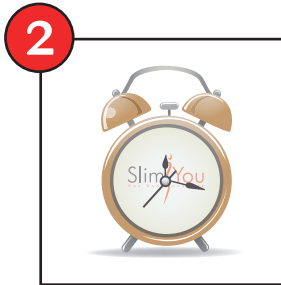


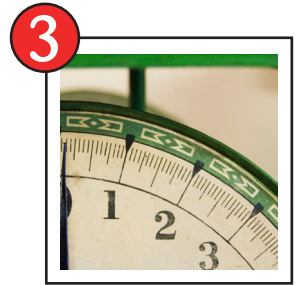
# 5 signs you have poo stuck in you!



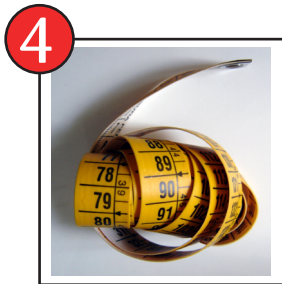
You don't move your bowels daily



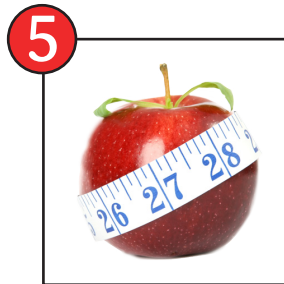
Your bowel transit time is greater than 12-24 hours



You put on 1-2 kgs per day just by eating normal food



You look 3 months pregnant (bloated) at the end of the day



You don't feel like you have emptied your bowels even when you sit there for ages!

5 signs you have poo stuck in you visit:

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# Where to from here?



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### Testimonial

“I highly recommend this program and intend to continue on the diet as it has given me so much more energy and absolutely love the food. Thanks again for all the support and handy hints.”

**Stacey**



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Most people are unaware that they have between 1 and 3 kg of toxic waste matter stuck to their bowel walls, making an excellent home for parasites and other pathogens to multiply, causing all sorts of problems, including sluggishness, mental fuzziness and increasing your risk of developing bowel cancer.

## Why should I cleanse my colon?

A whole host of symptoms may be due to the build-up of toxins in your body. Most people following a western diet consume foods that are high in refined grains and sugar while being low in fibre, making it harder for your digestive tract to properly eliminate waste. Some possible symptoms of this toxic build up are:

- Diarrhoea or constipation
- Infrequent bowel movements
- Skin problems such as acne, dryness, itching or rashes
- Frequent colds and flus
- Bad breath
- Menstrual problems
- Yeast infections
- Bloating and gas
- Weight gain
- Lower back pain
- Irritability

According to Naturopath and Chiropractor Dr. Damian Kristof, bowel frequency can vary significantly between individuals. Ideally your bowels should be moved every 12-24 hrs with a sense of completion at the end.

In the last decade and a half in practice, Dr. Kristof acknowledges that more than 50% of people's symptoms are due to poor dietary and bowel habits. He says, "once this is corrected, and the bowel functions appropriately, the body has less interference to health and wellbeing and is less likely to store junk and waste matter.

With diets high in processed foods, poor quality protein, grainy carbs and alcohol, the incidence of bowel diseases such as diverticulosis, irritable bowel syndrome and bowel cancer are all on the rise.

# How a healthy bowel works

Ideally, you should have a bowel movement every 12-24 hours. If you observe your pets you will notice that after eating, your pet will likely go to its litter box or ask to go outside to eliminate. Elimination that is any less frequent than that indicates the likelihood of having a sluggish bowel.

## Bowel Transit Time (BTT)

The time it takes for the food you eat to travel from mouth to rectum is referred to as Bowel Transit Time. This amount of time varies from person to person, based on their diet. The time it takes for most digestive processes to occur and for the optimal absorption of nutrients is about 12 hours. Any materials remaining in the digestive system in excess of this amount of time is just sitting there fermenting and putrefying.

A great test for this is the sesame seed challenge – take a teaspoon of sesame seeds and stir them in to a glass of water. Drink them and watch and wait for them to come out-time. The time it takes from your mouth to the bowl (toilet bowl), not the speed at which it hits the bowl. Studies done on tribes in Africa who have healthy active lifestyles and high-fibre diets have shown a BTT of between 12 and 24 hours. In contrast, the average person consuming a typical western diet has a BTT of between 48 and 72 hours, with a few having a BTT of up to one week!



