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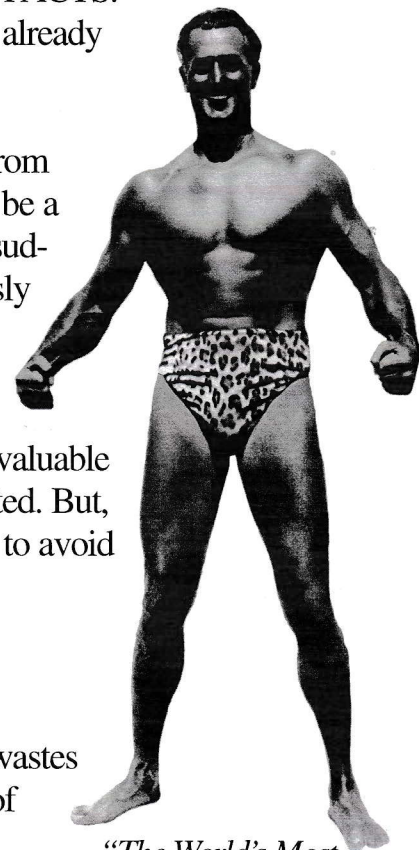
Founder of the Fastest Health, Strength and Physique Building System

EXERCISES FOR LESSON THREE DIGESTIVE AND INTESTINAL MAINTENANCE

DEAR FRIEND:

In this lesson you will find the main facts about one of the most common disorders, constipation. This disorder affects health, physique building, appearance, physical and mental efficiency, and happiness. Probably there is no complaint about which there are more false ideas. This widespread misinformation all too frequently leads to self-medication that aggravates the difficulty and may have serious results. I know that you will be glad to learn the important, scientifically established FACTS. They will be valuable to you in helping your doctor to help you, if you are already troubled by faulty elimination of wastes from the intestine.

The very first and most important fact about constipation is: If you suffer from constipation, it is wise to seek the advice of your doctor. Constipation may be a symptom of a very serious disorder, especially in a case where the person suddenly begins to suffer from chronic constipation after having been previously free of the difficulty. For example, if you were constipated and had pains in the abdomen, it would be VERY dangerous to take a laxative; appendicitis might be the trouble, a laxative might then cause a ruptured appendix. So, be sure to remember that the information in this lesson is true and valuable but cannot take the place of medical advice when you do become constipated. But, of course, an ounce of prevention is worth a pound of cure. Do all you can to avoid the disorder by wise health measures, as recommended in this lesson.



"The World's Most Perfectly Developed Man"

JUST WHAT IS CONSTIPATION

Constipation is delayed or incomplete evacuation of the intestinal wastes (wastes from food, bile from liver, and waste taken out of the blood by the tissues of the intestine). In constipation the quantity of the wastes is reduced, so that wastes tend to accumulate in the lower bowel and remain there through a

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prolonged period. Generally, the feces (solid wastes, or stools,) are abnormally dry and hard in the constipated individual.

Most doctors agree that a person may be said to be constipated if the bowels move less frequently than once every 48 hours; the average, healthy individual, however should have a good movement daily. Of course, it is possible for a person to have several bowel movements a day and still be constipated - if only a very little waste is evacuated each time.

Constipation is not a disease. Constipation is a symptom rather than a disease, a symptom of some disorder or, in many cases, of some disease (which may or may not be serious). Statistics show that about 85 out of every 100 cases of constipation are caused by faulty living; in the other 15 per cent of cases, it is a symptom of disease (chronic appendicitis, gallbladder disease, some obstruction of the intestine, tumor growths, hemorrhoids, or piles).

THE CAUSES OF CONSTIPATION

Constipation may result from one of a variety of causes but most often from faulty living: bad habits, faulty nutrition, drinking too little water, overwork, overworry, lack of exercise, laziness, neglecting the calls of nature, use of laxatives, excessive smoking, drinking too much coffee, overindulgence, lack of sleep, irregular mode of living, habitual use of sleeping pills. But it must again be pointed out that, although most cases of constipation are caused by faulty living, at least some cases result from disease. This fact cannot be overemphasized. Many lives have been lost because of failure to seek good medical advice after the symptom (constipation) showed up.

