

# The Healthview Newsletter

The Newsletter on Health & Nutrition which believes there are NO 'incurable' conditions.

Number 10

**“You can have large regular bowel movements - twice a day, as soon as you cleanse your colon.”**

**V.E. Irons-Bowel Specialist**

To judge from the volume of our mail, constipation, diarrhea, diverticulitis, hemorrhoids, and other bowel problems are widespread among Healthview readers. Indeed, Healthview receives more inquiries about bowel problems than any other topic.

Bowel problems are far more than an embarrassing annoyance. They cause severe inconvenience; they force you to schedule your daily activities according to your bathroom habits. Bowel problems can cause pain – the sharp pangs of diarrhea, the aches of constipation, the embarrassing itchy soreness and intense pain of hemorrhoids.

Yet, according to Mr. V. E. Irons, no one has to suffer from bowel problems. Mr. Irons is well known in the health field as a leading specialist on bowel problems. For 42 years he has lectured throughout the United States and Canada on how to relieve and eradicate bowel problems. Mr. Irons is a graduate of Yale University. He heads the V. E. Irons Company of Natick, Mass., which produces a number of natural products, some of which are designed to improve bowel function.

We were pleasantly surprised when we met Mr. Irons. We knew he was 82 years old, so we were prepared to meet a frail elderly gentleman. Instead, he strode a robust and dynamic man, positively glowing with good health. Mr. Irons surprised us again when he revealed that he was the proud father of a 21-month-old boy.

Mr. Irons lives with his wife, their baby son, and their two other children, aged 6 and 9, in California. He also has four great-grandchildren (ages 5 to 7) from a previous marriage.

In this interview Mr. Irons discusses:

- why many people have severe bowel problems and don't even know it
- what is the single main cause of poor bowel function
- why bowel problems can lead to nutritional deficiency no matter how many vitamins you take
- how to stop chronic diarrhea in a matter of hours
- how to relieve hemorrhoids merely by changing how you sit on the toilet seat
- an unorthodox cleansing program that can help end your bowel troubles once and for all



Mr. V.E. Irons

In closing our interview, we asked Mr. Irons where his unusual vitality comes from, and he answered, “from following the same health advice I just gave you.”

**“People who aren't even aware that they have a bowel problem are often in the worst condition of all.”**

**HEALTHVIEW:** How many people suffer from bowel problems?

**IRONS:** According to some estimates I have seen, about 70 million Americans suffer from bowel problems. These statistics cover only those people whose problems are severe enough to cause them to consult a medical doctor. In addition there's probably millions of people with bowel problems who

## In this issue....

**V.E. Irons explains his simple, natural program for constipation, hemorrhoids, and a variety of bowel problems. Some of the ideas Mr. Irons discusses include: .....pages 1-6**

- Why bowel problems are so serious
- Why bran can be dangerous to use for many people
- Why he is against the use of all laxatives--even natural ones
- How diarrhea can be easily eliminated

**Readers' comments on V. E. Iron's program .....page 6**

- Questions & Answers-V.E. Irons,**  
Dr. Kelley, Dr. Nelson
- Swollen hands .....page 7
  - Clogged colon .....page 7
  - B!ood in eyes .....page 7
  - Headaches .....page 7
  - Ulcers .....page 8

try to treat themselves with common laxatives. So I'd have to estimate that very few have normal bowel function.

That evaluation is certainly backed up by sales of laxatives and other bowel remedies. For example, our own sales of bowel cleansing products is increasing so rapidly that we can hardly keep up with the demand.

**HEALTHVIEW:** Yet I know many people – indeed, most of my friends and associates – who don't have bowel problems.

**IRONS:** That could be, but many people who aren't even aware they have a bowel problem are often in the worst condition of all.

Many times I hear someone say, "Oh, my bowels are all right. I have four or five movements a day." But the reason they have so many movements is that their colon – that's the end part of the digestive tract – has collapsed and broken down to where the opening is nothing more than a tiny hole. Such people must have many movements just to get the material through. So just because you have daily movements doesn't necessarily mean your bowels are in good condition.

**"If you have to strain or if you have to read a magazine while you wait for a movement, then you are constipated."**

**HEALTHVIEW:** Then how do you know if your colon is working properly?

**IRONS:** When your colon is healthy, you will have two well-formed bowel movements a day. Every morning, you'll have a huge movement that should altogether be from 2 to 4 feet long. Later on in the day, you'll have another movement, which will be about half the size of the first. These stools should be expelled effortlessly – within seconds after you sit down.

**HEALTHVIEW:** What is the color of a healthy stool?

**IRONS:** The color of your stools will vary slightly, depending on what you eat. However, in general the stools should be brown. If your stools are yellow or light gray or look like chicken soup, something's definitely wrong.

**HEALTHVIEW:** What are other signs of bowel problems?

**IRONS:** If you have to strain, or if you read a magazine while you wait, then you are constipated. Another indication of poor bowel function is if your stools are small and narrow, or if they are short or hard. You shouldn't see any mucus, half-digested food, or signs of blood.