# What can happen in a sluggish bowel

## **Diverticulosis**

The longer waste matter remains in the bowel, the more likely it is that toxins will begin to build up. The bowel wall is a single layered, semi-permeable membrane that allows nutrients to cross and may allow toxins to filter into the bloodstream. Also, the longer stool remains in the bowel, the more pressure it places on the bowel wall, which can cause diverticulosis. This is a condition where higher than appropriate pressure inside the colon causes parts of the colon to bulge and form pockets (diverticula). If these pockets become infected, diverticulitis results, a potentially dangerous and painful condition.

## **Candida Albicans**

Candida Albicans is yeast that lives in everyone's digestive tract, mostly in the intestines, and is a normal part of the healthy bowel flora. Its job is to identify and destroy harmful bacteria. However, sometimes due to an imbalance in intestinal flora, an overgrowth of candida occurs, leading to a condition called gastrointestinal candidiasis. When this happens, the normal candida yeast transforms into fungal form, producing barbed rhizoids that perforate the intestinal walls, releasing spores and allowing toxins and food particles to leak into the bloodstream, infecting the body. Fermenting waste matter in the bowel is a good breeding ground for candida to take hold, so a good bowel cleanse with magnesium oxide can remove it, allowing the good bacteria such as Lactobacillus bifidus and Lactobacillus acidophilus to take precedence, helping to keep candida at bay.

## **Small Intestinal Bowel Overgrowth (SIBO)**

SIBO is a condition whereby bacteria in the colon (the large intestine) find their way into the small intestine. Kind of like feces going back up the wrong way. This particular condition is more common than many people think, and the western diet, along with antibiotics, is largely to blame. The high use of antibiotics in our food and in our medical system has caused a rise in the amount of bacteria becoming resistant to antibiotics, and a subsequent 'overrun' of bacteria reversing up the intestinal tract is more and more common. Symptoms of SIBO may include constant feelings of fullness, bloating without the ability to release it (burp or fart), borborigmus (really noisy stomach), pain and irritability in the gut and extreme fatigue, to name just a few.

# Why magnesium oxide is the best way to clean your bowel

Doing a gentle intestinal cleanse at regular intervals can help keep your bowel from accumulating toxic matter, especially if you suffer from slow transit time or frequent constipation.

Many health programmes include an intestinal cleanse in their protocol, and magnesium oxide allows you to do this in a way that is gentle to your system, without involving harsh chemicals or drugs.



Though liver cleansing is currently popular, it won't be effective unless the route of elimination is clear and the rest of the digestive tract is cleaned. Given the liver has a limited capacity to store toxins, which is a large area to detoxify, it's important to ensure the intestines are thoroughly cleaned daily.

Bowel cleansing can also help avoid what is called a "healing crisis", which can happen if you are doing a liver cleanse or any other sort of detox program. When accumulated toxins are suddenly released for elimination, if the bowel is slow and the way is blocked with waste matter, those toxins can be reabsorbed into the bloodstream, causing aches and pains, headache and other symptoms. But if the route of elimination is clear, the toxins are flushed straight out, not having time to cause illness.

Another of the advantages of magnesium oxide is that it is non-invasive and convenient. Other methods of bowel cleansing, such as enemas and colonic irrigation can introduce harsh chemicals and laxatives can result in a perforated colon. They can also cause pain and cramping and cleanse only the lower end of the intestinal tract, as opposed to magnesium oxide, which cleanses the entire intestinal tract with the gentle action of magnesium oxide.

The bowel is intended to move products out, not bring things in—in other words, it ideally works like a one-way street, and reversal of the direction of flow is not the way nature intended things to work.

## Why not use fibre instead of magnesium oxide?

Though a high-fibre diet is good for maintaining a healthy digestive tract, many people are unable to tolerate a high-fibre diet, either due to wheat or gluten intolerance, an insufficient digestive system, or a sensitive and irritated bowel wall. For these people, consuming high amounts of fibre can result in unpleasant symptoms such as loose bowels, increased gas and bloating, abdominal pain and cramping. Furthermore – it is currently believed that foods fortified these days with many different and aggressive fibre types, that too much fibre may actually be causing a problem.

## How magnesium oxide increases regularity and why it's better

Magnesium oxide is a natural mineral, and when this substance is combined with water (creating magnesium hydroxide) it releases a significant amount of oxygen. With extra oxygen released into the digestive tract, the good aerobic bacteria are encouraged to flourish while the anaerobic bad bacteria are deterred. In addition, the free oxygen binds with hydrogen atoms and draws water into the intestines through the digestive tract's cell wall, thus softening and liquefying hard fecal matter and cleansing the mucosa that line the intestinal wall.

