

Common Sense about Constipation



Matthew D. Martin,
President & CEO

“When I was young, my father was always talking about **“Martin Common Sense.”** It was his way of teaching us important lessons about how to go about life. One of his common sense phrases was and still is: **“If you have to force it, you are doing something wrong.”** Boy, was he right! We all suffer from an occasional bout of constipation. However, many experts agree that constipation may be the least of our worries.”

Is your body a better place for parasites than it is for you?

Every day, approximately 60% of Americans feel uneasy and/or suffer from constipation and hemorrhoids. **We have parasites. Colon cancer is claiming the lives of nearly 200,000 people a year and the rate of colon related illness is skyrocketing.** What is going on?

Today’s processed, irradiated, vitamin, mineral and enzyme depleted foods are not helping the situation. **Our eating habits and non-nutritious food supply may result in less frequent bowel movements and a number of chronic intestinal health issues. Such issues include colon toxicity/cancer, an overgrowth of unhealthy microorganisms (parasites and harmful bacteria), deterioration of the intestinal wall, diverticulitis, irritable bowel syndrome, constipation and more!**

Is Constipation Corroding Your Colon?

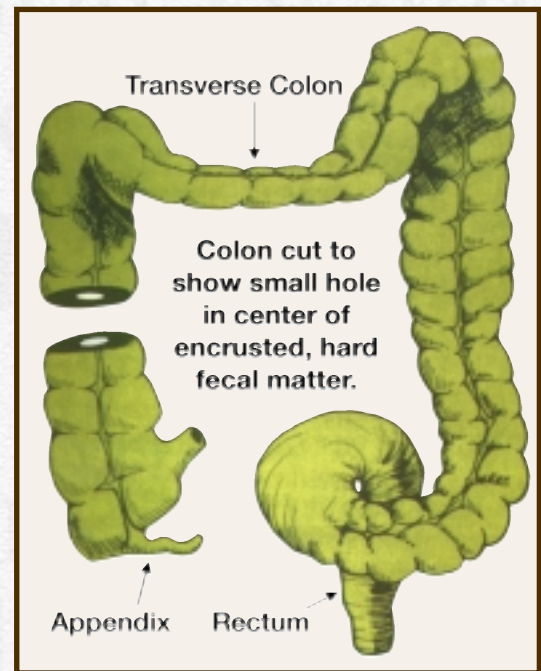
Constipation is a medical term for difficult or infrequent passage of stools. **The older you are the more likely you are to have constipation.** Most commonly, constipation is caused by diet, stress and certain medications. It is also possible to become constipated by overusing laxatives. **Frequent use of laxatives may lead to dependency.** It is best not to use them as a first course of action. Everyone should **supplement with fiber.** In many cases this will eliminate constipation and improve your health.

Golf Ball Through a Garden Hose?

Constipation is more than an inconvenience. Infrequent movements or periods of constipation can result in only a partial decomposition of waste. **This partially decomposed waste may encrust the colon and hinder elimination.** Dr. Vanita Forsyth, a

Do you have any of these problems?

- Constipation or diarrhea
- Gas/bloating
- Anxiety
- Chronic fatigue
- Body odors
- Headaches
- Coated tongue
- Depression
- Anemia
- Joint or muscle pain
- Skin disorders
- Itching rectum



“If you have to force it you are doing something wrong.”

chiropractor and an authority on colon health, notes that "one autopsy revealed a colon to be nine inches in diameter with a passage through it no larger than a pencil. The rest of the colon was layer upon layer of encrusted fecal material. This accumulation can have the consistency of tire rubber. Another autopsy revealed a stagnant colon that weighed in at an incredible 40 pounds!" Imagine carrying around all that morbid accumulated waste. These are obviously extreme cases, but don't think that you are exempt. Many experts believe that the average person has 5 to 20 pounds of accumulated waste in their colon! This putrid fecal matter and mucous is like having a toxic parasite playground inside your body.

Common sense tells us that if we retain the contents of our colon, the result may be dysfunction and disease of the colon.

Without proper functioning of the bowels, waste and toxins can be trapped for days, weeks, months...even years! The capillaries lining the bowel wall absorb these toxins into the bloodstream, consequently polluting our organs and cells.