**"Bowel problems can cause nutritional deficiency, regardless of how good your diet is or how many vitamins you take."**

**HEALTHVIEW:** Why are bowel problems so serious?

**IRONS:** When you are not eliminating properly, deposits of fecal matter build up along the wall of your colon or in the pockets of the colon. That's why even a mild case of constipation is a serious problem.

You see, normally, your body pushes wastes out of your colon in 18 to 24 hours. However, when you're not eliminating properly, these wastes may not leave for days. And if some of the material deposits along your colon walls, it may not leave for days, months, or years. I know it sounds hard to believe, but these deposits of fecal matter in your colon can get to be 2 to 3 inches thick and as hard as a piece of black rubber that comes off a tire.

These deposits are harmful for several reasons. First, they interfere with absorption by making it difficult for a number of vitamins and minerals to penetrate the bowel and get into your body. Bowel problems can cause nutritional

deficiency, regardless of how good your diet is or how many vitamins you take.

A second harmful effect of fecal deposits is that the nerve endings in your colon get irritated. This may lead to a spastic or inflamed colon, conditions that interfere even more with nutrient absorption and also with proper bowel function.

Third, the feces that remain in your system begin to decay, releasing toxins and poisonous gases that seep out into your blood and poison all your organs and tissues. Your bloodstream itself gets polluted, which prevents it from removing the cells' wastes. So your whole system is being poisoned by wastes.

It's no wonder that you begin to suffer from any number of ailments – fatigue, insomnia, nervous and mental ailments, menstrual problems, arthritis, and so on. In fact, bowel conditions may even lead to such serious diseases as heart disease and some types of cancer.

In my opinion, there is only one real disease, and that disease is autointoxication – the body poisoning itself. It's the filth in our system that kills us.

So I'm convinced that unless you clean out your colon, you will never regain vibrant health.

**"When your colon is in poor condition, bran may clog it up completely."**

**HEALTHVIEW:** What causes poor bowel function?

**IRONS:** There are several causes. For example, if you don't drink enough water, your stools will be too dry. The same thing happens if you ignore the urge to go. The longer the stools remain in your colon, the drier they get, because your body extracts moisture from them.

So in either case, your stools are difficult to expel and you become constipated.

Lack of physical exercise is another cause of poor bowel function. As with other muscles, the bowels benefit when

<b>The Healthview Newsletter</b>	2nd printing
612 Rio Road West Box 6670 Charlottesville, VA. 22906 (804) 973-1395	
© 1979. All right reserved. Reproduction in whole or in part not permitted.	
<i>Founder-Sam Biser Editor &amp; Publisher-Sam &amp; Loren Biser Associate Editor-Daniel Rosenthal</i>	
1 Year Subscription- 6 issues .....	\$18
1/2 Year Subscription- 3 issues .....	\$10
Bulk rates for larger quantities available on request. Send request for extra copies to: Reprint Editor, Healthview Newsletter, 612 Rio Road West, Box 6670, Charlottesville, VA. 22906.	
Subscriptions for Canada and Mexico are \$20 for 6 issues and \$12 for 3 issues. All other foreign countries are \$29 for 6 issues and \$16 for 3 issues.	
Healthview Newsletter is a newsletter which presents practical, down-to-earth, usable information on how to eliminate many common and uncommon health problems-everything from acne and dandruff, to tough 'incurable' conditions such as cataracts, arthritis, total blindness, and even terminal cancer.	

you exercise regularly. If you're sedentary, your bowels become weak and can't do their job of propelling the wastes out of your body.

But these are all relatively minor causes of poor bowel function. The main cause – as your readers probably know – is simply malnutrition. Most people don't eat enough nourishing food to supply the muscles and tissues of the bowel with the nutrients they need. Consequently, the bowel begins to deteriorate and lose its muscle tone.

Besides weakening the bowel, poor diet also causes hard stools. For example, if you're eating a lot of refined sugars and flours, these will tend to dry up your feces. Moreover, if your diet lacks roughage, you won't have enough natural fiber to push wastes through your colon.

Incidentally, even though diet is a major cause of sluggish bowels, the answer is NOT simply to eat better food. I meet thousands of people at health conventions and lectures who have been eating good food for years, yet they are still constipated.

**HEALTHVIEW:** Why is that?

**IRONS:** There are two reasons. One is that a person who has eaten poorly over a period of time may have damaged the colon. If this is the case – and it usually is – then it's too late for diet alone to do the trick. The second reason is that fecal deposits may have become so hardened and thickened that diet alone won't get rid of them.

**HEALTHVIEW:** Bran's becoming something of a fad these days for bowel problems. Is it as good as it's supposed to be? Will bran remove the fecal deposits?

**IRONS:** No. You really have to be careful about bran, because at best all bran can do is propel the daily fecal matter through the opening in the center of a clogged colon. But it won't get rid of the deposits. Most colons are so twisted, clogged and hardened with old feces that neither bran nor any other ordinary food roughage will unplug them.

Besides, if your colon is pinched, warped, and overirritated, as it is in most people today, bran is often too harsh for it. When your colon is in such bad shape, bran may clog it up completely. I've seen it happen.

Forty years ago, when the colons in this country were in better condition, bran would have been immensely helpful. However, I believe that bran is now too dangerous for the vast majority of people.

