

Liquid Poop (Leaky gut)

What is Liquid Poop?

Liquid poop is faeces backed up in the intestines that gets into blood streams within the villi's (cell substance in the intestine)

What happens when faeces gets into the blood streams?

The faeces starts to circulate throughout the body which causes high blood pressures, diabetes, acne, bad body odour, plaque on teeth, erectile dysfunction, PCOS, fibroids, illnesses etc.

What causes Liquid Poop/Leaky Gut?

Processed foods, whether meat or vegan fast food. The body finds it hard to process these food and causes slow digestion and getting rid of waste. If people are eating 3 times a day they SHOULD be going toilet 3 times in the day. Processed foods actually get backed up in the system and ferments in your system. Excess meat; as the scriptures says to not be greedy upon meat as meat takes 2 to 4 days to digest in your system.

Foods to increase in your diet to flush out the faeces daily:

Water based fruits such as melons, berries, pineapple, mango, apple, cruciferous vegetables etc these type of fruits help to break everything down. Coconut water, herbs and sea vegetables such as Sea Moss, Bladderwack, Dandelion Roots, Green superfood supplements, brewers yeast etc.

Most importantly FASTING!