Look at the picture below of the waste taken from a colon. Do you want this crud poisoning your bloodstream? Years of research by noted scientists, medical researchers and doctors around the world have discovered that much of what ails us begins with poor digestion. Studies in Great Britain show that toxins in our GI tract may be behind 90% of all chronic illnesses!

As stated by Dr. Bernard Jensen, nutritionist, lecturer, and author of over 30 books on natural health care:

"Every tissue in the body is fed by the bloodstream, which is supplied by the bowel. When the bowel is dirty, the blood is dirty and so are the organs and tissues. It is the bowel that must be cared for first."

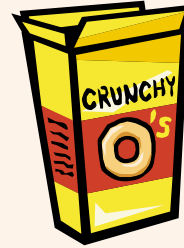


Accumulated material from a colon flushing. Who would guess that such things could accumulate in the body!

The Importance of Fiber, Bran and Healthy Intestinal Flora (friendly bacteria, i.e. acidophilus)

Fiber is a non-digestible carbohydrate food component. Fiber aids the natural elimination of fats and naturally promotes overall good health. Once ingested, fiber passes through the stomach into the small and large

intestines. Once in the colon, fiber acts like a sponge, holding onto water. This helps form a softer, larger, more consistent stool. Fiber acts like a nutritional "broom" to clean out potentially harmful debris.



What does a cereal maker know that you don't?

Dr. John Harvey Kellogg, famous surgeon and the father of Kellogg's Corn Flakes, believed that the bowel could be the origin of most health problems, hence his creation of a bran cereal to aid in colon function. He maintained that 90% of disease is due to improper functioning of the colon. After performing over 20,000 colon surgeries, Dr. Kellogg said he never saw a normal healthy American colon!

The Mucous Fiber Connection

Mucous is a natural secretion of your digestive system. It helps to cover the colon lining and protect the colon. When the intestinal walls are coated with layers of mucous buildup, it can become difficult for the body to absorb essential nutrients.

More and more people are becoming aware of the significance and benefits of fiber. Even the conservative regulatory agencies acknowledge that the fiber contained in some fruits, vegetables and grains may help prevent some forms of cancer and coronary heart disease. We believe that fiber does much more than that!

Unlike most store brands that only use one form of fiber, we incorporate 12 different fibers and brans in our formula. These ingredients work synergistically to aid your colon in waste removal. Each fiber and bran exerts its own individual effect. In nature



there are a number of different fiber and bran sources. We believe it is better to provide you with a wide spectrum of sources just as nature intended.

Healthy Intestinal Flora (acidophilus, the friendly bacteria)

In addition to the primary function of absorbing nutrients, your GI tract plays an important role in defending your body against the invasion of unfriendly bacteria. **Healthy intestinal flora (bacteria) such as acidophilus aid in your body's fight against harmful intestinal bacteria.** Potent probiotics such as acidophilus are thought to be beneficial to the health of our intestinal tracts, boosting the body's immunity, fighting some cancers, aiding the healing of ulcers, preventing osteoporosis and more! In addition, these friendly guys break down foods, synthesize vitamins and process important hormones. **Acidophilus is one of several microbes known collectively as probiotics or healthy intestinal flora.**

The Healthy Habits Difference (what makes ours the best)

In addition to the 12 different forms of fiber and bran, **Colon Toddy also contains the most powerful probiotic on the planet.** Our special probiotic (acidophilus) contains a whopping 16 strains of acidophilus cultures. When you compare our probiotic to others you will see that you are getting up to **8 times the number of strains and 12 times the number of live cells per gram.** Each jar of our Colon Toddy contains **over 30 billion live healthy flora!** We are the first company to use this amazing acidophilus formula in our Colon Toddy. However, I'm sure it won't be long before the copycats jump on the wagon!

Another Healthy Habits Difference

We use Xylitol to sweeten and flavor our great tasting Colon Toddy. Others still use **fructose, sucralose or other so-called "natural" sugars.**

What is Xylitol?

Fructose has been aggressively promoted as a natural sugar. We've been taught that fructose is simply fruit sugar. Wrong! **Fructose is a refined sugar!** Fructose has been named as a causative factor in heart disease, raising cholesterol and more. Why would you use fructose or sucralose when there are other options? **Xylitol is a natural white crystalline substance that looks and tastes like sugar.** Xylitol is widely distributed throughout nature in small amounts. Some of the best sources are fruits, berries, mushrooms, lettuce, hardwoods, and corn cobs. The advantages of using Xylitol are many. Studies show that **Xylitol has a low glycemic index, improves dental health, increases absorption of Calcium and B vitamins, works as an antioxidant, increases the utilization of fat, and more.** Xylitol is much more expensive at **5 to 6 times the price of fructose,** which may be the reason you don't see it used more often. Healthy Habits believes in going the extra mile to bring our customers the best product. Read your labels! **Compare our Colon Toddy formula to others and you will see that it is superior.** Use Colon Toddy daily to promote regularity and overall health.

