

## dude01

Although it may sometimes be a physically unpleasant experience, diarrhea can be a life saver in that it is your body's way of eliminating accumulated and unnecessary waste. Failure to thoroughly eliminate that waste would lead to a build up of toxins that could easily become problematic, and possibly life threatening.

Posted On 07/05/2017

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## mar3425

Diarrhea can also be a sign of celiac disease.

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## RobertSniadach

Oh Man...!!! If you want some sage advice about intestinal health and microbiome maintenance, you'll love the excellent advice given here in this professionally produced video. Go about halfway down the article for the video. Click on it and I guarantee you'll be laughing so hard that you might have to go to the toilet... but hopefully you won't have diarrhea.

[fee.org/articles/hilariously-truthful-defense-of-waffle-house-goes-vir..](http://fee.org/articles/hilariously-truthful-defense-of-waffle-house-goes-vir..)

(Those of you reading this from outside the USA probably won't be able to relate properly to this guy's experiences...)

Posted On 07/05/2017

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## **iamblessediam**

Yo Robert...HILARIOUS RANT, INDEED - my immune system thanks you;-))))))))))))))! BUT - the really scary part - the dude be SERIOUS - I mean - OMG;-))))))))))))))!

Posted On 07/05/2017

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## **RobertSniadach**

iam - Ha! Yeah, all in good fun. This same guy is also not so keen on strawberries in the baked beans on the Fourth of July Holiday... [www.facebook.com/.../10154650334368309](http://www.facebook.com/.../10154650334368309)

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## Garlicmeister

I developed a case of diarrhea once as a result of food poisoning. After three weeks of what I called explosive diarrhea, I got tired of it and made it stop by giving myself an enema using the juice from a single natural (non-irradiated) garlic clove mixed in warm water, followed by taking two acidophilus pills.

The diarrhea stopped immediately and did not come back. Three days later normal bowel habits returned and life was good again. Not that anyone cares but since then, my stools are firm and sink, do not stink up the bathroom and often, the passage goes so smoothly that the toilet paper doesn't even stain. Life is good.

Just another one of the many uses of natural (non-irradiated) garlic. I reasoned that the antimicrobial nature of garlic would kill off all the bacteria and that the acidophilus would restore only the good bacteria and that is exactly what happened. People might make fun of the ways I use garlic but it really works and has saved me thousands of dollars in medical expenses and it has been fun to grow. Eating it would not have accomplished the same results, more direct contact and dilution in water is necessary and there are many ways to do that. It even stops MRSA in its tracks during this time of antibiotic resistance.

Commercial antibiotics are affected by the resistance but garlic is totally unaffected because it kills in a more direct way and doesn't need to bond with any receptors. Got MRSA? Get garlic and learn how to really use it! I know I sound like a broken record but if you knew as much about garlic as I do, you would talk about it, too. My wife calls me a garlic evangelist preaching earthly salvation.

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## Garlicmeister

People may wonder why I keep referring to natural (non-irradiated) garlic but there is a reason for it. Most of the garlic in grocery stores comes from China and has been irradiated by the Chinese distributors to keep it from sprouting since those Asiatic garlicks they grow are the earliest harvesting and shortest-storing of all garlicks. They start sprouting in only a few months and most people do not want to buy sprouting garlic. The problem is radiation kills the garlic and it can no longer grow or form allicin when it is crushed because the enzyme that causes the formation of allicin is dead and so no allicin can form. Since allicin is the source of most of garlic's health properties, irradiated garlic does not have the same health properties as natural garlic which is still a living thing. Neither does black garlic though it tastes great.

How can you tell if a garlic has been irradiated? Simply if it is for sale at grocery store prices and it has no hotness when eaten raw, full flavor but no pungency (hotness) then it has been irradiated. There are actually some naturally mild garlicks that produce only a small amount of allicin but they are highly sought-after rare gourmet garlicks that sell for around \$16 per pound or higher and you won't find them for sale for cheap in grocery stores. Some gourmets prefer naturally mild garlicks while others prefer naturally hot (pungent) garlicks. Every kind of garlic has different taste all of its own so there is a wide variation in garlicks and each is individual but conforms to the norms of its own variety. There are many variations within each variety. It is never boring.

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[vidahoffegmail.com](mailto:vidahoffegmail.com)

I love and read as many articles as time permits on health and taking good care of the gut. I am a firm believer of what you say is true. Thank you for dedicating your time to us and educating us all on health issues. I would like to see some articles in sarcoidosis..the cause and treatment! I appreciate you!

Posted On 08/12/2017

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## balhawk

"Cleanliness" is misstating the issue. "Excessive cleanliness" or "antiseptic environments" might be a better way of stating it. Think of the 19th century, when so many people died young due to excessive filth, and the improvements in sanitation that largely helped bring about the reduction in epidemics for which vaccination is erroneously credited.

