

## Body Chemistry - Little Known by Science

Written by Katie Murphy

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Did you know not much is understood about the chemistry makeup of our cells, nervous system, brain, hormones or contents of digestive fluids? A Mayo Clinic M.D. described fibromyalgia as a chemistry imbalance of the nervous system. He continued to say, unfortunately, they do not know what the fibromyalgia chemistry is or what healthy chemistry *should be*.

Toxins are any substance, natural or man made, that harm our body chemistry. A Harvard University sponsored autopsy study, as reported by Sandra Steingraber, Ph.D., the author of "Living Downstream", found **Americans have an average of 200 different harmful toxins in their body**. Two hundred! Scientists and the Food & Drug Administration say some otherwise deadly toxins are "safe in small dosages". But wait, they also admit there is much they do not know about the human body chemistry.

Basic high school chemistry teaches we must know what we are doing before mixing different elements and chemicals together. Science reports cancer to be caused from toxins disrupting normal, healthy cellular function. More people and younger people are suffering from cancers, diabetes, depression and many other illnesses linked to dysfunction of the body's cells. For good health, it only makes sense, these harmful toxins must leave the body.

The body naturally releases most toxins through the colon's bowel movement. Our bodies are 98% water in substance. Our digestive system, blood, lymphatic fluids, detoxing organs, and our bowels require hydration for normal function. The stomach absorbs ingested water and the body must process the water to other cells. Consuming powders, pills, bentonite clay formulas, liquids and even fasting does not provide the much needed hydration for the colon and body fluids essential for effective detoxing.

One function of the colon is to absorb and recycle over fifty percent of the body's fluids. If the colon cells are dehydrated or worse, blocked by old mucous and waste matter, the absorption process can be seriously jeopardized and whole body dehydration may take place. Often the inside of the colon wall is dehydrated even though the individual may consume healthy amounts of water.

Colonics are important for detoxing because Colonics cleanse and hydrate the colon. If the body has difficulty releasing toxins as autopsies have shown, then it would behoove us to help the body.

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