**HEALTHVIEW:** What is your opinion of laxatives?

**IRONS:** Forget about laxatives. We've been using them for the past 40 years without realizing what we've been doing. All a laxative does, including the herbal ones - is chemically overstimulate the tissues of your bowel, whipping them into action, weakening your colon even further - and creating a dependence on laxatives. That doesn't sound like much of a solution does it?

And even if laxatives were safe, they still wouldn't remove those deposits that have been hardening in you for years. The same is true for ordinary enemas. They just wash out the fresh wastes and leave your colon in as bad shape as when you began. However, enemas are much better than nothing, (or even laxatives).

**“You should go on a 7-day cleansing program to get rid of the fecal matter.”**

**HEALTHVIEW:** So what can you do to get rid of the encrusted deposits?

**IRONS:** A simple, 7-day cleansing program gets rid of the fecal matter and brings quick long-lasting relief from bowel problems. It will also give you an excellent chance of regaining vibrant health.

This program helps stimulate, loosen and expel the hardened fecal matter. Until it's removed this fecal matter remains a veritable cesspool constantly pouring toxic materials into your bloodstream.

The program is not always easy. But you'll never get rid of any chronic ailment – regardless of what you do – until your colon is once again CLEAN.

The program works this way. For 7 days, you eat nothing at all, but you won't feel hungry because you take a product called Intestinal Cleanser. This is a powder that's ground from a special grade of psyllium seed (pronounced silium). It's the only variety of psyllium seed that we've found to work. The Cleanser clings to the colon walls, holds moisture there, and softens and loosens the fecal matter.

The Intestinal Cleanser should be taken 5 times a day, every 3-hours. You put a heaping teaspoon of Cleanser in a jar with a good tight cover. Add 10 ounces of water or your choice of fruit or vegetable juice. You also add a tablespoon or two of another of our products called Bentonite, which is made from a volcanic ash. Bentonite is like a magnetic sponge that removes toxins from your entire digestive tract. Shake the mixture well and drink it. Then follow it with a glass of water.

A 7-day juice fast sounds severe, but it's really not too bad, because the Intestinal Cleanser swells up in your system, so you feel full. Also, we give you tablets of a supplement called *Greenlife*, which is a concentrate of the juices of wheat, rye, oat and barley grasses, harvested at a time of peak nutritional value. *Greenlife* contains all the nutrients you need. So even though you're not eating, you're getting all necessary nourishment. If you're still hungry, just take more *Greenlife*, up to 50 tablets per day.

**HEALTHVIEW:** It still seems that it would be hard to fast for 7 days and at the same time keep up with your normal activities. Are there any alternatives you can recommend?

**IRONS:** If you're reluctant to plunge into a 7-day juice fast, you can take the Intestinal Cleanser and Bentonite twice a day, morning and evening, for a month, while continuing to eat other foods. This will begin to clean you out and therefore give good relief for constipation and hemorrhoids. By the way, a secondary benefit of this is that many people see so much improvement from this simple program, they become willing to go on the 7-day juice fast.

Another possibility is to go on a 3-day juice fast each week for 3 or 4 weeks. That frequently produces good results, but it's not as reliable as the 7-day juice fast.

Remember though, that no chronic ailment will ever clear up until your colon is COMPLETELY cleaned.

**“As soon as you've finished, expel the coffee. In all probability, with it you'll also expel large amounts of fecal matter that had been lining your bowels.”**

**HEALTHVIEW:** What else do you recommend?

**IRONS:** We recommend that *each day* you are on the cleansing program you take a special type of coffee enema to flush out all the loosened fecal matter. A few people take as many as 4 of these enemas per day.

Some people are familiar with coffee enemas, but to review for those who aren't, the coffee has two purposes. First, it acts as a solvent to help dissolve the fecal deposits. Second, it stimulates the muscles of your colon to shake off the fecal matter that coats them.

In addition, we recommend that you massage your colon as you take the enema.

**HEALTHVIEW:** Please describe the procedure for the coffee enema and the colon massage for those of our readers who

aren't familiar with them.

**IRONS:** Certainly. To begin with, put about 12 to 15 tablespoons of coffee – the non-instant variety – into a gallon of water and boil well for about 10 minutes. I realize it's strong, but remember you're not drinking it. Also, if a gallon seems like a lot, remember you might have to start over again if you can't retain the enema.

Next, clean out the lower bowel with a quick warm water enema. This will make it easier for you to retain the coffee. Then put two quarts of coffee into an enema bag. You don't need a long enema tube or any special lubrication. Make sure the coffee is tepid, because if it's too hot or too cold, your colon muscles will act by reflex and throw it out.

Lie on your left side on the bathroom floor. Don't raise the enema bag more than 20 inches above the rectum. Let in from a half to a full cup of coffee – no more.

Next, remove the enema tube and kneel on all fours with your head and shoulders low and your buttocks up. Rest your body weight on your knees and on one hand. When you're in this position, your colon drops downward so it's easier for you to feel where to massage. (If you have no trouble locating your colon, then it's all right to lie on your side.)