### **Magnesium oxide has been found to:**

- Reduce the length of hospital stay – Bowel movements can be seriously reduced after radical hysterectomy, and a study involving magnesium oxide and biscolic suppositories found hospital stays could be reduced by half (from 8 to 4 days), when compared with conventional post operative bowel management.
- Reduce chronic constipation in children – In a study of 174 children aged 4 and under with chronic constipation, regular bowel habits were encouraged by the use of dietary fibre and magnesium oxide.
- Assist in the reduction of migraine and headache

# What are the benefits of taking magnesium oxide?

Studies have found magnesium oxide to be useful for a number of conditions. It can reduce blood pressure and reduce the incidence of kidney stones. Magnesium hydroxide has been shown to reduce cardiac arrhythmias and help protect against colorectal cancer. Since patients suffering from angina and Type 2 diabetes are usually found to have a magnesium deficiency, they can benefit greatly from taking a magnesium supplement such as magnesium oxide. Magnesium also helps keep the body's systems in balance. Adequate magnesium is vital for a number of important functions, including the metabolism of proteins and carbohydrates, proper functioning of heart and kidneys and maintenance of the skeletal system. It also helps reduce anxiety and insomnia and acts as a relaxant for tense muscles, calming states of cramping, which is helpful for managing diseases such as irritable bowel syndrome.

The western diet is often magnesium-deficient due to soil depletion and the lack of whole foods in the diet. In addition, the typical diet is usually high in protein, calcium and alcohol, all of which increase our body's need for magnesium.

After an intensive initial cleanse with magnesium oxide, many women find it useful to continue a monthly "mini-cleanse" to help reduce pre-menstrual symptoms. Cleansing for a day or two before their period helps many women avoid uncomfortable fluid retention, abdominal bloating and breast tenderness.

And for those with chronic constipation who have had to rely on harsh laxatives that can cause scarring of the bowel and other unpleasant side effects, magnesium oxide is an excellent long-term treatment strategy. Incorporating the use of magnesium oxide two or three times a week can help reduce the amount of laxatives used, minimizing the risk of bowel damage.

## Can I take too much magnesium oxide?

If you take an excess of magnesium oxide, a watery stool will develop and last for about an hour. Your intestines regulate how much magnesium is absorbed, with the excess being flushed out in the bowels. Take magnesium oxide one to two hours before any drugs and supplements or three hours after, apart from if you take any of the afore mentioned pharmaceutical medications.

However, if you are taking magnesium and find yourself suffering from diarrhoea



in addition to abdominal pain and cramping, fever, blood or pus in the stool, or black tarry stools, there is another problem and you should consult your GP or health care professional immediately.

### **Possible drug interactions and other considerations**

You should avoid taking magnesium oxide at the same time as antibiotics, penicillamine, digoxin, allopurinol or phenothiazines, as it may interfere with these drugs' effectiveness. Take magnesium oxide from one to two hours apart from when you take any of these drugs.

Though problems from an overdose of magnesium are rare, it is possible, so be sure to adhere to the instructions. Magnesium oxide should not be given to infants, except those under close physician supervision. Patients on haemodialysis should take particular care with magnesium oxide, and don't take it if you are experiencing extreme pain or other major abdominal symptoms.

### **Points to keep in mind:**

- Do not take any laxatives, including magnesium oxide, if you show symptoms of appendicitis, intestinal blockage or inflamed bowels, particularly if there is blood in the stool.
- Do not take any laxative for a long period of time, as elimination problems can develop from overuse.
- The best way to prevent constipation is through proper diet and exercise, being sure to consume plenty of fibre such as that in unprocessed cereals, fruit and leafy green vegetables. Constipation may be exacerbated by eating too much junk food.
- Consult with a qualified health care practitioner before giving any laxative to a young child or infant, or if you are pregnant or breast feeding.

## **Colon Clearing Protocol**

A cleanse should always be done keeping your own individual needs in mind. Bowel transit time varies between people, so listen to your body and let it guide you as to what it needs.

In general, you should plan for the first week or two of the cleanse to be intensive, with as many as four to ten bowel movements per day. If this is not possible due to work or other commitments, you can do the cleanse more gradually, aiming for a dosage that causes two to three daily bowel movements. This dosage can be anywhere from half a teaspoon to two heaping teaspoons, depending on your individual reaction.

