

NUTRITIONAL METHODS OF INTESTINAL REGENERATION

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PART ONE

The normal chemical composition of the blood is disturbed either by deficiency of required constituents - which it is the purpose of vitamin and mineral therapy to replace — and also by the presence within it of toxins absorbed from the intestinal tract. These tend to work against the beneficial effects of the vitamins and minerals we take. This fact is often overlooked by people who think that merely swallowing a few vitamin capsules each day solves their health problem. As important as it is to replace chemical deficiencies of the blood by intake of vitamin dietary supplements, it is equally important to avoid auto-intoxication, or the poisoning of the bloodstream by toxins derived from putrefactive decay of food residues in the intestinal tract. As the result of modern researches definite nutritional methods have been developed for accomplishing this. These will be presented in this Study Course.

A bloodstream that is free from toxins and also rich in all of its necessary constituents will maintain in the body in a state of health. By normalizing intestinal functions, so that there will be complete freedom from constipation and auto-intoxication, the biological conditions are provided so that vitamin and mineral therapy produce optimal results.

Intestinal Regeneration is the first step in health regeneration. Blood regeneration is the next step. A third step is Endocrine Regeneration. Just as intestinal regeneration is the precondition of blood regeneration, so blood regeneration is the precondition of endocrine regeneration. The endocrine glands, in turn, determine our general vitality, our cerebral efficiency and our life span. Since it is known that the general endocrine regeneration that brings on the symptoms of senility is a product of intestinal auto-intoxication, we can understand why

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