With your free hand, start massaging a 2-inch area of colon on the lower left side of your abdomen. Use your fingers as if you were playing scales on the piano or kneading bread. Work especially hard on any lumps or rigid areas that you feel – these are deposits of fecal matter. Massage these areas until the lumps go away.

After 4 or 5 minutes of massaging you won't feel the urge to expel the coffee. That means it's time to let in some more. Roll on your side again, let in another half-cup of coffee, get back in the knee-chest position, and for several minutes massage the 2 inches of bowel further up.

Continue in this manner – a half-cup of coffee, several minutes of massage, then another half-cup – until you reach the rib cage. Make sure you massage the section of bowel just underneath the ribs. Then start moving across your abdomen.

Be sure to take your time. If you try to rush, you will cause the bowel to expel what you have already put in. If this happens you will have to start all over again.

As you reach the middle of your abdomen, you may begin to hit areas where the deposits are densely impacted. You'll be able to tell because the bowel may be full and hard. Whenever this happens, massage the area until you feel it loosen up – it may take up to 10 minutes.

The section of bowel from the middle of the abdomen to your lower right-hand side usually contains the greatest amount of encrusted fecal matter. So be particularly thorough in massaging this area.

If you fail to soften all congested areas, try again the next day and the next. You simply *must* get the material out.

Be *gentle* as you massage the final section of bowel on your right side. Your appendix is located there, and you don't want to damage it.

When you have finished, retain the coffee as long as possible. When this is done properly, you will probably expel large amounts of fecal matter that has been lining your bowels.

**“At first you'll see brown or gray mucus coming out. The mucus may have the texture of a jellyfish or the white of an egg.”**

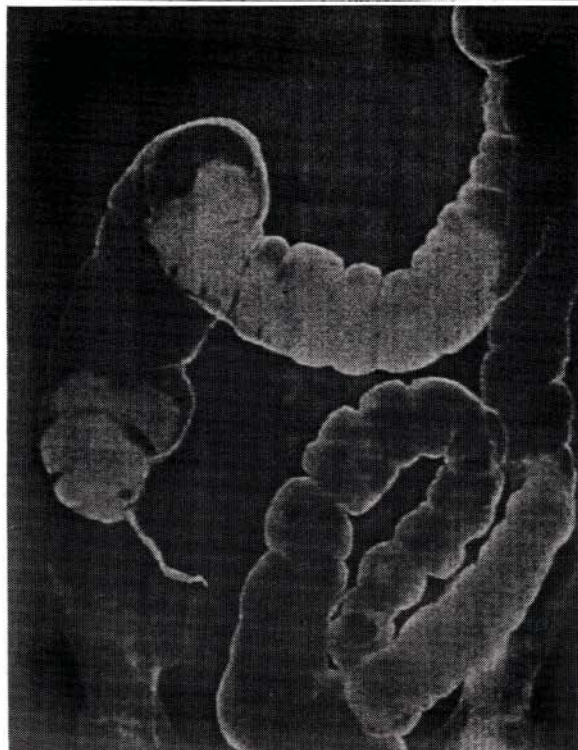
**HEALTHVIEW:** Such as what?

**IRONS:** All sorts of things start coming out of your bowels.

At first you'll see brown or gray mucus coming out. The mucus may have the texture of a jellyfish or the white of an egg. It stretches like rubber and smells just awful.

One man passed a whole lot of material that looked like afterbirth. He was momentarily petrified – he thought it was his bowels falling out. Actually, it was just a heavy, tough film of mucus that had been lining his colon for years.

If you are observant, you may occasionally notice tiny worms and parasites coming out. Some people pass as much as half a pint of parasites. One woman even passed a full pint of liver flukes in the enema matter.



**This is a distorted colon reproduced from an x-ray. Note the enlargement of the colon near the rectum. Also note the twisted loops in the colon where wastes can build up and bacteria and toxins accumulate.**

Finally, you begin to see the dried, rotted fecal matter that you have been carrying around for years. It's as black as your shoe. Sometimes it comes out in little pieces like chicken hearts. Other times it comes out in chunks up to several feet long. The longest I have known was 27 feet of fecal matter as black as charcoal but all in one piece. The man saved it for my personal examination. It was hardened mucus but still flexible.

There are elderly people who pass quarts and quarts of this black stuff. One elderly man passed enough material to fill up 3 gallons of a 5 gallon bucket – a lifetime of unexcreted waste matter. People never cease to be amazed at what they have been carrying around inside of them.

For example, there was one young lady who had been a vegetarian and light eater for over 3 years. She went on the program and was shocked to see all the material coming out of her. After one particularly large evacuation, she was almost 5 pounds lighter.

After finishing their evacuations, many people take a quick enema with lemon and water or with Bentonite to wash out the remains of the coffee and the loosened fecal matter.

**HEALTHVIEW:** What if you try the coffee enema and nothing comes out?

**IRONS:** There are several things you can do.

First, you must do a better job of massaging and kneading your colon.

Second, you can continue the program for another day or two until the fecal residues shake loose. However, we don't advise doing this unless you have a lot of stamina.