CONSTIPATION SOMETIMES CAUSED BY LACK OF EXERCISE

The tendency to become constipated may be increased by weakness of the abdominal muscles. Some individuals have abdomens so flabby that the rhythmic (peristaltic) movements of the intestine are subnormal and wastes are only slowly and irregularly moved along. In such cases there frequently is a vicious cycle; the flabbier the abdomen, the greater the interference with the processes of eliminations and the greater the accumulation of waste within the intestine, the larger and flabbier does the paunch become. The weight of accumulating wastes is astonishingly great in some cases of constipation; it is easy to see how this extra mass causes bulging of the intestines and of whole abdomen and tends to pull the intestines downward and out of place.

Exercise generally has decidedly beneficial effects in counteracting the tendency to become constipated. This does not mean that exercise alone will prevent constipation or ensure constant, regular elimination. But exercise is necessary to strengthen the abdominal musculature and to replace flabby fat with firm muscle and more solid connective tissue. Regular exercise also tones

up the nervous system, including the nerve centers that control the movements of the muscles of the intestinal walls. Muscular activity, moreover, promotes the circulation of the blood to all parts of the body; this is important in maintaining the healthy functioning of the digestive organs, especially the liver which produces the bile necessary not only for normal digestion of fats but also for promotion of removal of wastes from the intestines.

HARMFUL EFFECTS OF CONSTIPATION

The harmful effects of constipation are numerous: a tendency to headaches, mental dullness and inefficiency, nervousness, constant feeling of tiredness, physical weakness, reduced ambition, stretching of the colon (lower bowel) and abdomen by accumulated wastes, loss of appetite, nausea, dizziness, impaired digestion, insomnia, heartburn, flatulence (gas), foul breath, poor complexion and pimples. Certainly, you must regularly evacuate the wastes from your body if you are to develop a powerful physique, mental alertness and quickness, stamina, and buoyant vigor.

Medical authorities generally agree that eventually more serious difficulties (and even diseases) may result from chronic constipation. Prolonged constipation increases the chances of appendicitis. The accumulated wastes cause irritation and may cause the inflammation of the lining of the intestine. The region around the anus (opening of the intestine through which wastes are evacuated) may itch constantly. The veins around the anus may become chronically swollen and may bleed; these enlarged, protruding veins are known as hemorrhoids (piles). Constipation, however, is by no means the sole cause of waste; this straining is potentially dangerous. It may cause ulcers of the anus, hernia, (rupture), and, in older persons, even the bursting of tiny blood vessels in the brain (a stroke or cerebral hemorrhage).

Medical authorities are not in general agreement about the absorption of poisons from wastes that accumulated in the lower bowel during constipation. Some authorities are convinced that very harmful poisons are absorbed into the blood stream when the bowels do not move regularly; these poisons are thought to act on every tissue of the body, including the brain, heart, and kidneys. There is no doubt that the wastes do contain these poisons; surely, to be safe, it is wise to eliminate the poisons regularly and completely.

HARMFUL EFFECTS OF HABITUAL USE OF LAXATIVES

It is a fact that sometimes overuse of laxatives may tend to cause constipation rather than cure it. Many laxatives act powerfully on the linings and muscle of the intestines, so powerfully, that irritation and sometimes even inflammation may result. The intestinal musculature becomes insensitive to the natural influences (such as the mere presence of wastes) that usually stimulate evacuation; the muscles will then force the food wastes along by rhythmical movements (peristalsis) only stim-

ulated (actually shocked) by some harsh chemical or foreign oil. The laxative does not strike at the cause of the constipated condition. Most often the laxative acts as a sort of irritant poison that the body is trying to throw off and, in so doing, incidentally eliminates the accumulated wastes. Laxatives frequently have harmful effects on all the tissues, especially those of the digestive and nervous system. Some laxative chemicals irritate the lining of the stomach as well as the inner walls of the intestines. Others, mineral oil in particular, interfere with the absorption of indispensable vitamins and markedly slow up digestion by forming a thick coating around the food particles. Long-continued use of mineral oil leads to actual leakage of oil from the anus, a decidedly obnoxious aftereffect. Bicarbonate of soda, milk of magnesia, and other alkaline laxatives halt the normal digestive action of the gastric (stomach) juice by neutralizing the necessary acid of this important juice. Indeed, it is risky to take any alkali (unless under the supervision of a physician); the blood may become too alkaline, the results being quite serious.

