

## UPALSAN (UPPER ALIMENTARY SANITATION): THE LAST FRONTIER

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### Abstract

No organ of the body is as misunderstood, maltreated and fussed over as the digestive tract. Yet it is a key to our very health and well being. Hundreds of products are advertised to relieve "occasional irregularity and constipation." When little transport activity persists, then attention should be made to internal cleansing. Issues will include blockages, imbalances and corrective procedures for cleansing the alimentary tract.

When I graduated from University of California Santa Barbara and began my search for a career, I had no idea I would end up in a business dealing with hypothyroidism, feminine hygiene, kidney and liver toxicity, and constipation.

I cannot believe I am actually discussing the topic of constipation. You see, I grew up as a very naive, protected rich white child. My parents were grooming me to be a tennis pro at the local country club. I was provided with the tennis I needed and the BMW to get there. My family lived in a large house, and while I was growing up I never thought about anyone else going to the bathroom. I was a once-a-dayer: A minor inconvenience and setback to my day. I always had my own bathroom, my little sister had hers, and, well, my parents lived on the other side of the house. I never heard their toilets flush, so I thought it was just me. Occasionally I would catch my dad sitting on the toilet, but he was just reading the newspaper. I did not check to see if the toilet flap was up or down.

My wife Alice threw me into a terrible shock by saying my mother and father probably have sex, too. I just could not picture these functions. I did not know that women passed gas but that's another story.

So here I am talking about a function that every living being and animal performs. They have bowel movements.

No organ of the body is more misunderstood, maltreated and fussed over as the digestive tract. It has been reported that detoxification and elimination is a spiritual event for some people. For others it is an

experience of forgiveness, letting go, joy and hope. For some children it is a passive aggressive activity that allows them to experience some control over their parents. Remember your mother asking you, "Did you empty your bowels today?" "Did you do a little number 1 or was it a little number 2?"

In the book *The Medicine Show* by Consumer Reports, Dr. Walter Alvarez, M.D. made this analogy. "The colon is like a train track and the fecal contents are like freight cars. Occasionally a freight car comes in with such force that it just bumps one out of the station. Then maybe another time a larger force bumps three out and you may have nothing more for days." Some train stations have more activity than others. And others have little activity like an outpost on the prairie waiting for the train to happen.

When too little activity exists in the colon people become constipated, the result of improper eating habits, emotional upset and a breakdown in internal functioning.

Tom Spies, M.D. in a Journal of American Medical Association article said: "Today germs are not any principal enemy. Our chief medical adversary is what I consider a disturbance of the inner balance in our tissues, which are built from and maintained by necessary chemicals in the air we breath, the water we drink and the food we eat." In the Planetary Healers manual, *Survival into the 21st Century*, Viktoras Kulvinskas claims the cause of disease is over-eating and anxiety. "Toxins in the body originate from the wrong choice of foods, worn out body cells, drugs, unloving thoughts, polluted air and water...."

In most cases of illness and ailments, the body is stressed by various imbalances caused by overactivity, noise, lighting, radiation, extreme climate, overeating, sexual excesses, vaccination, toxins, emotional, financial and family stresses. This condition results in a pre-sick syndrome that makes you vulnerable and full of feces - stuck!

When a lack of normal internal functioning appears, attention should be paid. Isadore Rosenfeld, M.D., author of *Symptoms*, suggests a proper diet of roughage to remedy the problem. I believe more than just the addition of roughage is necessary. A lack of proper foods, too many processed foods, starches, sweets, prepackaged foods, coffee, tea and dairy products excess may cause these symptoms.

Being emotionally, chemically, and structurally balanced should be the first order of business. You should also try to eat foods rich with enzymes and eliminate the undigested food from your system. Undigested food forms toxins resulting in waste accumulation which becomes more toxic as it tries to recycle in your body.

When you get sick with a cold, flu or have an open sore, it is the body's attempt to remove accumulated toxins. One process of elimination is through the skin: chills allow you to lose heat; coughing, phlegm and mucus, the runny nose, the watery eyes, all allow the body to eliminate toxins. The liver, spleen, kidney and bladder are all stressed and activated into overtime in order to restore balance to the system. The colon is another crucial way to reduce toxicity by regular elimination.

