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breakthrough Lepicol
range.

Feel lighter, have more energy in less than four days!

A Healthy Bowels Report

10 Tips on how to give your digestive system a four week spring clean

For a period of four weeks, I want you to consider changing the balance of your diet from a typical western diet (one that is mucus forming and associated with constipation and a sluggish digestive system) to one that is more cleansing and more closely associated to our Greek and Italian neighbours.

To help you get some significant results in this short period of time and to make a big difference to how you feel, I am recommending 10 simple tips for you to follow for this period.

- Tip 1 - Reduce wheat!**
- Tip 2 - Reduce dairy!**
- Tip 3 - Reduce meat protein – meat should only make up a small proportion of your diet!**
- Tip 4 - Increase vegetables and fruit – not just five a day, try 10!**
- Tip 5 - Increase fresh fish – eat fish at least three times per week!**
- Tip 6 - Increase protein with beans and seeds!**
- Tip 7 - Increase salad foods – think Mediterranean!**
- Tip 8 - Chew your food more!**
- Tip 9 - Drink more water!**
- Tip 10 - Take Lepicol plus digestive enzymes twice per day!**

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Tip 1 - Why reduce wheat?

Many of us are overdosing on wheat.

Ironically, the one food that you thought might be helping to keep your system moving might in fact be one of the foods that is clogging it up.

The gluten we use in bread these days is so different to that used 30 years ago. It is much 'tougher' and that means it is more difficult to break down.

When you eat wheat, your stomach needs a lot of acid to break down the protein content - gluten. Because the gluten in wheat is tough, it can put a strain on the digestive system when consumed to excess. In small doses gluten should pose no problem, but it is not so difficult to 'overdose' on wheat these days.

Having toast for breakfast, a baguette for lunch and spaghetti or pizza for tea is not uncommon, particularly for young people.

The problem is that wheat is in so many foods today and the type of foods we love at Christmas – the sausage rolls and mince pies – have plenty of it. In fact, practically every type of prepared food you buy will contain wheat as will all pastries and cakes.

Piling in so much gluten day in day out can make your system work harder than it would like, particularly if your production of stomach acid - needed to break down the gluten - is not as good as it should be. It is no coincidence that more people are becoming intolerant to wheat. Those groups such as coeliacs who are unable to tolerate any wheat at all, are increasing.

The result can be that the gluten is not broken down in the stomach efficiently and can arrive in the small intestine as a 'clump' or foreign body rather than a liquid sludge or chyme that your body prefers.

What does your body do when it detects a foreign body in its midst? It surrounds it in mucus to isolate it.

This sticky blob that now rests in your small intestine, because of its sticky nature, starts to slow everything down. The longer it hangs around, the harder and more sticky it gets and the more sluggish your system gets and the more sluggish you feel.

For the sake of this four week cleanse – try to ensure that you have only one portion of wheat per day. This means if you have a wheat cereal or toast for breakfast, try not to eat any more wheat during that day.

You will be surprised how many bread alternatives there are these days. A bit of research on the internet (there are many offering wheat free produce) should pay dividends. Most health shops offer wheat and yeast free bread. However, if you follow my recommendations below then you will find plenty of alternatives to fill up on.

Tip 2 - Why reduce dairy?

Quite simple really. Dairy is one of the most mucus forming foods you presently consume. My recommendation in time is that you reduce your dairy drastically if you want your system to be nice and clear and not clogged like a blocked drain.

It is widely known that asthma is often associated with dairy consumption. I myself had bronchial asthma as a child and reacted strongly to most dairy products but particularly to cheese. When asthmatics react, they produce mucus in their lungs and this can be one of the contributors to respiratory restriction.

However, the body can also react with mucus elsewhere in the body, including the digestive system as I have referred to earlier.

Lactose is the sugar in milk that many are intolerant to but there is another part of milk that can also cause problems – casein. This is a protein and one, like gluten, which our bodies find difficult to break down. Dairy is therefore another food that has the potential to form mucus and 'silt up' your digestive system.

So, if you eat lots of wheat and dairy, it's not difficult to see why your system is all gummed up!

If you are not going to the loo at least 1 - 2 times per day, then your system is likely to be constipated but the great thing is that just by reducing dairy and wheat you can go a long way to make everything move through much more easily.

Reducing dairy is not as difficult as it sounds. There are just so many good alternatives these days. Soya and rice milk choices are available in all good health stores and if you like something sweet, try almond milk. Any of these are great on cereals. In my opinion, porridge made with rice milk tastes better than when made with normal milk.