If regularity is your focus then use Colon Toddy daily. If you want to work toward optimum health then read on to learn about parasites.



Colon Toddy #1260 8 ozs powder			
Supplement Facts			
Serving Size: 1 Heaping Teaspoon (7.4 g) Servings Per Container: 30			
Amount per Serving	%DV†	Amount per Serving	%DV†
Calories	16 <1%	16 Strain Probiotic (1 billion live per serving)	16.67 mg*
Total Fat	0 0%	Bifidobacterium bifidum	
Saturated Fat	0 0%	Bifidobacterium breve	
Total Carbohydrates	7 g 2%	Bifidobacterium infantis	
Dietary Fiber	3.5 g 14%	Bifidobacterium lactis	
Sugars	0 g 0%	Bifidobacterium longum	
Vitamin C (as Ester-C™, Calcium Ascorbate)	18 mg 30%	Lactobacillus acidophilus	
Vitamin B1 (as Thiamin HCl)	450 mcg 30%	Lactobacillus brevis	
Vitamin B2 (as Riboflavin)	510 mcg 30%	Lactobacillus bulgaricus	
Vitamin B3 (as Niacinamide)	6 mg 30%	Lactobacillus casei	
Vitamin B6 (as Pyridoxine HCl)	600 mcg 30%	Lactobacillus gasseri	
Vitamin B12 (as Cyanocobalamin)	1.88 mcg 30%	Lactobacillus leichii	
Zinc (as Zinc Gluconate)	4.5 mg 30%	Lactobacillus paracasei	
Copper (as Copper Gluconate)	600 mcg 30%	Lactobacillus plantarum	
Potassium (as Potassium Chloride)	7 mg <1%	Lactobacillus rhamnosus	
		Lactobacillus salivarius	
		Streptococcus thermophilus	
		Proprietary blend of:	5128 mg*
		Psyllium Husk Powder	
		Rice Bran Powder	
		Apple Fruit Powder	
		Oat Bran Powder	
		Carrot Powder	
		Apple Pectin Powder	
		Wheat Bran Powder	
		Barley Bran Powder	
		Jerusalem Artichoke Powder	
		Bentonite Clay	
		Aloe Vera Leaf Powder	
		Black Walnut Powder	
		Wheat Grass Powder	

†Percent Daily Values are based on a 2,000 calorie diet. *Daily Value (DV) not established.

Other Ingredients: Maltodextrin, Xylitol, Natural Orange Flavor, Citric Acid, Stevia and Microcrystalline Cellulose

SUGGESTED USE: Colon Toddy is pleasant tasting and easy to prepare. Dissolve 1 heaping teaspoon in 8 ozs. of water or juice in a blender (or mix by hand). Drink within a few minutes of mixing, as it will tend to thicken up if allowed to stand. Some individuals may experience gas in the intestines for the first few days of use. This should disappear as the system adjusts. For best results, use regularly.



Order securely online at:
HealthyHabitsWeb.com



Call toll-free 800-327-3884
M-F 8:00 AM - 5:00 PM MST

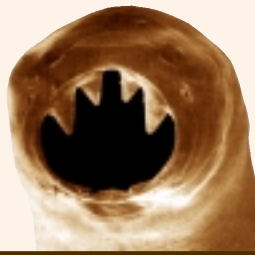


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What Is a Parasite? and Do I Have Them?

A parasite is defined as “an organism that lives in or on a second organism, called a host, usually causing it some harm.” Parasites are dependent on the host for some or all of their nourishment. For example, the tapeworm is a flattened worm that lives in the gastro-intestinal tract of mammals. It lacks an intestine of its own and **must absorb predigested food from the intestine of its host.** This food is the tapeworm’s only energy source for growth and reproduction.

