

# THE TRUTH: EVERYBODY POOPS!



**W**ho would have ever imagined that the topic of bowel movement regularity would be a common, normal and welcomed conversation? Gone are the days when we are embarrassed by what's produced through the humble elimination process. In fact, nowadays we are quite proud to share when we manage to get it "right."

Admittedly, while many of us are still making our way to that comfortable place of transparency regarding what we've left in the pot, one woman has been talking about it for decades. Long before Dr. Oz and his celebrity guests put down the air freshener and opened the bathroom door on potty convo, Dr. Monica Jones was at her drawing board designing the ultimate tool to fulfill her vision of helping everyone in the world have better bowel movements. That's right, she's the woman who is passionate about helping us all poop completely!

The HealthStep® is the original medical device designed to help people have a complete bowel movement. It is ergonomically designed with a slope to allow people of every height to be

able to actually squat AND benefit from the cleanliness, comfort and convenience of the modern toilet. The squat position is the only position in which the puborectalis muscle relaxes. When this muscle relaxes it unkinks the bowel, thereby perfectly aligning the colon for complete waste evacuation. What a relief! The HealthStep® has removable footpads for easy cleaning and grommets on the bottom of each corner to maintain its safe position on the floor. The design is elegant and effective. It truly is the simple, profound solution for achieving complete elimination.

The HealthStep's claims are backed by clinical studies which show that using the squat position for elimination is more effective for complete evacuation of waste and toxins. When it is used with your toilet, the HealthStep® allows you to easily achieve the ideal squat position for optimal waste elimination. Now, we all know that when we are eliminating regularly and completely, we feel less toxic, less bloated, and great relief from constipation,

hemorrhoids and other discomforts caused by improper elimination. We feel light, healthy and full of energy... just as we do after a great bowel movement!

This remarkable device, invented over 14 years ago, is proudly made in the USA by a family-owned business in Arizona devoted to the manufacturing quality of each and every HealthStep®. The HealthStep® is doctor-approved and -recommended. Regular bowel movements will ensure that your digestive system and elimination tract work at

their highest level.

There are other products on the market that say they will do the same as the HealthStep®. However, don't be fooled by those flat-topped impostors. The HealthStep® was invented 14 years ago by Dr. Jones for her patients. She is, and always has been, committed to providing the best quality products for her patients. As she tells it, this is why she designed the HealthStep®. Dr. Jones told me, "There were a couple other step-like products on the market at the



time I designed this for my patients. In fact, one was designed by a good friend of mine, a colon hydrotherapist. However, they only allowed people to raise their feet on a flat surface. The body needs to be in the squat position in order for the puborectalis muscle to relax, unkink the bowel, align the bowel and open the pelvic floor. You need a slope to achieve that!”

The original, patent-pending HealthStep® squat device has been carefully engineered based on the anatomical structure of the human body, specifically the pelvis, the digestive tract, the colon, legs, hips and feet. The footpads are at the precise angle for your body to be in perfect alignment for complete and total elimination. None of the competitors’ models can begin to compete with the precise slope of the HealthStep®.

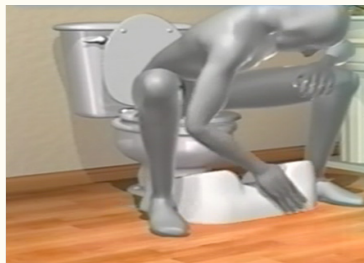
“Everybody has to poop. It’s the one thing we do every day that, if done completely, can change your health and life for the better. We breathe, ingest, and absorb toxins daily. Pooping completely every day will eliminate these toxins. What better way to improve your life and your health?”

Dr. Jones is an active believer in serving others. With that in mind, she takes part of the profit of sales to finance her non-profit organization, Earth Dream Alliance. Through this organization, she travels the world setting up free medical clinics for underserved populations in countries such as Peru, Nepal, Bali, Guatemala, Costa Rica and, even here in the USA.

After completing her undergraduate studies in psychology, she continued to complete pre-med studies and received her Masters degree in Acupuncture and Herbal Medicine at The Seattle Institute of Oriental Medicine, followed by her Doctorate in Chinese Medicine.

“Who better to know about squatting for health than the Chinese?” says Dr. Jones. “The people of China have less bowel problems than people of the Western world. The people of China use squat toilets while the Western world uses a sitting toilet. What have they known for centuries that we haven’t? That we need to squat for health.”

When it comes to the pursuit of bettering lives through innovative healthcare and wellness products, of this you can be sure: the creator of the HealthStep®, the original medically approved and recommended sloped squat device, is always one step ahead. In this day and age, when we are all trying to help our health and feel good about the purchases we make, you can feel confident that buying a HealthStep® will accomplish both.



Dr. Monica also created HealthStep® