



A STRONG FOUNDATION

Matters™

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a healthy foundation is paved with good intestines!

200 MILLION PEOPLE IN THE U.S. suffer from some form of constipation, many not experiencing the “normal” two to four daily eliminations. It is estimated that by the time we reach 30 years of age, 10 to 20 pounds of compacted, colonic plaque accumulates in our five-foot long colon—made up of fecal matter, yeast, parasites and fungus.

Intestinal poisons created by this accumulation circulate via the blood through the lymphatic system to the entire body.

Healthy lymphatic fluid is vital; it serves as nourishment for cells not fed by blood vessels, kills harmful organisms, and carries away debris. When the body continually has to recirculate toxic waste, it becomes overburdened, destabilizes its foundation, and eventually crumbles our immune defenses.

Effects of poisonous matter include colon irritation and inflammation, resulting in symptoms that include diarrhea, constipation, fatigue, headaches, vision impairment, skin disorders, muscle/joint pain, brain-fog and depression.

The human G.I. tract digests approximately 24,000 pounds of solid food within a lifetime.

Transit Time: The Commute

The normal transit time from eating to elimination is normally 12 to 15 hours—because the typical standard American diet lacks fiber, it extends to several days. This process allows for putrefaction and re-circulation of toxic substances—adding several pounds of old fecal matter that become colonic plaque.

Effective intestinal cleansing requires synergistic blends that provide:

- Activated fiber
- Alkalizing minerals
- Colon cleansing fibers
- Superfoods
- Non-habit-forming soothing botanicals



Detailed planning is required to build a strong foundation before a structure is built. That said, we neglect to take the same time, energy, resources, and planning to create a strong foundation on which to build health—no wonder overall health is deteriorating.

Building a Strong Foundation

Many people perform a colon fiber-cleanse and feel confident they’ve cleaned their intestinal house and nothing else is needed....after all, they eat “healthy” and consume “some” fiber.

Performing a complete cleanse is the best tool to build an intestinal foundation strong enough to protect your structure of health. If you’ve never performed a cleanse, do so for 90 days at the maximum recommended amount. Thereafter, taking a fiber supplement containing no ingredients known to be habit forming, assures a healthy foundation for years of good health. Keep in mind that often times with chronic illnesses there is limited peristalsis (rectal muscle contractions). That said, the loosening of matter can clog your plumbing, making it necessary to add a non-habit forming herbal stool softener to avoid sluggish elimination and encourage full evacuation, *naturally*.

Gloria Gilbère, DA Hom, PhD, DSC, is a doctor of natural health and a homeopath. She is author of 11 books, including best-sellers *I was Poisoned by my Body*, *Chemical Cuisine*, *Pain & Inflammation Matters*, *Are Your Infant & Children Being Poisoned?* She consults worldwide via telephone and Skype and at her office in Gig Harbor, WA (USA). For additional information and to subscribe to her program for .33 cents per day, visit www.gloriagilbere.com.



The exclusive colon fiber product used and recommended by Dr. Gloria...

ColonSweep®

180 caplets

- Contains no harsh laxatives
- Contains magnesium & other alkalizing minerals supporting proper pH & colon hydration.
- Contains herbs with chlorophyll, known to assist in blood cleansing.
- Helps to correct constipation.
- A blend of botanicals, essential oils, enzymes, probiotics, fiber & alkalyzing minerals.
- Contains over 20 proven ingredients to assist with cleansing & detoxification.
- Strong enough to remove mucoid plaque, gentle enough to use daily.
- All natural non-habit forming ingredients.

To purchase ColonSweep, a proprietary blend formulated and manufactured for The Institute for Wholistic Rejuvenation, contact the exclusive distributor, Health Matters Store, toll-free 888-352-8175 or visit the website at www.gloriagilbere.com.