

excerpt from The Compleat New Age Health Guide

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## **Iron (Excess)**

**What percentage of the North American population has excess iron in the blood, and why is this a concern?**

As we would examine sources, it would appear to be quite high; somewhere in the sixty to eighty per cent range. The phenomenon of the body retaining the metal within the same largely is seen as lack of energy or lack of movement (what you call sedentary lifestyle), and the food being taken into the body being somewhat stored in the body as fatty substances, aggravated by obesity, and sugar consumption, and what you call processed food. Processed food tends to congest the blood and allow a high degree of sediments to remain in the blood.

More importantly (and a bigger concern) it allows higher levels of the iron to remain in the system. The danger is that the arteries themselves become (we would say) hard, but it would be more as if they would lose their flexibility. There would then be congestion or damming-up of certain small areas of the artery, preventing blood flow to radiate out through any narrow part, or restricted region, at a joint in a finger or a toe. This would lead to gout, to poor circulation, to lack of oxygen and deterioration of the skin and tissue in the general region in which the blood has been restricted. This will allow, also, the

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body to produce viral and bacterial conditions, for usually in such a body there is a highly acidic environment. That which is held on the acid side is more apt to produce disease, viral, and bacterial conditions in the body than one that is more alkaline.

To review, first there is impairment (as we have given) to the actual artery, breaking it down or blocking blood flow through the same. This, in turn, encourages the body's tendency to build up plaque on the wall of the artery and restricts blood flow through the same. This then adds to the body's inability to fight off viral and mucous conditions.

## **Irritable Bowel Syndrome**

**There is a condition of inflammation of the bowel, sometimes called irritable bowel syndrome or Crohn's disease. Generally speaking, what is the cause of this condition and what is the recommended treatment?**

The condition in the body can be seen as the body's drying up in the intestine (for lack of a better term). Bile secretions are suppressed, and poisons adhere to the wall of the intestine. They penetrate into the accordion-like areas in the bowel, and, as such, the passage of matter (physical congress) through the same is difficult.

Firstly, to the stomach and small intestine, there is a sluggish activity. The digestive influences are, indeed, function-

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ing; but they are corrosive, and the slowing down of the matter moving through the small, and then the large, intestine occurs. The bowel (the colon or large intestine) becomes irritated when it is packed full of matter in the ascending portion of the same. Appendicitis is an indication of these irritations or poisons that are still within the body. The body is reacting, for the bowel is inflamed; naturally so.

The bowel does not normally reduce its function. When a child is born, there are no restrictions and obstructions in the bowel. What is taken into the body passes through the bowel very quickly, and the large amount of matter is excreted from the body. In a newborn or youngster, you can see the body functioning in a pristine state. Matter is moving through the body quickly. This is an example of how it should be.

This disease or irritable bowel syndrome is an indication that it is like unlubricated substances moving through the bowel; friction and irritation being cause of this painful passage, see? Constipation is a very serious ailment for the body, yet it is sometimes looked upon as being a simple inconvenience. It is not. Any restriction, any lessening of matter moving through the bowel should be considered of grave concern or an illness in the body. If it is overlooked, then Crohn's or other forms of intestinal disorders (inflammatory difficulties) are the result.

To increase the bile secretion is one of the solutions, the primary solution that can be addressed. Grapes, or grape juice, or even wine can be taken into the body, fifteen to twenty min-

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utes before food is taken in. This will affect the thyroid, the pancreas, and, in turn, the bile to be secreted. This will affect the liver and the gallbladder, see? With this function enhanced or working properly, matter taken into the body passes through the body rather quickly. And understand this is important, for the assimilation process assimilates both the nutritious value, and then derogatory value, if there is still matter laying about or lethargically moving through the intestine. Moving through the intestine is better if it is done expediently or normally; any sluggish activity can be considered derogatory and dangerous to the body. Oils can be taken into the body, or foods that would be provocative in the body, which would make the body work in a normal or increased manner: sometimes prunes, sometimes pears, sometimes curry; whatever the body understands that makes the matter move through the body can be used to hasten the improvement.

But primarily, the irritable bowel is irritation. How to eliminate the irritation? Watermelon would be a good source, as it would move through the body, lubricating and cooling the bowel. Oils, like olive oil (as we have given) would be temporarily helpful, but not to be relied upon as a stimulant or a laxative to the body. However, using those foods, and enhancing the glands to secrete the bile is the remedy.

Sometimes, the osteopath or the chiropractor is necessary in aligning the bones in the spine, taking the pressures off the nervous systems which control the glands and the secretions of the same; and therefore the function naturally in the

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intestine.

Melons should be eaten alone or left alone, but when there is irritation in the bowel, they should be eaten in excess to calm, cool, and allow the body to be flushed. Colonic irrigations would be very helpful in removing matter that has, for some time, adhered itself to the accordion-like crevices in the intestine, for it has affixed itself like an inner shell around the internal walls of the intestine. Once this occurs, the assimilative process deteriorates and the body continues to assimilate poisons and toxins through this matter that otherwise should have been eliminated from the body. This matter eventually forms a seal, and it is very difficult for the body to assimilate nutritionally. It only assimilates toxins or pollutants. This would require extensive bowel flushing or elimination stimulation (organically or mechanically).