Problems related to congestion - stagnation - toxicity include:

acne	cirrhosis
abscesses	colds
boils	colitis
eczema	diverticulitis
allergies	drug addiction
atherosclerosis	gallstones
arthritis	gastritis
asthma	heart disease
cancer	headaches
cataracts	hemorrhoids
infections by:	hypertension
bacteria	kidney stones
virus	kidney disease

fungus	mental illness
parasites	pancreatitis
worms	peptic ulcers

Upper and lower alimentary tract blockages can be danger signs that need to be attended to. Constipation, flatulence, diarrhea, indigestion, ulcers, migraines, headaches, lack of hunger and chronic fatigue may be the early symptoms of a number of the above ailments, the very least of which is a cold.

In his book *How to Live Longer and Feel Better*, Linus Pauling had a fellow colleague do 30 studies on Vitamin C. This doctor recommended 600 milligrams of ascorbic acid at the first signs of a cold -- sore throat, headache, runny nose, sneezing, a chill -- followed by an additional 600 mg. every three hours, or 200 mg. every hour and at bedtime 750 mg. The dosage was then reduced to 400 mg. every three hours and then 200 mg every three hours. In this study, 31 out of 34 colds were averted. In another study, 45 of 50 colds were averted.

Vitamin C aids in elimination. Linus Pauling said, "One effect of vitamin C in large doses has been reported by many people. This is its effect as a laxative, its action in causing looseness of the bowels."

Another technique that is emphasized in Touch For Health is water. Six to eight glasses must be taken daily. Dr. Thie recommends a 2/3 of an ounce per pound of body weight of water each day when not feeling good. In the book *Back to Eden*, Jethro Kloss claims, "Water is the essential nutritive material in the course of digestion, so that it can be absorbed into the blood, which carries it to the various parts of the body to repair and remove waste. Water keeps all mucous membranes of the body soft and prevents friction of their surface."

Another product that is very effective in aiding the natural process of elimination is Upalsan. It is an amazing isotonic solution for purging the upper alimentary tract. Upon ingesting of this formula, several actions happen. The liquid is expelled after drawing many toxins through the tissues of the digestive tract. Dr. Jeffrey Bland described the best internal cleansing as one that would cleanse the system from north to south, versus one south to north like an enema. Upalsan is one such product.

All popular laxatives are not what we would consider healthy. The product orange flavored Metamucil is full of dyed food coloring and is 68% sucrose. Milk of Magnesia has been shown to inhibit the metabolism's ability to absorb magnesium. Many experts warn that overuse of laxatives may lead to a very lazy digestive system and inhibit the body's absorption of Vitamin A, D, E, and K.

Upalsan works extremely well in stimulating the tissue to release toxins through the upper alimentary tract. Upalsan, a formula of salts, vitamin C, chlorophyll and rutin (a known tissue strengthener), is dissolved in water and ingested. The blood and lymph are responsible for osmotic pressure. This is like doing a feathery touch over a muscle in spasm to get it to release and relax. If the concentration of salts in the lymph is greater than the tissues then water will pass from the tissues, into the lymph. The Upalsan formula draws and leeches water like a sponge from your toxic tissues into the sewer canal. It draws water from the tissues through the semipermeable membrane into the colon for a quick exit out of your system.

Laxatives, herbs, husks, bulk producers, stool softeners should be used rarely if at all. Experts warn this promotes a "lazy colon".

Balanced energies, correct food intake, and emotional well-being all relate to a good digestive tract. Products like the Upalsan are excellent prior to a cold, sluggishness or digestive disturbance, but not as a daily or weekly event. It is for a clear system, like cleansing the palate for the next entree or like a brand new gessoed canvas for an artist to paint new art.

In the Professional Kinesiology Practitioner (PKP) work, there is a personal ecology finger mode that calls for "general cleanse", indicating when it is necessary to stimulate the elimination system. When this cleanse is for a physical cleanse, several natural techniques are recommended. Water with lemon juice is one approach. Upalsan maybe another. Ask the body what method is most appropriate.

The protocol when using Upalsan needs to be followed exactly. The best results happen only if you follow directions. On an empty

stomach, preferably first thing in the morning, pour the powdered dose into a quart of warm water. Drink fast and don't sip. After ingestion lie on your right side for exactly 20 minutes. This angle empties the solution from the stomach to your small intestine. After 20 minutes be physically active. Do sit-ups, vacuum your carpet, jump or cross-crawl, and then let nature take its course. Results happen. Within 15 minutes to 2 hours the Upalsan should completely flush through your system. A good follow-up is additional drinking water since the solution leeches toxins and water from your tissues, lymph and blood supply.

Whatever method you choose to use to keep a clean colon, the point is to pay attention to your upper and lower alimentary tracts.

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