

YOUR SICK BOWEL

Your body's source of illness and disease
THE UNDERESTIMATED DESTROYER

How does an imbalanced gut flora cause...

- ✓ Depression
- ✓ Dementia
- ✓ Cancer
- ✓ Parkinson
- ✓ Autism
- ✓ Heart attacks
- ✓ Anxiety
- ✓ Negative thoughts
- ✓ Impotence
- ✓ Addiction
- ✓ Infertility
- ✓ Anorexia
- ✓ Psychological disorders

...and many more?

*African
inspired -
scientifically
proven*

**shocking new facts about
your sick bowel**

it manipulates and impairs

- ⇒ Love
- ⇒ Emotions
- ⇒ Thoughts
- ⇒ Personality
- ⇒ Sex

All ailments begin in the bowel

How your food destroys your gut flora and causes illnesses in body and soul

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African-inspired, innovative insights, not yet known to Western medicine that will turn your bowel into a healing factory for body and mind:

Our very tiny bacteria can heal or prevent cancer, autism, dementia, depression, Alzheimer's, obesity as well as anxieties or the arise of negative thoughts. Our bowel also has a say about what we think, feel and who we hate.

Starting here you will learn what destroys your bowel, what kills the good bacteria and promotes the bad.

Visit us at:

www.indayi.de



Bibliographical information by the German National Library:

The German National Library registers this publication in the Deutsche Nationalbibliografie; detailed bibliographical data to find online on <http://dnb.d-nb.de>

1. edition June 2021

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Dantse Dantse

**In the beginning there was
THE BOWEL**

Astonishing new insights on the

***UNDERESTIMATED
DESTROYER***

Volume 1

Each cure begins in the bowel!

~ afrikanisch inspiriert,
wissenschaftlich fundiert ~

DantseLOGIC™
Master Your Life

DantseLOGIC™ Master Your Relationship **DantseLOGIC™** Master Your Family

DantseLOGIC™ Master Your Weight **DantseLOGIC™** Master Your Health

DantseLOGIC™ Master Your Career **DantseLOGIC™** Master Your Communication

DantseLOGIC™ Master Your Crisis **DantseLOGIC™** Master Your Stress

DantseLOGIC™ Master Your Femininity **DantseLOGIC™** Master Your Masculinity

Coaching that works like magic - this is the motto of

DantseLOGIC™
Master Your Life

DantseLOGIK™ - Logic that does wonders

DantseLOGIK™ - Logic that moves. DantseLOGIK™ -

Logic that makes happy. DantseLOGIK™ - The power to success.

DantseLOGIK™ - Heals. Works. Guaranteed.

About the book

Many people are suffering from **physical constraints** like skin diseases, diabetes, dementia, allergies, obesity, fungus infections, migraine, or **psychological constraints** like anxiety, stress, eating disorders or mood swings up to depression. They do not know that the cause lives inside of the bowel, because

The bowel and its bacteria decide about our mental condition

Around the bowel, there is a great accumulation of nerve cells that can influence and manipulate all our feelings. This also means that our bowel can cause brain diseases **like depression, but also fight it or even heal it**. What we eat - which foods we ingest, influences our gut bacteria. Our food has a say in how we feel, how much lust we feel, how much you like the smell of a person. Enteric flora also decides about inferiority complexes, negative thoughts, bad moods, avolition and aggression.

Many healing traditions in Africa value the bowel highly in relation to our mental wellbeing. As it is taught in African medicine, **gut bacteria can manipulate our entire neural system and therefore also our brain with targeted information, be it good or bad information**. They take control over our behavior, our thinking, our personality, our feelings of love, and our actions. And depending on information that the brain receives from them, we feel good, happy, strong and brave or downcast, tired, negative, aggressive and have a bad mood. This also means that you can decide how you feel with an according diet that supports these gut bacteria. **We can cultivate**

our gut bacteria so that they do something good for us.

In this book, you will learn about:

- How the bowel is connected to our diseases
- Why and how does the bowel become sick in the first place?
- What destroys enteric flora and limits the functionality of the good and important gut bacteria?
- What supports the spread of bad and sickening bacteria?
- Which diseases are supported or caused by a disturbed bowel?
- Which signs indicate a sick bowel
- How a sick bowel influences your mood and makes you tired, depressed and unhappy
- Why you cannot lose weight with a disturbed enteric flora
- What cigarettes, the vaginal flora of your mother, stress and bread for dinner have to do with a sick bowel
- And much more

You will find a lot of African-inspired information and gain excellent insight into the functions of the bowel, all of which you would not even have dreamed about being possible, but that are confirmed by science.