WISE NUTRITION NECESSARY TO PREVENT CONSTIPATION

Thousands of people suffer from constipation merely because they do not eat the right foods. A monotonous, unappetizing diet almost the same foods day after day, will alone increase the tendency to become constipated; an appetizing, varied diet stimulates the flow of digestive juices, promotes easy digestion, and helps to insure the normal movement of the bowels. A well-balanced diet, as I explained in the lesson on nutrition, provides all the vitamins and other indispensable foods necessary for health. Lack of vitamins can cause intestinal sluggishness as well as loss of appetite and actual muscular weakness. An abundance of vitamins, supplied by fruits, fresh green vegetables, milk, eggs and lean meats, promotes the health and normal vigorous activity of the intestinal muscles as well as leading nourishment to all the tissues of the body.

THE REMARKABLE VALUE OF THE JUICES OF FRUITS AND VEGETABLES

As a very efficacious aid in stimulating bowel movement and preventing constipation, the juices of a lemon in a glass of warm water may be a token regularly every morning upon arising; I have made this my routine procedure and have found it extraordinarily valuable.

Indeed, the more fruit juices you drink, the greater are the odds against your becoming constipated. Fruit acids, especially citric acid, increase intestinal activity; fruits also provide important quantities of the vitamins required for the normal vigor and tone of the intestinal musculature. When constipation seems to threaten, drinking two or three glasses of prune juice is very effective countermeasure in many cases. Or try the juice from stewed figs. Remember that these juices may have little or no effect when you drink only a small quantity whereas two or more glasses may have prompt action and in fact may be effective in different types of constipation, especially constipation caused by nervous states (overworry, anxiety, or simply stress).

Vegetable juices, such as tomato juice and mixtures of juice (vegetable juice cocktail), are likewise highly beneficial when taken regularly and in sufficient quantity every day.

FOODS TO AVOID

As another measure against constipation, avoid eating rich foods (particularly very spicy dishes, and rich pastries), greasy foods (fried in an excess of fat), too much white bread, indigestible foods of any type, and any food which is likely to upset you or cause discomfort.

FIBER

You have already learned (in the lesson on nutrition) that fruits and vegetables are valuable in providing fiber, that portion of the food which is not digested but which helps the intestines to move the waste along. A certain amount of fiber is necessary in the diet of every normal person. Constipation is sometimes caused by lack of sufficient fiber; be sure that your diet is varied enough to provide the needed dietary (mixture of water soluble and insoluble) fiber for the intestinal wastes. (BUT the tendency toward intestinal gas, bloating and cramps is increased in certain people when comparatively large quantities of fiber are included in the diet; this is true particularly of high-strung, nervous individuals.) Therefore, unless your doctor finds extra fiber to be necessary in your case, don't go out of your way to increase greatly the quantity of fiber in your diet. That is, take care not to overeat or stuff yourself with too much fruit pulp or bran. Remember, moderation in all things, including your diet is essential for health. Bran and other foods, (raw fruits, coarse vegetables) containing a great deal of fiber may clog the intestines and even cause irritation and abnormal contractions (spasms) of the intestinal musculature. When in doubt, get first-rate medical advice. Find out the most healthful diet for your particular type of digestive system and profit by your own experience.

EAT REGULARLY AND EAT ENOUGH!

For regular bowel action, eat regularly. Your digestive system has a rhythm that is readily upset by irregular habits of eating. Eat the right foods in the right quantity; some cases of constipation are caused by underrating. A vigorous man who exercises regularly must have enough calories (food energy); otherwise he suffers from partial starvation and resultant irregularity of elimination. Too many people get into the habit of skipping breakfast or eating an adequate lunch. Get your three square meals.

