



GENESIS 7

CLEANSE THE BODY

CHANNELS OF ELIMINATION

When the body discovers toxins or foreign materials, it uses these channels of elimination to remove them from the body. When these systems are working effectively, the result is good health. When they are compromised, bad health results.

BLOOD	COLON	KIDNEYS	LIVER
Transports and transfers substances in the body.	Eliminates digestive and metabolic waste.	Filters blood and removes waste as urine.	Detoxifies and breaks down chemicals in the blood.
LUNGS	LYMPH	SKIN	
Brings fresh air into body and removes waste gases.	Detoxifies the body's waste and removes it from body.	Eliminates waste from the body through sweat.	

HOW TO CLEANSE

EXERCISE	BOWEL	URINARY	PROTOCOL
<input type="checkbox"/> Blood <input type="checkbox"/> Lungs	<input type="checkbox"/> Lymph <input type="checkbox"/> Skin	<input type="checkbox"/> Kidneys <input type="checkbox"/> Liver	<input type="checkbox"/> Blood <input type="checkbox"/> Lungs <input type="checkbox"/> Colon <input type="checkbox"/> Lymph <input type="checkbox"/> Kidneys <input type="checkbox"/> Skin <input type="checkbox"/> Liver

PROPER TOILET POSTURE

WE ARE DESIGNED TO SQUAT

Humans have squatted for millennia - until the advent of the modern toilet.

THIS IS YOUR COLON

The colon has a natural kink that helps maintain continence.

SITTING STOPS THE FLOW

Sitting posture **partially relaxes** the tight muscle around the colon, blocking the flow of waste.

SQUATTY POTTY® OPENS THE COLON

Proper toilet posture **fully relaxes** the muscle, allowing the colon to empty quickly and completely.

SQUATTING HELPS:

- ☐ Constipation
- ☐ Colon disease
- ☐ Bloating
- ☐ Irritable Bowel
- ☐ Hemorrhoids
- ☐ Pelvic floor issues

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
BOWEL							
URINARY							
PROTOCOL							