Third, you can take an enema with olive oil instead of coffee. It's expensive, but it almost always works, because the olive oil softens encrusted fecal matter. Get yourself a gallon of the finest unrefined olive oil you can buy and do the enema with that full strength, using the same procedures as for the coffee enema. You'll need a gallon in case you accidentally expel the enema.

Fourth, if even this doesn't work, for 3 days you should eat all the roughage – salad, vegetables, etc. – that you can get down. During this time, don't eat any proteins or starches. Just pack yourself with roughage and blast out the material – it's already been loosened.

**HEALTHVIEW:** What about people who can't tolerate coffee enemas?

**IRONS:** If you can't tolerate coffee enemas, there are several alternatives. To a quart of water, you may add any one of the following: the juice of a couple of lemons; a couple of tablespoons of Bentonite; or a couple of tablespoons of Epsom Salts.

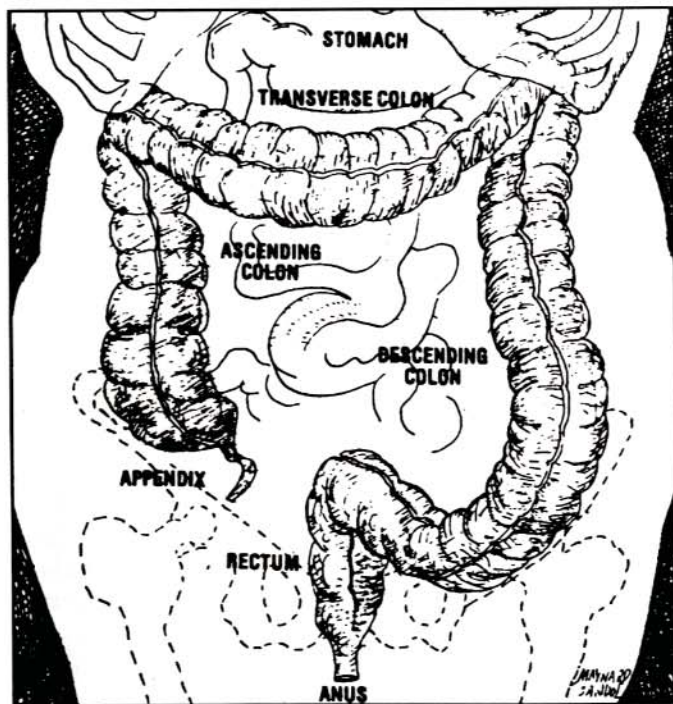
**HEALTHVIEW:** How long does it take to do the enema?

**IRONS:** About an hour. The idea is to retain the coffee as long as possible. If it just runs in and out, it won't loosen the fecal matter, and you won't have accomplished anything.

**“It can take several years or more to repair the damage to your colon.”**

**HEALTHVIEW:** What happens after the program is over?

**IRONS:** We tell everyone to take the Intestinal Cleanser and Bentonite twice each day – morning and evening – until their stools are as healthy as the ones I described earlier. This will take quite some time. In fact, it can take several years or more to repair the damage to your colon. In my own case, it took a full 10 years before I felt my colon was functioning perfectly.



**“This is what a healthy colon should look like. Nobody can recover completely from any disease unless their colon is completely cleaned out.”**

Also, we recommend that everyone repeat the program at 7-week intervals for a total of 3 to 7 times. After all, you can't expect to undo years of damage in one week. It may take several 7-day programs to fully clean out the colon.

I'd also continue with those special coffee enemas, perhaps once a week for several months, then once every 2 weeks for several more months, and finally once a month on a regular basis.

And once your colon is fully cleaned out, it's a good idea to take the entire program 4 times a year as a preventative measure.

**HEALTHVIEW:** What kind of diet do you recommend after the program is over?

**IRONS:** As much as possible you should eat food that's been organically grown. But if you can't do that, eat at least 50% of your food raw, and gradually increase the amount of raw food in your diet to 60% or 70%. Also, it's a good idea to continue to take *Greenlife* tablets every day, since, as I mentioned, it's a complete food that is balanced by nature.

I think your readers know all about what foods to avoid: processed cereals, homogenized milk, hamburgers, sodas, and other junk foods.

Finally, you should find out for yourself – by trial and error – which particular foods keep your bowels moving regularly. Once you know, then eat those foods regularly. It's different for everyone, but there's always some food that does the job.

For many people it's fruit of some sort, so I'd recommend eating some fruit daily. Or it may be cabbage, onions or carrots. In my own case, it's apples of the Pippin variety, as well as grapes and steamed beets.

**“My program can stop chronic diarrhea -and colitis too, for that matter.”**

**HEALTHVIEW:** What about toilet habits?

**IRONS:** When you go to the bathroom, you should squat or crouch over the toilet, with both feet on the rim of the porcelain bowl. You should be in a squatting position with your head forward, (assuming this causes you no difficulty). In this position, the colon straightens out, and the fecal matter is thoroughly expelled.

If you sit on a toilet seat, as most people do, your colon becomes curved at the end. This prevents some of the fecal matter from leaving, and your colon starts clogging up all over again.

