ever asked them about their bowel movements. We talk about gut health and they cannot believe that they are not alone. Like I did for years, they suffer in silence because they find the whole matter embarrassing and they are told that cleansing the bowel is irrelevant to their overall health. Nothing could be further from the truth. Have you heard the expression "*All Disease Starts In the Colon*". One look at the pictures of mucoid plaque which I am sure you can find online will tell you why that expression is as true as can be.

Elvis Presley died from constipation

Elvis is probably the most famous person in the world who ever died from bowel health related issues. Elvis was famous for his invigorating style of dance. His infectious vitality captivated the world. So how did he end up fat and bloated and dead at 42? Poor diet, laxatives and embarrassment of anything to do with his own bowel. Thats how. Elvis was found on the bathroom floor in a position that indicated that he had fallen off the loo. His bowel was found to be twice the length of normal with an impacted stool content that was estimated to be four months old. The

condition is called a mega colon and it is the result of extreme constipation. According to Dr Nichopoulos, the autopsy found Elvis's colon to be five to six inches in diameter, compared to an average of two to three inches. And rather than the standard four to five feet long, Elvis's colon was eight to nine feet. It has been stretched by the fecal matter that he was carrying inside his body.

'After he died we weren't sure [of his cause of death] so I continued to do some research and I had some doctors call me from different places and different med schools that were doing research on constipation and different problems you can get into with it. I just want to get the story straight – it all made sense with the new research that was done.' Dr Nichopoulos, Elvis Presleys Doctor

Dr. Nichopoulos said that although he offered Elvis a colostomy, to remove part of his bowel, his pride meant he rejected the treatment. Elvis did all the things that are not recommended for enhanced gut health. He ate a meat rich fatty diet and took prescription drugs. Then he pushed himself through gruelling Las Vegas stage shows. Is it any surprise that his poor heart eventually gave up under so much pressure. It is only in recent years, however, that Elvis's doctor revealed that he believed it was the underlying impacted bowel, the contents of which were four months old at the time of his death, that killed him. The amount of toxins that Elvis Presleys body was dealing with from his food, diet and lifestyle combined with the fact that his main eliminatory organs were backed up with four months worth of faecal matter is an indication of the type of lives and pressure that busy celebrities lead.

Lady Diana : Luckily there are many celebrities who openly discuss their health issues, have colonics and other functional gut health treatments regularly. Lady Diana was one of those. She changed the monarchy and she changed many peoples attitude towards gut health. She did so much in her short life. She demonstrated that love and heart were basic human needs. She spoke out about things that others found taboo - AIDS, land minds, a cheating royal husband and the benefits of having colonic irrigation.

Gwyneth Paltrow: This girl knows how to look after herself. She runs a lifestyle website devoted to good food and good living. Take one look at Gwyneth and you can see what good health looks like. She has regular colonic irrigation sessions and it shows.

Simon Cowell: Want to become a global music business magnet? Then you need to be in good health with a razor sharp brain. Simon Cowells has not time for brain fog. No room for errors or indecision. I wonder is that due to his regular colonic hydrotherapy sessions.

If you are a celebrity and you are reading this, do the world a favour and speak out about your treatment. You have a big voice and a brief mention that you agree with functional gut health treatments like detoxing the inner body can be the catalyst that it takes for other people to follow suit.

Parkinsons may start in the bowel

According to a recent study by US based scientists and supported by Parkinsons UK, built up toxins in the bowel kill nerves that are linked to movement. Researchers at the Van Andel Research Institute in Michigan looked at 1.7 million people over half a century and found that the bowel contained a toxic protein called alpha synuclein that is found in the brains of those with Parkinsons disease. This toxic protein resides in the appendix, a small sac at the end of the colon. (Science Translational Medicine, 2018) . Scientists now believe that the bowel is a breeding ground for this toxin which travels up the vagus nerve and into the brain causing Parkinsons Disease. Since colonic irrigation cleanses the entire bowel including the appendix, keeping your bowel clean may reduce the build up of alpha synuclein and thereby reduce the risk of Parkinsons. The study published in Science Translational Medicine showed the risk of Parkinsons was 20% lower in those who have had their appendix removed.

For those who wish to follow the advice of researchers the message is clear. Take measures that prevent the build up of alpha synuclein now. The appendix is found at the far end of the bowel. It is a small appendage that one might think of as a *cul de sac*. Perhaps the reason that toxins build up there is due to constipation. It makes sense when you consider the anatomy of the bowel. Whatever the reason, we now know that the appendix is a site of toxic build up and that those toxins are directly linked to Parkinson Disease. Maybe the father of medicine, Hippocrates knew this already when he said. "All Disease Starts In The Bowel".

"We're not advocating appendectomy as a form of protecting against Parkinson's disease. It would be much more wise to control or dampen excessive formation of alpha synuclein to tune down the overabundance or potentially to prevent its escape." Dr Viviane Labrie, Parkinsons Research Team

But gastrointestinal symptoms—especially constipation—are also common in Parkinson’s patients, and can appear decades before other problems. Scientists have found that people are less likely to get Parkinson’s if they’ve had a vagotomy, a treatment for stomach ulcers that severs the **vagal nerve**, which branches down from the brain into various tissues of the gut. There are so many reasons to keep your gut clean and free of toxic build up. The point is that cleansing the bowel and removing toxins should be everybody’s concern when they are well. Functional gut health protocols are about not waiting until you need surgery, nor waiting until you have developed Parkinsons Disease or stomach ulcers and had your vagal nerve cut. Functional gut health protocols means educating yourself enough to take preventative action now for your health and for your happiness . Do it now. Cleanse your bowel, reset you gut. Cut down on sugar . Introduce probiotics and experience the increase in your own brain power. In 2010, I undertook a post graduate degree in business and ebusiness. I did not have an undergraduate degree in any of these subjects and usually the course are open only to those who do. But I was accepted on the course. I dont think they fancied my chances of getting through the curriculum. I graduated with first class honours. I believe that was due to the my ability to memorise and decipher information clearly. I had already started having colonics by then. Chance? I dont think so. If you want to sharpen your brain, cleanse your bowel.

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