Only three years ago I was drinking milk in tea and having it on my cereal. Now I don't drink milk at all and do not miss it one iota.

However, reducing dairy also means reducing cheese and all those cream dips and sauces. Once again, if you like dips, go for things like houmous which are far better for you.

Tip 3 - Why reduce your meat intake?

Most of us get our protein from meat. Without protein, you would die pretty quickly – it's vital for your existence but the fact is that many of us eat too much protein, particularly from meat and dairy. Meat protein, like gluten and casein both of which I have mentioned earlier, are hard for our stomachs to break down and digest and therefore they have the potential to be mucus forming. A high consumption of meat can be a direct cause of constipation.

It is no coincidence that high consumption of red meat in particular is associated with an increase in colon cancer.

I am not suggesting that you have to become a vegetarian for this cleanse, but moving in that direction is helpful in the longer term as well. The fact is that meat intake is far too high for many of us.

The higher the meat intake, the greater the chance of undigested food hanging around in our digestive tract and 'rotting away' - a little like trapped debris in a blocked drain.

So reducing all red meat (as well as pork) is a good starting point. Eating lean chicken or lamb is better. If you are a vegetarian already, then you can carry on what you are doing, but try to avoid eating too many carbohydrates – focus on getting your protein from nuts and seeds.

Tip 4 - Why increase your fruit and vegetables to 10 pieces a day?

You would have to live on another planet not to hear that we need to eat five pieces of fruit and vegetables per day. However, I am advocating much more than that for your cleansing programme. If you are going to cut out some of your other foods and move to a more cleansing diet then five a day is not enough. Ten should give you a good cleansing effect.

There are a number of reasons why lots of fruit and veg is important for cleansing.

Firstly these natural foods have no mucus forming potential at all so no matter how many of them you eat a day, they will not in any way clog your digestive system (or your arteries for that matter).

Secondly, they have lots of natural fibre and in particular soluble fibre.

These days, soluble fibre is the big thing in the news. In the United States the authorities are advocating that you should eat at least 55g of fibre per day – and most of that should be soluble fibre- in order to reduce type 2 diabetes and cholesterol levels. (We in the UK average less than 15g of fibre per day).

Soluble fibre by its very nature absorbs water as it goes through your system. This prevents waste matter from drying up. Its viscous nature means that it goes through your system like a gentle Hoover, collecting bits of waste matter and debris from the nooks and crannies of the digestive system on the way through. Soluble fibre is a natural 'cleanser' for your system and vitally important.

Fruit and vegetables contain naturally high levels of soluble fibre and this is one of the reasons they are so important for keeping your 'insides' nice and clean.

However, there are numerous other benefits of having lots of fruit and veg. They are full of phyto-nutrients that we are still learning about. We know already that they are brimming with lots of natural antioxidants that help to clear up 'free radicals.'

What does that all mean?

I liken 'free radicals' (the baddies) to bits of rust cropping up here and there in your body. The antioxidants are like 'cleansers' that come in and clean up the rust leaving everything nice and shiny. They 'mop up' the bits that are hanging around going rancid.

Your body – day to day – needs this on-going cleansing to keep healthy and this is why the fruit and veg is so important. If you want to learn more about how fruit and vegetables can keep you healthy and even cure disease, I suggest you read some books about the Gerson therapy. 'A Time to Heal' by Beata Bishop is a good starting point.

It is important for your long term health to understand the healing power of fruit and vegetables.

When I say 10 pieces of fruit and veg a day I don't just mean eating lots of your one favourite fruit or veg. Here, variety is the key and you must go for as wide a choice as possible. Onions, garlic, leeks, artichokes for example are particularly cleansing because they have good levels of inulin. This is an ingredient that helps you keep your insides clean by helping your large colon produce lots of the natural bacteria you hear all about.

Having lots of good bacteria in your colon means that the bad bacteria get 'mopped up.'

If you find it difficult getting in 10 portions of fruit and veg per day, one tip is to have a piece of fruit like melon or pineapple before each meal. Fruit digests more quickly than other foods and therefore is best eaten as a starter – not as a sweet.

Another tip to get in more fruit and veg – find a local supplier of organic fruit and vegetables who will deliver to your door. In the midlands I use a company called Flights Orchard and every week I get a large box, the contents of which vary. This means that I try veg like celeriac which I would never normally consider. By having plenty of supplies at your finger tips, it's easy to get your ten in per day.

With my evening meal, veg usually makes up 80% of the content. I then make up lots of veg soup as a filler.

Also, I have rediscovered the delights of 'Bubble and Squeak' which I sometimes have for breakfast. I simply steam a few mixed veg the night before which I then fry with a drop of olive oil in the morning.