Squatting on the toilet seat is something everyone should do. But it's particularly important if you suffer from hemorrhoids. Hemorrhoids are caused when the strain of trying to eliminate stretches the blood vessels in the colon. Your veins become enlarged and engorged with blood, making the tissues sore and itchy. When you squat, your feces fall out so easily that the pressure is relieved and your hemorrhoids begin to disappear.

**HEALTHVIEW:** Does your program offer any help for diarrhea?

**IRONS:** Of course it does. After all, the cause is the same: fecal encrustation and toxemia. Diarrhea is the body's defense against its own poisons. The body dehydrates itself, flushing water into the colon to wash out the wastes. If the colon is clean, there is no reason for the body to do this. So naturally my program stops chronic diarrhea – and colitis, too, for that matter.

If your diarrhea isn't chronic but is related to some irritating food you ate, then do this: Mix ¼ of a cup of Bentonite in a half-cup of water. Drink this three times a day at intervals of 1½ hours. Usually your diarrhea will soon stop. If it doesn't stop within 5 hours, drink 2 cups of Bentonite di-

luted with 1 cup of water and repeat this every 2 hours until it stops.

**"If you have both perfect nutrition and perfect elimination, then you have perfect health."**

**HEALTHVIEW:** Why don't you explain to our readers how cleaning out the colon will affect their overall health?

**IRONS:** Oh, the improvement is remarkable. First of all they look better - they have more color in their faces. And they feel better. They have so much more energy - because they've gotten rid of all the poisons in their system and because they're absorbing nutrients better. They sleep better - since the body is more relaxed and is no longer irritated by toxins.

One 73-year-old woman with a long history of diverticulitis got an unexpected bonus from the cleansing. Not only did she have no more bowel pain, but she found that, as she put it, she could "walk like a girl again."

Of course, these results don't happen overnight. In fact, some people feel weak while they are on the program or immediately after it. The feeling of weakness is caused by the toxins leaving the system.

Occasionally, people who've had severe cases of bowel problems may not notice any big improvement in the way they feel for up to 7 months after the cleansing. It takes that much time for the organs to rebuild themselves.

**HEALTHVIEW:** Is your program any different from other natural treatments for bowel problems?

**IRONS:** It definitely is. Other natural bowel programs concentrate on nutrition - what you *put in* your body. My program emphasizes elimination - what you *take out* of your body. If you have *both* perfect nutrition and perfect elimination, then you have perfect health.

**HEALTHVIEW:** Thank you, Mr. Irons.

**Extra copies of this interview are available for \$2.00 each.**

Many of the products listed in this interview are available in health food stores. However, if your store does not carry them you can buy these products directly from Mr. Irons at the following address:

V.E. IRONS, Inc.  
P.O. Box 34710  
N. Kansas City, MO 64116

The prices of the following products vary. Please call 1-800-544-8147 for updated prices on:

Bentonite #16  
Intestinal Cleanser #19  
Greenlife #22

**Comments on V.E. Irons' program which we received after the interview was published....**

"I praise the Lord for Healthview Newsletter. I used the cleansing program (colon) by Dr. V.E. Irons, got fabulous results. Seemed about a gallon of rubberlike stuff was expelled."

O.A., Greenville, South Carolina

"As it happened, volume #10 meant a lot to me. I had diarrhea for three months, and after x-rays and a painful examination my doctor could find nothing wrong with me. Then I received the newsletter with Mr. V.E. Iron's interview and sent for the products he advised on his cleansing program. That surely did

it, and it only cost me \$10 instead of the \$110 the doctor charged. So I can't say enough good about the article."

J.S., Farnhamville, Iowa

"I'm renewing my subscription at this late date for one reason. I read and reread the article by Dr. V.E. Irons on cleansing the intestine and decided to try what he recommended. Unbelievable results. He's right. You feel so good, you want to continue. I continued the program and found mucus 'hard as plastic'".

S.T., Frankfort, New York

"Dr. Irons' report was worth many times the subscription."

K.W., Estes, Florida

"Please send me 2 reprints of Vol. #10 (V.E. Irons' report). Everyone needs this."

P.M., Dallas, Texas

"I'm taking the cleansing treatment, and it's like a dream come true. At last I will receive help."

W.H., Zephyrhills, Florida

**Comments from readers who were helped by Healthview...**

**Arthritic Neck-** "For years and years, I have had a very bad arthritic neck, it was in pain everytime I turned it. I tried Dale Alexander's program, and I was shocked that in less than 3 weeks, I was turning my head without gritting my teeth."

G.B., Bricktown, New Jersey

**Hot flashes-** "After taking the female combination for almost a month, the hot flashes disappeared completely."

A.B., Waldwick, New Jersey

**Glaucoma-** "My husband had glaucoma and lost no time in sending for Dr. Christopher's herbal eyewash and is having excellent results. The pain is gone from his eyes and he says his eyeballs feel softer and normal now. He says he thinks he can see better too."

J.H., Eastsound, Washington

**Gall Stones-** "I went on Dr. Kelley's Gall Bladder flush and passed over 100 gall stones-it was so easy to do and I feel so good now I am recommending it to others."

R.R., Hershey, Pennsylvania

**Questions & Answers**

**Dependence on Enemas**

**QUESTION:** I am reluctant to do a coffee enema because some authorities say enemas weaken the anus, preventing normal evacuations in the future without the aid of an enema. Would such a dependence occur?