DRINK ENOUGH WATER

As I have previously pointed out, you should drink six to eight glasses of water every day or more

than eight glasses if you are one of those numerous people who have what is called a greedy bowel or greedy COLON(lower bowel), where wastes tend to accumulate. A greedy colon absorbs extraordinary quantities of water, so that the wastes become dry, hard and rough, hence difficult to evacuate. An extra glass or two of water daily may be all that's needed to counteract a tendency to constipation.

IMPORTANCE OF THOROUGH CHEWING

Eat slowly and chew your food thoroughly. If you bolt your food, chunks of food are forced into your stomach and are hard to digest. Such chunks may cause indigestion, nausea, and vomiting (peristalsis in reverse!). Delayed digestion means delayed passage of food and wastes through the small and large intestine and delayed elimination. So mix your food thoroughly with the saliva and keep on chewing until the food is practically a liquid and is easily swallowed. Then the food particles are very small and the gastric juice (stomach juice) can readily act upon them and speedily digest them. Remember also that saliva contains starch-digesting ferments (enzymes). Thorough mixing of the saliva with starchy foods promotes starch digestion and every normal diet contains more starch than any other type of food.

Obviously, your teeth are helpful in preventing constipation by facilitating digestion. Take care of your teeth throughout life. Visit your dentist regularly every six months and, of course, whenever you have tooth trouble. Clean your teeth regularly, if possible, after every meal. People who have bad teeth often suffer from digestive disturbances which result from insufficient chewing of food. If the teeth are neglected, more and more of them are lost as the years pass and because of the difficulty of chewing, the tendency is to eat only soft and highly refined foods which are constipating, not only because they do not supply enough roughage but also because they lack the vitamins necessary for healthy functioning of the intestines.

HELPFUL DYNAMIC-TENSION® EXERCISES

The Dynamic-Tension movements for strengthening the abdomen are important aids in preventing the constipation that results from flabbiness and weakness and lack of exercise. Not only do they reduce a prominent belly but they also increase the health and strength of the muscles used in forcing wastes from the body; they will therefore be highly valuable to you throughout life. The following are recommended as special measures against constipation caused by underdeveloped muscles and lack of exercise.

EXERCISE 1 - Position: Sit erect (on stool or straight-backed chair), hands on hips, feet well apart. Exercise: Bend down slowly to the right as far as you can go, meanwhile extending the

arms so that you touch your fingertips to the floor as far to the right as possible. Slowly return to starting position (hands on hips). REPEAT 10 to 15 times. NEXT, perform the same movements to the left, the same number of times. Breathing: Exhale as you bend over. Inhale deeply as you return to starting position. NOTE: This is an excellent exercise to practice at odd moments during the day.

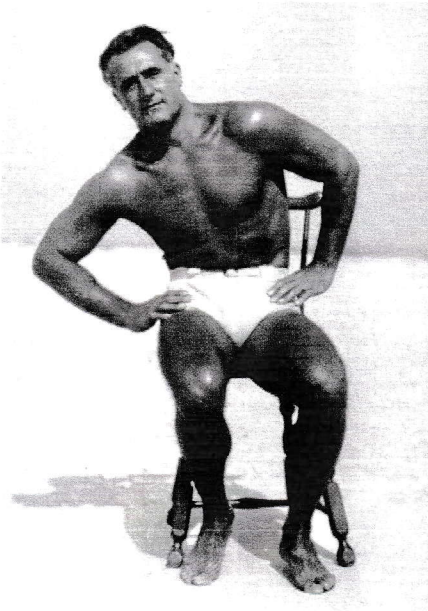
EXERCISE 2 - Position: Lie flat on your back. Bend your right leg and bring it up toward your chest. Clasp hands across right leg below your knee. Keep left leg extended and straight. Tense muscles of arms, right leg and abdomen. Exercise: Against the powerful resistance of the tensed muscles of right leg (and thigh), pull your right knee close to your chest. Perform this movement GRADUALLY AND FORCEFULLY but of course do not overstrain. Next, against the pull of the tensed muscles of your arms, try to extend your leg and force your knee SLOWLY as far as possible away from your chest. Breathing: Inhale deeply as you draw your knee toward your chest. Exhale as you force your knee from your chest. REPEAT 10 to 15 times.