So, there's no excuse, you can do it if you are really determined.

Just in case you were wondering if having so much fruit and veg was in some way unnatural, did you know that our prehistoric ancestors thrived very much on root vegetables, grains and berries and meat would only have made up a small percentage of their diets? Your body is well tuned in to this type of diet and should thrive on it!

Tip 5 - Why get your protein from fish?

So if you are cutting out your red meat and bacon and reducing your meat intake overall, you can make up for this by eating three portions of fresh fish per week. Fresh fish is of course preferable although tinned salmon, mackerel and tuna are absolutely fine to include in the diet.

Fish also contains lots of the omega 3 fatty acids that you are hearing all about. These are essential to your health but are not manufactured by your body so finding a good source that you can eat regularly is important.

Tip 6 - Why eat more beans and seeds?

Like fish - beans and seeds are good sources of proteins and will more than compensate for any you miss out on by reducing meat and dairy.

Also, you may feel that by cutting down on wheat and dairy, your food choices will be restricted and you will go hungry. Not so! On the seed side of things, make sure you have plenty available (sesame, sunflower and pumpkin) as snacks so you never go hungry. They are full of fibre and nutrients and therefore can play an important role as part of your cleansing diet.

Nuts are fine also. Almonds are particularly good as a snack. They stabilise your blood sugar levels and keep hunger pangs at bay.

However peanuts and cashew nuts should be avoided because they are particularly mucus forming and therefore will work against your cleansing diet.

Then there are beans which, like seeds are a great source of fibre. They are also a good source of B vitamins, including folic acid, and minerals like iron, potassium, selenium, magnesium and some calcium. Beans provide good quality protein, are low in calories and rich in isoflavonoids. On top of that they are cholesterol free.

There are many different types of beans and you can count lentils and split peas in this category. Otherwise the best known varieties are probably kidney and white beans, cowpeas, black-eye peas, chic peas and lima beans.

Beans will give more variety to your salads and more substance to your soups!

Tip 7 - Why eat a Mediterranean diet?

Recent research published in the American Journal of Epidemiology (based on the French cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC) study) is showing how a Mediterranean diet can reduce the risk of colon cancer. When you analyse the type of food associated with this type of diet, you can see how many of its components are typical cleansers. Fresh salad foods like tomatoes, aubergines, peppers and olives are all good cleansers and have all the benefits of vegetables. This means they have no mucus effect whatsoever. A Mediterranean diet favours the cleansing type of salad foods and fish and only small percentages of meat and dairy.

The great news is that it is good for your heart as well as your bowels, so this new cleansing diet will benefit you in more sense than one!

Tip 8 - Why chew your food more?

It may sound strange, but chewing your food more thoroughly is yet another way in which you can help to spring clean your system.

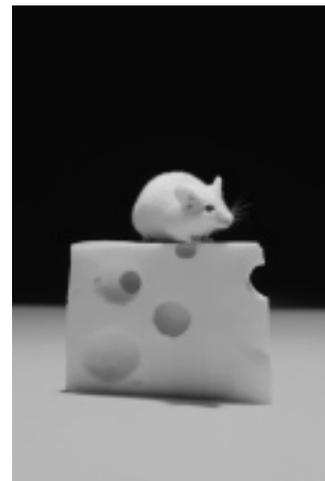
This means not swallowing food until it is liquid in your mouth. Initially this can be hard work but it is worth persevering. The more you chew your food, the more liquid it becomes before it enters your stomach. This means that more enzymes are released with your saliva to help break down carbohydrates - thus making it easier for your stomach to handle and break down the protein content.

This reduces the chance of undigested protein reaching your small intestine and subsequent mucus production.

Hence the importance of chewing. When you see that one of the biggest sections in your local pharmacy is that which is devoted to 'indigestion,' it is not surprising to learn that most of us do not chew our food thoroughly enough. Something as simple as this can have such a positive effect on your overall digestion it is worth investing some time in.

So take your time when chewing.

The early bird may get the worm but –according to the old zen saying – the second mouse gets the cheese. So, don't rush your food. Find some quiet time to chew and digest your food properly.



Tip 9 - Why drink more pure water?

It goes without saying that water is the great cleanser and this is probably the most important part of the cleansing programme. Throughout the day, try and aim to drink an extra 2 – 3 litres per day. This is on top of other drinks. Try and keep tea and coffee to a minimum (no more than three cups per day) and try and find healthy substitutes like green tea and coffee alternatives.

