Gut Health

Our gut is responsible for many things that include nutrient absorption and production of chemicals such as serotonin. Keeping a clean gut is the first step to taking responsibility for our own health. As the scriptures say "Physician heal thyself". None but ourselves is responsible for our health and well being

- Cleansing the Bowel

Cleansing the Bowel

Cleansing the bowels is the first step in gut health. Healthy eating and regular fasting are the maintainers of gut health. See attachments for cleanses.