NEXT, PERFORM THE SAME EXERCISE WITH THE LEFT LEG THE SAME NUMBER OF TIMES.

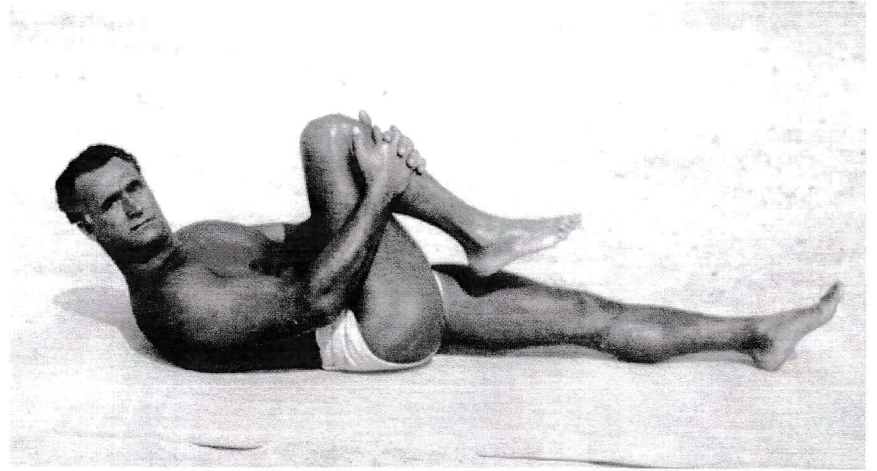
EXERCISE 3 - Position: Stand erect, feet about 20 inches apart, hands on hips. Exercise: Bend knees slightly. With left hand resting on left knee, slowly extend your right arm, making an effort to touch the floor with your right hand just in front of your left foot. Gradually return to starting position. REPEAT 10 to 15 times. Breathing: Exhale as you bend over. Inhale deeply as you return to the erect position.

NOW PERFORM THE SAME MOVEMENTS TOWARD THE RIGHT, TOUCHING THE FLOOR WITH YOUR LEFT HAND JUST IN FRONT OF YOUR RIGHT FOOT.

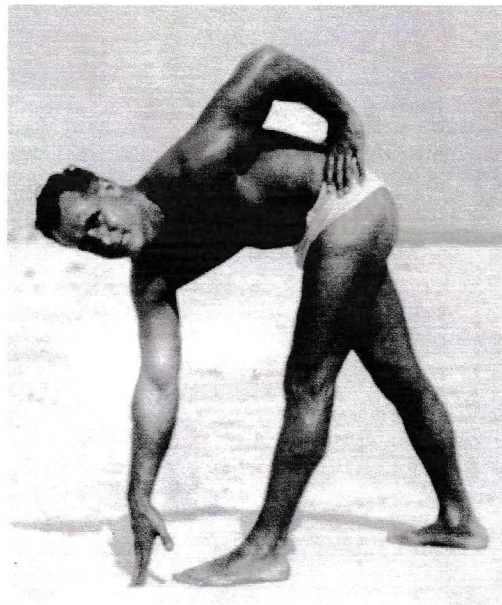
NOTE: The illustration on the proceeding page is a more advanced version of this exercise. Please use caution when doing the more advanced version and never strain yourself when performing this, or any other exercise.



Exercise 1 - Bend from side to side as far down as you can get each way



Exercise 2 - While lying down, grasp the knee and force towards the chest, at the same time, bear down down strongly on the lower abdomen



Exercise 3 - Stand erect, feet 24 inches apart, hands on hip. Bend body at waist while stretching one hand far across to the opposite foot. Stretch vigorously the back muscles.