Add your dose of magnesium oxide to half a glass of water, stir and drink. To help enhance the absorption of the magnesium oxide, add a little acidic substance such as lemon juice or apple cider vinegar to the mixture. Follow this drink up with 3-4 200ml glasses of water, and preferably take all of this 30 minutes before retiring to bed.

Do not take magnesium oxide with meals or at the same time as other medications. It should be taken at least an hour before or three hours after eating.

Your bowel movements will be loose, as the magnesium oxide and subsequent magnesium hydroxide will be liquefying the matter stuck to your bowel walls. This is the result of increased water in the bowel and is not diarrhoea caused by illness or disease. You should be sure, however, not to maintain a continual state of magnesium-induced diarrhoea, as it can lead to dehydration and or magnesium toxicity. Ask your health care practitioner if you need extra potassium, as it is sometimes necessary if you take magnesium oxide on a regular basis.

After the initial cleanse with magnesium oxide, many people find it useful to take it from time to time to encourage regularity. This is quite safe, but always be sure to consult with a health professional before undertaking any regular cleansing program.

# Who we are

## Dr. Damian Kristof

During the past 18 years or so I have experienced ebbs and flows in my health, and all to do with the effects of good and/or bad food. Whilst studying to be an accountant, my studies drove me to make bad food choices - the result being that after many consultations, I was told that I had chronic fatigue syndrome. New to being diagnosed with something, and not liking it very much at all, I was advised to visit a Naturopath. This was one of the best things that I have ever done.

After 6 months of doing what I was told to do, I stole victory from the jaws of defeat and got my health back. This amazing turnaround in my health and the inspiration that I had found in the healing arts led me into studying to become a Naturopath. I practiced in the field of Naturopathy for 6 years, working largely in the field of weight management, diabetes and cardiovascular disease.

After establishing practices in Melbourne and South Gippsland in Victoria, I then decided to study more about the nervous system and branched into the study of Chiropractic. Beginning my studies in Melbourne, I eventually headed to New Zealand to complete my chiropractic study in Auckland at the New Zealand College of Chiropractic. During this time I established the busiest naturopathic and weight loss center that Auckland (perhaps New Zealand) has ever seen. The success of this practice and the programs I had developed were further promoted by the filming of the hugely successful Downsize Me program, which I presented for near on 4 years. This program profiled everyday kiwis struggling to come to grips with ailing health and wellbeing and it changed the face of the discussion surrounding food and nutrition in New Zealand.



## Phyllis Briggs

Until 2008, I had struggled for many years with my weight and lived with the craziness of starting a new diet almost monthly, with no lasting results. I finally made a decision on the 8th of December 2007 that this had to stop, and made the commitment to change, setting a goal for myself to weigh 27 kilos less by the 8th December 2008.

Though hugely successful in all other areas of my life, I was constantly defeated in my struggle to lose weight. If I wasn't careful, a whole host of obesity-related diseases would soon be knocking at my door, which became all too evident to me when my mum had a heart attack at age 49.



“This was the most life-changing year for me, though it was not without its bumps and distractions, as I had committed to trying a variety of other well-known diets during the year and writing about my story in a magazine. I eventually returned to Damian's eating style for the final two months because health had become my main focus, and I knew that it was his programme that promoted the most effective health results. I weighed in on the 8th of December 2008, 33 kilos lighter than the year before. Since then i have been to Bali and spent time with the "Heal Thy Self" guru Tyler Tolman

What finally worked for me was the combination of the correct food information with the right mindset and belief systems. Combine this with my love of helping others and you have a recipe for true and lasting success. I have since helped and inspired hundreds of men and women to lose weight.

The reason behind the success of the Slim You programmes is the understanding Phyllis has about what the demands of everyday life place on us and that if it was as easy as eat less and move more, we all be slim and with her absolute commitment to others' health and weight loss.

But don't just take our word for it – visit the testimonial page on our website [www.slimyou.com](http://www.slimyou.com) and read for yourself about some of our client's inspirational success stories. I hope that we can help you become the person you want to be!

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Disclaimer: The information in this booklet is provided for educational purposes only. It is not intended to diagnose, prescribe or treat any illness, disease or injury. If you suffer from bowel distress or any of the symptoms noted here it is important to consult with a qualified health care practitioner. The authors accept no responsibility for the use of the information provided.



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### Testimonial

“I highly recommend this program and intend to continue on the diet as it has given me so much more energy and absolutely love the food. Thanks again for all the support and handy hints.”

**Stacey**



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