

## GUA's Intestinal Cleansing Program

GUA's inspiration comes from Dr. Bernard Jensen in the USA, who in his book *"Tissue Cleansing Through Bowel Management"* describes intestinal plaque and emphasizes the importance of colon cleansing. Robert Gray (USA) has also shown, through his well-documented experiences, the importance of cleansing the body of plaque, acids, and other toxins that block nutrient absorption in the gastrointestinal tract.

Among those who came to Georg for help was nurse UllaLii, who suffered from fibromyalgia, chronic fatigue, and severe overweight. Within her own field of conventional medicine, she had not found any help in achieving balanced health. Not only did UllaLii regain her health after just one intestinal cleansing program with Georg, but the two also found each other. Over the years, they performed several more cleansing programs together, aiming to feel even better and refine the method.

As early as 1985, Georg himself underwent an intestinal cleansing program and discovered that it was a very effective method—a true "shortcut to health."

Constipation, intestinal problems, and overweight are today becoming widespread public health issues, along with chronic fatigue, type 2 diabetes, and candidiasis. The Swedish magazine *Apoteket* (No. 2, 1998) reported that at least 50% of Sweden's population suffers from digestive problems. Of all diseases, the WHO prioritizes intestinal disorders for special attention.

Today, there is a wealth of literature on the subject that demonstrates extensive practical experience with intestinal cleansing, though no scientific research has yet been published in peer-reviewed journals. Even though intestinal cleansing is knowledge that has existed for thousands of years, modern science has yet to fully understand the complete picture of the intestinal system. Nevertheless, conventional medicine must care for patients when problems arise—though with limited success—which has created space for alternative treatment methods based on ancient wisdom and well-proven practices.

- When hospitals use X-rays to diagnose intestinal problems, the plaque does not appear, as X-rays pass straight through the plaque mass. Intestinal plaque is not scientifically proven, despite thousands of people worldwide testifying to its existence. Surgeons and pathologists, however, can confirm the presence of plaque through their surgical experience.