

“Effication” Through Defecation David Christopher, M.H.

Yes, I made up a word to say “achieving a state of efficiency” and used a common term to express: through the process of proper colon functioning.

I guess Dr. Christopher said it better titling his colon book “Rejuvenation Through Elimination.” This book has been retitled “Colon Health.”

Dr. Christopher’s “Colon Health” book quotes an Ancient Ayurvedic Proverb which determines the best meds for the colon as, “Without proper diet, medicine is of no use, with proper diet, medicine is of no need.”

Ideally if one starts life naturally gaining sustenance through nursing, and is raised by a mother who provided herself and her child with whole fresh organic produce, they would have healthy colons and would not require medications.

Since few of us fit into the proceeding narrative [Dr. Christopher’s Guide to Colon Health](#) is our solution.

He starts with the basics of colon health by quoting Mark Twain, “To eat is human, to digest is divine.”

We truly could eat the best food but without proper digestion it wouldn’t do us any good. The book instructs us on how to help our body break down the food and uptake it. The first dis-ease starts when the colon receives protein that has not been broken down and has to default to bacteria, which break down the protein, resulting in a lot of gas and bloating.

Dr. Christopher goes on to explain that eating highly processed food deprives us of nutrients which the cells of the colon require to function properly. These foods are also lacking the fiber, which is so necessary for motility (effective motion). This lack of motility allows this food to stay and adhere to the colon wall, further blocking the absorption of nutrients.

Dr. Christopher then instructs us on rejuvenating the bowel. One of the aids he left us with was his wonderful Lower Bowel Formula. Dr. Christopher was a master of combining herbs and gave us a tonic formula that stimulates the release of the bodies’ own natural laxative with the herb barberry. He then combined three aperient (mild laxative) herbs, and added ginger to counter cramping along with fennel to diminish gas. Lobelia helps the nerves and cayenne is added for repair of weakened veins especially hemorrhoidal veins. What a blessing to mankind and I unabashedly say it is the best bowel formula in the world. Wishing you the best of health by letting Dr. Christopher’s teachings bless you as he has millions of others.

If you would like to purchase Dr. Christopher’s Colon Health Book it can be found [here](#).

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also cohosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.

