



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

Transports and transfers

COLON

Eliminates digestive and

KIDNEYS

Filters blood and removes
waste as urine

LIVER

Detoxifies and breaks down
chemicals in the blood

LUNGS

Brings fresh air into body

LYMPH

Detoxifies the body's waste

SKIN

Eliminates waste from the

HOW TO CLEANSE

EXERCISE

___ Blood

___ Lymph

___ Colon

___ Lungs

___ Skin

BOWEL

URINARY

___ Kidneys

___ Liver

PROTOCOL

___ Blood ___ Lungs

___ Colon ___ Lymph

___ Kidneys ___ Skin

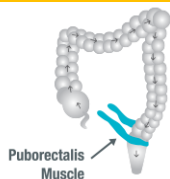
___ Liver

PROPER TOILET POSTURE



WE ARE DESIGNED TO SQUAT

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



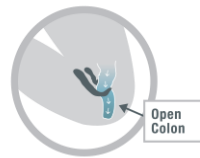
THIS IS YOUR COLON

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE							
BOWEL							
URINARY							
PROTOCOL							