Intestinal parasites are unhealthy and may be the cause of your irritable bowel syndrome, IBS/Crohn's disease, colitis, diarrhea, malaise, asthma, allergies, chronic fatigue syndrome, headaches, skin problems, flatulence, bloating, constipation, arthritic symptoms, itching, rashes, anorexia and more!



Putrid Fecal Matter and Mucous Create an Ideal Environment for Parasites in the Body

Parasitism affects most life forms. **Humans are subject to more than 100 parasites** known to cause disease. According to United Nations data: “about 1.5 billion people have roundworms, making it the third most common human infection in the world. Whipworm infects 1 billion people. More than 1.3 billion people carry hookworm in their gut, and 265 million people are infected with schistosomes.”

The rate of parasitic-related disorders in North America is skyrocketing. **An astounding number of people test positive for parasites.** Ask about the do-it-yourself Parasite Tendency Research Test Kit.

Humans can host more than a hundred different types of parasites ranging from microscopic ones to tapeworms that are several feet long! Parasites are not restricted to the colon. They have been found in other parts of the body, such as the lungs, liver, muscles and joints, esophagus, brain, blood, skin and even around the eyes!

It is extremely easy to come in contact with parasites. Contaminated water, undercooked meats, and improperly washed fruits and vegetables are just some of the common sources of infections. Transmission from pets or other infected persons is also quite common. Overuse of antibiotics further adds to this problem as this can interfere with normal intestinal flora and lower the body’s resistance.

Fiber supplements can help get rid of parasites, but they are not enough. We also need to use specific herbal formulas to deal with this issue. Some of the most potent herbs and other ingredients for parasite cleansing include Diatomaceous Earth, Green Black Walnut Hulls, Cloves, Hyssop, Fennel Seed, Thyme Leaf, Gentian Root, Peppermint Herb, Pumpkin seed, Grapefruit Seed Extract and more.

Parasitic Research Test Kit

The Parasite Tendency Research Test is an experimental reagent that may alert you to the presence of parasites. We believe in the accuracy of this self-test, but we make it available to you only as a research test. Years ago, when my father had an active wellness clinic, we sent participants testing positive to a lab that specialized in stool testing for parasites. There was a strong correlation between our Parasite Tendency Research Reagent and positive results at the lab.

Does more than 40 tests!

Using the test tube provided, simply add 7 drops of our Parasite Research Test solution to your urine.



Item #1355

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

What Are These Ingredients and What Do They Do?

We believe that the following will aid you in your fight against parasites:



Food Grade Diatomaceous Earth

consists of the skeletal remains of the diatom, a one-celled plantlike algae. Diatoms are the most abundant kind of phytoplankton. They are the grass of the oceans and lakes. When diatomaceous earth organisms die, the shells collect on the bottom of the ocean. The shells are collected and milled (smoothed). We use only pure food grade diatomaceous earth from a fresh water source, milled to our specifications. This diatomaceous earth acts to “scrub down” both the large and small intestine down through the colon. The tiny crystals of ground fossil shells tumble down your GI tract shredding the eggs and existing worms that have taken up residence in your body. Don’t worry — the microscopic crystals are too small to damage your insides.

Green Hull Black Walnut is known to oxygenate the blood, which helps kill parasites in the body. The brown stain found in the green husk contains organic iodine, which has antiseptic and healing properties. It is also said to help balance sugar levels and assist to burn up excessive toxins and fatty material.

Pumpkin Seed has been taken to eliminate many varieties of worms. Native Americans were known to have eaten pumpkin seeds to aid in de-worming.

Black Seed has many properties including anti-parasitic activity. It is said to be an antibacterial, antifungal and anthelmintic (parasitic infestation fighter) and has an immune-enhancing effect on T-cell production which may help to balance and stabilize the immune system.

Thyme is a powerful antiseptic and tonic with curative powers. It reportedly kills abdominal worms.

Grapefruit Seed is well known as an anti-fungal agent, helps kill many different types of parasites and assists the body in producing beneficial bacteria.

Hyssop contains an essential hormonal oil to help build resistance to infectious disease. It has been used for poor digestion, breast and lung problems, coughs due to colds, nose and throat infections, and has proven useful for clearing up mucous congestion in the intestines.

Gentian Root is known to stimulate circulation, strengthen the circulatory system and strengthen the muscles of the digestive organs.

Fennel Seed is known to be an appetite suppressant and diuretic that may help to stabilize the nervous system and expel waste material from the body. Fennel may also help improve digestion.