Drew Hurley, Scotch Plains, NJ

**MR. IRONS:** Enemas are not habit forming. Just the opposite is true. Enemas clean the colon, allowing it to rebuild, become stronger, and hence decrease the need for further enemas.

I should note, however, that you should NOT let in a large volume of water. It is possible, though unlikely, that this may stretch the colon tissues. Always put in a small amount of water, then massage thoroughly to move the water farther into the colon and to mix the water with the wastes. If you do this, you will be able to hold a quart or more of enema water without any strain.

### Brain Tumor

**QUESTION:** I am trying to get help for my 65 year old wife who has had 3 operations for a brain tumor, which cannot be removed. The neurosurgeon says my wife will die in six months to a year. I give her daily foods recommended by Dr. W.D. Kelley and Dr. N.D. Walker, plus 2 enzymes per day and other supplements. What else can I do?

John Eikamp, Mendham, NJ

**DR. KELLEY:** Foods alone are not sufficient. Neither is the enzyme dosage of 2 tablets per day. I would recommend 8-9 tablets of pancreatic enzymes per meal to improve absorption.

Minerals are also important and are being neglected in your wife's program. You should be using blackstrap molasses and other mineral concentrates, such as Solamins by the Solgar Company or Multichelate by Orthomolecular Laboratories.

### Swollen Hands

**QUESTION:** My hands and feet swell up, get fiery red, crack and then the skin peels off. I am in constant pain and have resorted to cortisone. What can I do?

Stewart Slater, Long beach, CA

**DR. KELLEY:** These symptoms are sometimes early warning signs of multiple sclerosis. You should check for the possibility of dental stress and cranial stress, both of which can cause multiple sclerosis.

Also, I suspect adrenal failure, a malfunction in calcium and phosphorus metabolism, plus an imbalance in the nervous system. You'll need adrenal concentrates, B-complex, [such as from a yeast concentrate called Mega-Yeast, (3 tablets, 3 times a day)], and a lot of phosphoric acid, about 30 drops twice a day in water.

To balance your nervous system, you'll need calcium lactate about 5 tablets 4 times a day. If this makes you constipated, then take from 1/2 to a full teaspoon of magnesium sulphate (Epsom Salt) twice a day.

### Oozing Eyes

**QUESTION:** Every morning during the fall season I wake up with oozing, crusty eyes. What can I do?

W. Yeates, Burlington, VT

**DR. NELSON:** The reason your eyes are oozing is that fluids are falling out of the cells due to weak cell membranes. This is a result of parasympathetic dominance, which I discussed in my interview.

Rinse your eyes with salt water several times a day to wash out the allergens. Patients with nasal allergies should do the same. The proper salt solution is 1/2 teaspoon to a glass of water.

### Clogged Colon

**QUESTION:** Recently my colon almost clogged-up completely. After several hours of straining, I passed a huge, dry stool which was several times the diameter of my colon. Since then, it feels as though the muscles at the end of my colon are paralyzed. I can feel the stools there, but I can

hardly move my bowels. This is the first time in my life I've had a problem with my colon. What can I do?

J.B. Prescott, Arizona

**DR. KELLEY:** I think the problem occurred because of a collapse of the parasympathetic nervous system that services the walls of your colon. This must have occurred after a tremendous stress to your system.

Since your nerves aren't moving the colon, the feces remain longer than usual losing all their moisture. This makes them so dry that they stick in place and can't be moved.

In addition to this collapse of the nervous system, I think the experience of passing that large stool caused your sphincter muscles to go into spasm.

To solve the immediate crisis, rub castor oil into your abdomen. It will penetrate the skin and cause your bowels to move. After massaging in the oil, cover your abdomen with a sheet of plastic, and then apply a heating pad for 20 minutes. Repeat as necessary.

In addition, you could use a couple of glycerine suppositories or an enema with a pint of glycerine and a pint of water. Finally, take 1/2 to 1 teaspoon of Epsom Salt twice a day, or use chelated magnesium, 4 tablets three times a day.

**EDITOR'S NOTE:** We also contacted Dr. Alan Pressman, one of our advisors. He suggested a sitz bath with 3 to 4 cups Epsom Salt dissolved in the water. He said this would relieve the muscle spasm in your intestines.

Dr. Pressman also suggested eating 1-2 cups per day of steamed, mashed carrots with zucchini squash.

### Blood in Eyes

**QUESTION:** My 20 year old granddaughter has large dense floaters in her eyes, which were diagnosed as dried blood. It started in the left eye and has now spread to the right one. Doctors have not been able to find where the blood is coming from. What can I do?

Mrs. Anne B. Kowaliski, Syracuse, N.Y.

**DR. KELLEY:** Your granddaughter may have a deficiency of bioflavonoids, which causes capillary fragility and leakage of blood. Also, it seems as if she is deficient in chlorophyll, a source of the vitamin K needed for blood coagulation. I'd recommend a lot of bioflavonoids, particularly a tablet called Cyrute from buckwheat. To improve coagulation, you can use chlorophyll produced by the Standard Process Company. It's the only chlorophyll concentrate I've found that works.

