

## **Why is it so serious to be constipated when fighting cancer?**

It is unhealthy for anyone to suffer from constipation, but it is actually dangerous when you are fighting cancer. The body is expelling countless dead microbes, toxins and debris. These need to be eliminated on a daily basis, otherwise you will suffer from 'autointoxication'. You can use 1 teaspoon of Castor oil every hour or 1 teaspoon of Epsom salts in a glass of juice every hour, until you get results. A water or coffee enema is also helpful.