It's just that we've gone too far the other way. Clean is good, but antiseptic only good for specific applications, such as cleaning of surgical equipment.

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## Almond

There are times when you must limit diarrhea. For starters, fasting with lots of water and electrolyte fluids to replace what is lost. Here is an old remedy for calf scours that also works for people. Of course people do not get the whole package. Use powdered fruit pectin, the kind for making jam. Dissolve 1.4-1/2 package in very hot boiled water to dissolve. Keep stirring. As soon as it is barely cool enough to drink (still very hot), drink it all up as it will thicken fast.

My favorite is to take Oscillicoccinum as that works on many levels. Take homeopathically (opposite food, strong aromas, etc.) and dump pellets into the cap without touching. Take 5 pellets every 15 minutes until symptoms cease. (NOT the entire vial!) Fast for at least 24 (-48) hours along with water and fluids. This protocol is also very helpful for flu.

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## Maritt

Activated charcoal is a natural way to remove the pathogens and stop diarrhea. Very effective for all including babies and toddlers - open contents of capsule in a spoon, mix with fruit puree or even jam/jelly in a teaspoon and feed to them (it's tasteless but very black), then ensure sufficient water intake. This will prevent hospitalisation and lots of unnecessary drugs.

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## well4life

Just a few grains of activated charcoal works for me but then binds me totally for a few days. I don't know how much water I'd need to drink to prevent that so I avoid the AC even though I know how beneficial it is for the toxin binding. Thankfully I haven't had normal diarrhea for a very long time but I do get a day on and off where it seems my insides decide they need to clean house for a few hours?! Not true IBD any more but still fluctuating. So I just let them do it.

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## Guillermou

Alternative ways to do a colon cleanse without resorting to invasive therapies. Benefits of colon cleansing  
Colon cleansing improves nutrient absorption and liver function. Helps in weight loss. Improves bad breath. Relieves bloating and gas. Improves mood and generally improves health. Some advices: 1) Water: Drinking plenty of water and staying hydrated helps regulate digestion. For colon cleansing, between six and eight glasses of warm water a day are recommended. Also, it is very helpful to hydrate yourself by eating fresh fruits and vegetables that contain good amounts of water, such as watermelon or tomatoes. 2) Salt water: Mix warm water with two teaspoons of sea salt or Himalayan salt (pink salt) and drink it on an empty stomach, this will stimulate colon movements quickly.

Do it twice a day. Although it doesn't sound very appealing, it is actually very useful. It's all about getting used to it! 3) Water with vinegar: fill a glass with water and add two tablespoons of apple cider vinegar and two tablespoons of honey. Stir it and drink this preparation daily. Without fear! The honey will soften that acidic flavor. 4) Herbal teas: if you are a 'tea lover' this is the perfect colon cleansing method for you. Taking daily infusions with digestive and anti-inflammatory properties such as anise, mint or sage tea purify the intestine and help eliminate toxins. Teas with laxative herbs such as aloe vera can improve constipation.

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## Guillermou

5) Pure aloe vera juice: do you have aloe vera at home? Then take advantage of it. Squeeze two lemons into half a liter of water. Then take the juice from a large freshly cut aloe vera leaf and add it. Drink it three times a day over a period of two or three days to help cleanse the colon and eliminate waste that could be toxic. 6) Ginger: this root has anti-inflammatory properties and promotes good digestion. 7) Foods with fiber: increasing fiber in the diet causes the volume of stool to be greater and also the number of bowel movements.

8) Probiotics: These live microorganisms that are present in some fermented foods help cleanse the colon and stimulate useful bacteria in the intestine. These beneficial bacteria for intestinal health help to evacuate the colon regularly and improve gas, bloating and constipation. In addition, they reduce the risk of infections. Yogurt, kefir, pickles, apple cider vinegar, some types of cheese, and other fermented foods contain high levels of probiotics.

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## Almond

For years, I suffered thru with Pepto-Bismo that had minimal effect in flu and diahrrhea. To this day, I cannot even stand the smell of it. Then, I discovered the benefits of Oscillicoccinum, taken according to homeopathic protocol. Using only 5 pellets (not the entire vial) every 15 minutes, dumped into cap without touching with hands and dissolved under tongue, continuing until after all symptoms had disappeared. During H1N1 when I was so sick I could not have walked far enough to a medicine cabinet, I happened to have it within reach near my bedside. Fortunately. It took a little over 2 hours for the fever to break and symptoms to dissipate. I sat there clutching my alarm clock. The illness itself left me weak, but otherwise ok. It took a little over 2 hours to get relief. I fasted for the remainder of the day and continued Oscillicoccinum 3-4x/day for the next 3 days while eating very lightly and was soon back to normal.

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**grulla**

Garnishing my morning egg skillet with garlic or onion powder (allicin) can cause me diarrhea, but a tiny modest amount can act as a laxative. But that is not a problem with noontime IF/TRE dinner...go figure???

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