I mentioned earlier that you would not last long without protein. Well, you would last even less without water, so getting plenty is vital to your survival. However, you would be surprised to hear that many people are dehydrated without realising it. Without lots of water, your digestive system cannot keep itself well flushed and clean – so don't go short.

Tip 10 - Why take Lepicol plus digestive enzymes?

Well, I'm only giving you four weeks to give your system a really good spring clean and I realise that this may be a little short for some of you to change your diet as you would like.

Lepicol plus digestive enzymes can help you get the benefits of this spring clean much more quickly.

It has a three track approach to cleanse your digestive system from top to bottom.

Firstly – it contains a full spectrum of digestive enzymes. I mentioned earlier that chewing your food well helps you produce more enzymes. Having plenty of digestive enzymes present helps you digest your food and absorb nutrients more effectively.

As your food makes its way through your digestive system a whole host of enzymes are released to help break down the carbohydrates, proteins and fats but if your digestive system is impaired in some way, then you may not always be producing enough enzymes for healthy digestion. This can be one of the causes of digestive sluggishness and can be particularly relevant as we get older.

But enzymes are not only produced once you start eating food. They are also present in fresh food but for many reasons, enzymes are less prevalent in our foods today than they used to be. Obtaining extra natural enzymes from Lepicol plus digestive enzymes can be a very important part of the four week cleansing programme.

Secondly – Lepicol plus digestive enzymes also includes Psyllium husks – the most soluble fibre in the world. So soluble in fact that it absorbs 25 times its own weight in water.

Earlier, I mentioned why soluble fibre in fruit and vegetables is so important for cleansing your system.

Psyllium husks are the ideal natural way to move this cleansing process along more quickly. Psyllium is extremely gentle and is the most gentle cleanser I know of.

That is why I always refer to it as the 'Rolls Royce' of fibre. It is a great way of cleansing your system and will work nicely with your new diet. Benefits should be felt in as little as four days after starting to take it.



Thirdly – Lepicol plus digestive enzymes contains probiotics to help you produce more good bacteria.

In the section on vegetables earlier, I mentioned about the cleansing attributes of these healthy bacteria. They act like the antioxidants to help to keep your system ‘rust free.’ They help to disperse the bad bacteria and to prevent it and other pathogens, like Candida, from getting a foothold. Any cleansing programme cannot succeed without lots of good healthy bacteria.

Last but not least – Lepicol plus digestive enzymes contains Inulin, the natural ingredient found in vegetables which is now known as a prebiotic.

Inulin helps your colon make its own good bacteria. The Inulin in Lepicol comes from chicory and this is the best researched prebiotic in the world.

Many studies have now shown these prebiotics to be of real importance to your long term colon health. However, for the sake of this four week cleanse, this extra Inulin will be another weapon in the armoury to support your new diet. Inulin not only helps in the cleansing process, it also acts as another fibre to improve transit time.

How effective is your four week cleansing programme?

You can measure this in your improvement in transit time.

Ideally, before the four week cleansing programme has been completed, you should be passing good, moist stools (with no straining) at least once and preferably twice per day.

My recommendation is that you take Lepicol plus digestive enzymes twice daily before food. I suggest that you do this from the outset to get your cleansing programme off to a good start and give you some time to get your diet in order.

A diet for life?

Although I am recommending this cleansing programme for four weeks I am hoping that, when you see the results, you will consider adopting it on a more permanent basis.

Also, Lepicol plus digestive enzymes contains only natural food ingredients and can be taken on a regular basis.

A cleansed system is a healthy one. The type of mucus forming diet we eat in the west is one that is not only closely related to a clogged up digestive system, it is also closely connected to clogged arteries as well.

I am not advocating that you have to give up all wheat, red meat and dairy but if you want to keep the tubes around the body nice and clear then it is important that you consider continuing a cleansing type of diet on a more permanent basis.

The more cleansing foods you eat and the less mucus forming your diet, the healthier you will be and the better you will feel.

How strict do you have to be?

As we all know, life is all about finding the right balance and the same applies to your diet and health.

The secret is changing the pendulum away from the mucus forming diet on the one side to more of a cleansing diet on the other. The more you go in this direction, the more cleansed you feel!

**For further information FREEPHONE 0500 127249
or visit www.healthybowels.com**

Our Guarantee To You

We firmly believe that our products have the potential to improve the quality of your life.

If for any reason you are not totally satisfied with any of our products, we will refund the cost of your purchase, no questions asked.

*If you wish to return a Lepicol product, firstly notify us by phoning our Freephone **0500 127249** and return the pack and copy of the receipt to us within 37 days of date of purchase. We will refund the cost of the product and the cost of returning it.*

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