After reading, you will fall in love with your bowel, because love also comes from there. "The way to a man's heart is through his stomach." - that is actually true.

Book series: “In the beginning there was the bowel”

The book series „In the beginning there was the bowel” consist of three volumes, so that everybody can find the right information for themselves quickly and handily.

All volumes explain how the bowel functions in detail and why it is so decisive for our health. What even is an enteric flora? Why does the vaginal flora of the mother influence the health of her unborn child? How is the bowel related to infatuation? And what power does the bowel have as the medical center of the body?

Volume 1: “Astonishing new insights on the underestimated destroyer: An unhealthy bowel is the body’s seat of disease.”

This is the volume that you are holding in your hands.

Volume 2: “Astonishing new insights on the underestimated healer: DNL - the innovative, therapeutic diet for an instant and lastingly healthy bowel”

In volume 2, you will learn, what heals, restores and regenerates your bowel and what makes it strong and healthy. And that with food alone! No expensive medication, no dubious quack remedies. Healthy, delicious food that make your bowel happy automatically, day after day. And a happy bowel leads to a happy life! You will learn

which alkaline and bitter foods are especially effective, why warm food is best for the bowel, with which power-fruit-smoothies you can boost your enteric flora, as well as some delicious recipes which will make the healthy, bowel-friendly nutrition very easy.

The collective volume: “Astonishing new insights on the underestimated boss: every disease as well as its healing begins in the bowel”

This one contains the first two volumes. This means that you learn everything about how the bowel is destroyed, what a sick bowel leads to, but also how you make your bowel healthy and happy again - and at the same time, yourself!

Integrate your bowel restoration automatically in each of your meals

Showing you how to ideally care for your bowel with ease in everyday life and with normal meals, without special diet, remedies, and cures, is the purpose of this book and its distinctive feature compared to other guidebooks. This book helps you to restore your bowel continuously and with every meal through **dietary change**. You do not need a special therapy, no medication, no cure, no purging. You simply need to be on a **DNL 15/85** diet.

Conventional medicine only slowly discovers that the bowel can do more than just digest food. Gut bacteria are not only there to utilize your food. **They influence the whole body including the brain and they even shape your feelings, moods, thoughts, desires, and your sexuality.** In this book, you will receive many innovative, African-inspired insights on the bowel and the enteric flora that are not yet known to or proven by conventional medicine, but that are very important in order to become and stay healthy.

Western medicine needed many years to learn about and explain some of the things that you will read in this book!

Scientific - Yes or No? In the End Everything is Science: The Story of my Father and the French Priest (around 1940).

My books are not “scientific”, but rather natural and full of knowledge. I see myself as an independent reporter who finds the underlying cause of things and passes his findings on to people.

A lot of readers reach out to me to ask why this or that is not to be found elsewhere, why some theses are not scientifically proven or supported. My books are not scientific in a sense that we define scientific. If you only look for this kind of book and are only interested in that which is proven by science, and if you think that the proven stuff is the only truth, and if you do not think that a lot of things that are not proven yet have not been known and used yesterday already - then you have to stop reading this book now. If you are one of the people that only believe in what they can see and hear and think nothing else exists, then stop reading this book now, **because I am not a scientific researcher in the classical sense.**

But if you decide to continue reading, just read and utilize my tips even when you do not believe in them and if you doubt they could help you. The result will make you believe and eliminate your doubts. Just like thousands of readers

who buy my health books month and month again, to use my tips against diseases like cancer, diabetes etc.

The visible and the invisible world

I have been at a conference once and had a discussion with experts (professors and doctors) and a group of their patients. At this conference I told them that things govern the world that we cannot see, touch or hear.

What we see, the physical world, has absolutely nothing to do with the truth and reality of this world. It is only a tiny portion of reality.

The world that is accessible through the five senses (sight, hearing, smell, taste, and touch) is not the real world.

What we can perceive with the five senses is not what has power over us in this world. This other world is the world of power. It decides about the visible world.

Many of the experts were outraged and said I was talking esoteric nonsense. **They said there was only one world, one real world, and that this is the world we live in.** That what we can see, hear, touch, taste, and smell would be our real world. Everything else is wrong and does not exist, apart from fantasies and conspirators. There was heavy applause. I was surprised about such a statement by people that carry knowledge. I stayed calm and just asked them a question. I took the example of sonic waves, light, and electromagnetic waves to support my arguments scientifically.