### Headaches

**QUESTION:** I am suffering from headaches which feel like a vise across the entire forehead. I had stronger eyeglasses made, but the headaches still persist. Can this be due to a sinus condition?

Joel Rodin, Brooklyn, N.Y.

**DR. KELLEY:** It sounds like you are suffering from a misalignment of the frontal bone in your skull. Did you ever have a blow to your head earlier in life?

You should immediately see a cranial osteopath or a cranial chiropractor, and check with a qualified dentist to see if you are suffering from dental stress. Finally, you should get a medical opinion.

## Sympathetic Dominance

**QUESTION:** In your interview, you discussed parasympathetic dominance and how it leads to allergies. What happens when the body is sympathetic dominant?

Marian Wolfe, Rapid Falls, S.D.

**DR. NELSON:** When the sympathetic system dominates, you are prone to toxemia, fever, diabetes, arthritis and cancer.

For example, during a fever, your body "revs-up" the sympathetic-related organs - the heart, adrenals, and thyroid. This is how your system burns out the toxins from bacterial infection.

When you are healthy, your nervous system is in balance and you are resistant to disease.

## Ulcers

**QUESTION:** I tried your recommendation on ulcers, which worked but not completely. What else can I do to eliminate the problem?

John Savino, Philadelphia, PA

**DR. KELLEY:** You can take a tablespoon of Aloe vera gel every hour until you are out of the critical stage. After that, you can take from one to two tablespoons of aloe vera 3 or 4 times a day until the ulcer is completely healed. Aloe vera gives the fastest and most permanent relief of any substance I have seen.

## Parasite Removal

**QUESTION:** In the last issue, Dr. Kelley recommended using pineapple for three days to eliminate parasites. What other methods can be used?

Frank Deech, Los Gatos, CA

**DR. KELLEY:** You can take a supplement called Zymex II, two capsules three times a day for three or four months. Be sure to detoxify with enemas and liquid bentonite, since the destruction of the parasites can release a great deal of toxins.

## Insomnia

**QUESTION:** I awaken around five in the morning or earlier and often can't return to sleep.

Gertrude Paprotta, Erlanger, KY

**DR. KELLEY:** There are a couple of causes for this type of insomnia. First of all, I suspect your liver is weak and can't store enough reserve sugar to last you through the night. When your blood sugar runs low, your body wakes you up.

Second, you are probably too alkaline in the middle of the night. This can cause restlessness and a great deal of dream activity, making it impossible to get back to sleep.

Eat some fruit and whole-grain cereal before you go to bed. The fruit will provide you with extra sugars and the cereal will provide you with an acid-forming food. If you do wake up in the middle of the night, eat a piece of fruit like banana.

**Healthview Newsletter has NO direct or indirect financial interest in any product mentioned in this newsletter. Healthview Newsletter has NEVER in its entire existence ever had any financial interest in any product mentioned in any of our newsletters. Nor has Healthview Newsletter ever received any payments or compensations from any health food business which sell the products mentioned in any of our newsletters.**

## Important Legal Notice

Healthview Newsletter does not endorse or in any way recommend the use of Mr. Irons' Intestinal Cleanser.

If any person decides to follow Mr. Irons' program, the decision rests completely with that person and his doctor, and with no one else. Furthermore, any action or decisions taken by any reader concerning which therapies to follow or not to follow, rests, once again, solely with that reader and their doctor and has nothing whatsoever to do with Healthview Newsletter, or with any employee or agent thereof.

Healthview Newsletter acts only as a forum for the presentation of various viewpoints of different individuals, and we do not necessarily agree or disagree with anyone we interview. Healthview Newsletter is published for informational and educational purposes only, and our right to publish information no matter how controversial it may seem has been upheld again and again by the Supreme Court of the United States, and by many other lower courts as well.

For example, the Supreme Court ruled in *Thomas v. Collins*, 323 U.S. 516, that "The rights of free speech and free press are not confined to any field of human interest." And, in *Thornhill v. Alabama*, 310 U.S. 88; *Martin v. City of Struthers*, 319 U.S. 141, and *Lamont v. Postmaster General*, 381 U.S. 301, the Court reaffirmed the right of publishers to freely and openly discuss all matters of public concern.

This right to publish also includes the right to distribute, as was held in *Lovell v. City of Griffin*, 303 U.S. 444 and elsewhere.

These are just a few of the legal decisions which support Healthview Newsletter's right to publish and to freely distribute what we publish. Any attempt by any group, whether private or governmental, to restrict our basic rights no matter how subtle the attempt may be vigorously opposed by all possible means.

The Editors

**AS A COURTESY** to *The Healthview Newsletter*, we would appreciate it if you didn't photocopy this copyrighted material. Most people aren't aware of it, but our overhead and production costs are absolutely astronomical.

At the same time, we have no advertising income to support us, as other publications do. Our sole source of livelihood comes from the sale of subscriptions and back copies. Without it, we couldn't continue to publish.

So please, if you want extra copies of any issue we have published, please see our regular back copy order form, which is available upon request. Thank you for your sincere understanding and cooperation.

Sam and Loren Biser  
Editors