Cloves contain one of the most powerful germicidal agents in the herb kingdom. They are also an effective stimulant and aromatic for the lungs and stomach, help increase blood circulation and promote digestion and nutrition.

Peppermint Leaves help to cleanse and strengthen the entire body. They can also be useful for bowel problems and assisting the salivary glands in digestion.

Our Paratox formula includes all of these ingredients in meaningful amounts, not in token amounts as found in other parasite formulas. Compare our formula to others. We have more ingredients and more of each ingredient. Our new improved formula is our most potent ever. Use Paratox to aid in your fight against unwanted visitors.



Paratox	
#1025	120 caps
Supplement Facts	
Serving Size 4 Capsules	
Servings Per Container 30	
Amount Per Serving	%DV
Proprietary blend of: 1950 mg *	
Diatomaceous Earth, Green Black Walnut Hulls, Cloves, Hyssop, Black Seed, Fennel Seed, Thyme Leaf, Gentian Root, Grapefruit Seed Extract, Peppermint Herb, Pumpkin Seed	
* Daily Value (DV) not established	
Other Ingredients: Magnesium Stearate and Gelatin	
SUGGESTED USE: As a dietary supplement, take 2 capsules 2x/day with 10-12 ozs. of pure water.	



Order securely online at:
HealthyHabitsWeb.com



Call toll-free 800-327-3884
M-F 8:00 AM - 5:00 PM MST



Fax your order form
24 hrs/day: 530-463-8744

Why Am I Here?

A few years ago my father's company was purchased by one of the vitamin industry giants. Many of his special DCP-free formulas that were the source of wellness for so many became unavailable. Other companies (industry pirates) send similar mailers and postcards. **Do not be fooled by companies who look and sound like they are us.** Companies who claim they don't use DCP are just copying what we began. **Beware of copycat formulas. We are the original and our formulas are better than ever!**

Compare our formula to others. You will see that we focus on quality. **We have full disclosure on our labels** so that you can make informed decisions and comparisons. We refuse to hide behind our labels. **Our #1 focus is high quality and innovative products at the lowest possible price.** We are not your low price leader. Shop for the best value not the lowest price. **We innovate while others imitate.** Are other companies using a **16 strain 30 billion live probiotic?** Are they using **Xylitol?** Do they have full disclosure on their labels? Do they just claim to be selling a similar product for less? **I could sell you 75% of the product for 75% of the price, but I would be selling an inferior product.** Don't gamble with your health! Compare our products to others. We sell our quality formulas directly to you to save you money! **We are the original and you can trust us!**

Death Begins in the Colon

Many people spend more time and money maintaining their drains, toilets and septic systems than they do their own digestive system. A toxic colon may radiate toxins throughout the body and cause a lot of other problems which we label with fancy medical names but are really just the result of a toxic intestinal tract full of crud. Our new, improved Colon Toddy and Paratox formulas may help you feel much better.

The Healthy Habits Solution

We have designed **a system of high quality innovative products to help you maintain optimal intestinal health.**

Colon Toddy contains a variety of fibers, brans, vitamins, acidophilus and more to nutritionally aid and support the body's normal digestion and elimination. We have blended together a unique formulation containing bentonite, wheat grass, psyllium seed husks, citrus pectin, guar gum, apple powder, carrot powder, aloe vera and more. It also contains the very **important and powerful 16 strain acidophilus probiotic** to help nutritionally maintain a healthy colon. This is essential because in the process of eliminating waste, healthy intestinal flora may also be removed. We have also included select **vitamins and minerals to promote cleansing and health.** Colon Toddy may be used on a regular basis to promote regularity and overall health. If you want to work toward optimum health and rid yourself of parasites, then **use both Colon Toddy and Paratox for six months, then continue to use Colon Toddy daily.**

Paratox was developed to help support the immune system in its fight against unwelcome guests such as parasites. It is a time-tested botanical formula. Its special botanicals are gentle and effective.

Good colon health is the bottom line. Support good colon health with the **use of the Healthy Habits colon aid products.**

The benefits can include renewing your inner health, feeling life's energy restored and an overall sense of well-being. If we could all eat enough fiber, exercise regularly, and avoid the chemical toxins contained in alcohol, tobacco, polluted air, and processed foods, there would be little concern for good colon health.

Don't support copycat products. Read your labels. We are the original and you can trust us to provide you with quality!



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