Food or diet can be altered or changed to help the assimilative processes, but in this case, at this time (which would be late in the body's health), improving or removing sediments from the body would be the priority. Colonic irrigation is good, chelation therapy to remove sediments from the blood would be necessary. Ways and means to improve the circulation and the nerve flows would also be considered, and then the body would lose the cause of assimilation of poisons or toxins or sediments, and would function quickly or more readily.

However, for what has not been so severe, eating of the melons (especially the watermelon) would be most helpful to cool the bowel and allow the infection, or what is causing the

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irritation to subside. The sensitivity of the bowel being cooled and soothed would therefore also be lessened, and the bowel would not be irritated.

Think of the term “irritable bowel.” Find out the cause that is irritating the bowel, and you will find the solution or remedy. But usually it is sluggish activity, retaining of toxins or physical congress in the body. Constipation is a very serious disease and should be looked upon the same, for it does poison the body; not the constipation itself, but what is happening due to constipation or very poor eliminations. Attempt to hold in the mind that eliminations are just as important as assimilation, and you have some revelation of how the body functions. A good balance between the two (assimilation and elimination) equals good health, always.

## **Juicing**

**With regard to juicing fruits and vegetables, which is better: consuming the juice and discarding the pulp, or blending the pulp and juice together and consuming both?**

Firstly, understand that the quality of the fruit that is taken into the body should be of the freshest variety; that which is grown in the vicinity or region in which the body resides would be best.

To the question: either of these two manners would be good, but it depends upon the ability of the body to assimilate.

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In bodies that have fast assimilation, then strictly the juice would be sufficient. For older bodies that have a tendency to be sluggish in their assimilation, then pulp blending would be best. The juice assimilates in the body quickly, and passes through the intestine. However, with the pulp, or added fiber, or resistance (you might say), it tends to be held up or slowed down in the intestine and, therefore, becomes somewhat of a benefit to people who have difficulty in assimilation.

Now, either would seem to be acceptable. However, for those who are active, the juicing assimilation would be best. For those who are older and assimilation is a little more difficult, then the blending or the smoothie with the pulp would be considered advantageous to them, see? However, the fine line between the two is the condition of assimilation; that is the real question.

### **What are the best foods to blend to improve assimilation, elimination, and overall health as much as possible?**

If fruit is to be blended or juiced, then let the fruit be of the same family. Attempt not to mix the different food groups or families too much; citrus with citrus, melons with melons, berries with berries, see? The fruit should be peeled prior to being blended, as the peel itself might act as a impediment to assimilation and, depending on how the fruit was treated, where it was raised or grown, and the exposure to chemicals or to sun or to other influences (insects and the like), the skin

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should be avoided as a precautionary aspect. This would add to the vitamins and the benefits of the fruits to the body.

If, however, the intention is to benefit eliminations in the body, then the juice should be of the green, leafy variety as the chlorophyll would give the greatest benefit. Wheatgrass juice, spinach juice, beet greens, or any other dark, green broad-leafed vegetables would be best, you see. The chlorophyll or the leaves would improve elimination in the small and, later, the larger intestine. But here, primarily, it would be for the small intestine to reduce sluggishness and parasitic, or bacteria, or viral conditions that would occupy the intestine. Therefore, the type of food that is taken into the self, for the purpose intended, is to be considered priority.

You may mix some fruits and vegetables. Cabbage and carrot juice would be a good source of mega vitamins, but you may wish to add a little apple juice or apple to the mix for flavor. But generally, adulterating the families with each other tends to lessen the impact. Therefore, attempt to be careful in how juices are blended or put together. Of course, all would be better than none at all.

Therefore, become familiar with the families and of the action and interaction in the assimilative processes. However, generally speaking, if you take one vegetable from below the ground and three from above, whether you eat them, or blend them, or juice them, the combination can be considered beneficial. It is primarily, however, the assimilative ability that is the question, and what we have suggested is simple, and would

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tend to work well if there is juice in the morning and a blending of green, leafy vegetables in the afternoon or evening.

## **Laser Eye Surgery**

**Is the use of laser surgery, as currently practiced, a safe and effective approach to eye disorders and related vision problems?**

In most cases, it tends to be a little too powerful to work upon the eye; it needs to be modified. There needs to be some containment so that there is not an accidental burning of tissue (or unwanted targeting and burning of good tissue), you see.

Therefore, to the question: depending on the application, depending upon the technician or surgeon, and depending on the use around the eye, this would be considered a question that would be to the affirmative. But again, there will be modification made in which the laser will be not as powerful as at present and, as such, this would enhance the safety factor, you see.

## **Lauricidin**

**What are the benefits of Lauricidin in the body?**

To some degree, it stimulates the thyroid, can be associated

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