We can hear **sonic waves** with human senses. Ultrasound is sound with frequencies above the human audible range. That means humans cannot hear ultrasound. With **electromagnetic waves** it is the same. There are ranges,

wavelengths, that people can see. The light spectrum, as well as the **color spectrum**, is the amount inside the electromagnetic spectrum that people can see. Micro and radio waves, infrared radiation (heat radiation), ultraviolet radiation, Roentgen and gamma rays are not perceivable with the human senses.

So, my question to the experts was the following:

- Are these sonic and electromagnetic waves that we are not able to see or feel not real? Are they not reality? Because we cannot see them, they do not exist? You said that what I said was nonsense, and that there is no other reality outside the range of our perception.
- The visible world (the one our senses can detect) and the invisible world (the sonic and electromagnetic waves that we cannot perceive) - which one of those two has advanced science more? Which one has revolutionized medicine? With which world can I heal people better, let planes fly, talk on the phone, watch television, go online, etc.? Clearly with the reality of the invisible world.

As another example I took the light spectrum: Our consciousness only receives a fraction of the things that are possible for us. The greatest part of what is possible is not perceivable with our senses. It happens in the Dantse-consciousness, in this other world. As for the light spectrum for example, science says that our conscious senses can only perceive 8% of it.

But just because we cannot perceive 92% of the light spectrum, it does not mean that it does not exist. It is there, we just do not see it.

My last question to this audience and to the experts that wanted to classify me as an esoteric was now: Which assertions are actually scientifically proven, yours or mine? Who talks nonsense and dumbs down people? Me? - Or you, the experts? The room turned quiet and without that I got an answer, the talk moved on to another topic.

What I had proven with sonic and electromagnetic waves is similar in all areas of life.

The physical world is the materialization of knowledge of the world that we cannot see, hear, taste, touch, or smell. The spiritual world is more powerful than the visible world. Whoever has access to this invisible world, has an advantage in knowledge.

Things that do not count as scientific today might be scientific for a long time already, without having been utilized in a tangible way.

This is the case with the **bowel**, which is established in Africa as perhaps the most important center of healing and thinking, but merely smiled at as charlatanism and witchcraft by Western medicine. Today, there is no scientist anymore who could argue that the bowel does not heal or think.

All the significant people in this world, all the geniuses, are people that recognized and utilized this power of the invisible world. What astonished me in this discussion was the ignorance, because two of the experts were sect members (today these sects are called lodges). And to a certain extent, the goal in these **lodges** is gaining power over yourself and others by "taming" knowledge of spiritual worlds.



There is seldom a leader or politician, a billionaire or some other highly successful person that is not in one of these lodges. I do not think the existence of these lodges is bad. There is no evil in people wanting to become more aware of and strengthen their inner power to be more successful. It is just that I am confused when they propagate that there was only one world, one reality, the physical world. But they use knowledge from that not visible world themselves, whose existence they deny vehemently.

In the end only one thing is important: reaching your goal with good health, no matter which way you chose. This is what I do with my books and my coaching, and thousands of people are always happy and satisfied with that.

On my coaching site www.mycoacher.jimdo.com you can read about hundreds of people's opinion of me. Even though I do not advertise and do not buy likes, I have an average of over 2000 likes for my posts on Facebook.

With my books, I want to illustrate new visions and demonstrate the variety of possibilities

My books aim to broaden horizons and show that there are many truths, many realities, and many kinds of solutions. Ways to take, and ways out for people to master their life. For every human being is unique and you cannot measure everyone by the same yardstick.

Some people find one way helpful, others another one. Some medication helps one person and does not show any effect on another one that has the exact same disease: but this person can use a different method. There are **uncountable options** and it would be very sad for people and the world, if there were only one-way-solutions.

There is so much knowledge in the African natural doctrine that can be great help without someone having to invest a lot of work in it. A lot of people in my coaching see me as a guru when I help them with small and easy advice against their pain and sufferings that had been a part of them for countless years, and after having been through all kinds of therapies existing. I always say that it is not me. My mentor was a guru, a big one. I am not.

I do not perform miracles; I only use the logic of things and find solutions to help people.

While reading my books, you will be surprised by the frequency of me referring to scientific studies, findings, and results. Yes, that is my strength, because I am not dogmatic. **I like science a lot**, because it is logical. Many sciences are very good, they changed humanity and heavily improved and eased our living conditions. I send my kids to the doctor when it is necessary. But it is also good to realize that some things in science and conventional medicine are not working out in people's favor. The same is to be said about all other alternative forms of therapy - there are good ones and less good ones. **Conventional**