



Health Hint article by David Coory

David Coory is the author of the nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" and Executive Director of Zealand Publishing House and Health House.

Squatting for full elimination and excellent bowel health

I have learned a lot over the past year's research into the vital role of Probiotic bowel bacteria, while bringing our new Probiotic Multi 8 to market.

And also from the Australian Naturopath, Dr Sir Peter Edwards, author of the book on bowel health that we plan to print shortly. His book called "Happiness is a Regular Complete Bowel Motion" is a fascinating and remarkably honest read, full of useful information.

He reports that about 80% of people in the Western world suffer from bowel problems of one sort or another. Especially constipation and irritable bowel syndrome.

He believes that 90% of these problems can be avoided by a regular daily bowel movement.

He recommends the simplest way to bowel health is to increase water intake, especially two glasses first thing in the

morning. Also to eat whole foods with roughage, and take a course of probiotics from time to time. And daily walking, and squatting when relieving yourself to ensure easy and full elimination.

He believes that squatting is highly important. (Most of the world still squat.) He says that sitting upright on a toilet is unnatural and causes a kink in the bowel which restricts complete evacuation. (I remember squatting in the bush when walking the Heaphy Track a few years ago. I was amazed at the sheer ease and speed of elimination. Just a few seconds and it was done.)

Sir Peter's book suggests squatting by using two concrete blocks either side of the toilet, or a special seat you can buy. However I believe the natural effect of squatting can be just as easily achieved when seated on the toilet by leaning forward onto your thighs.

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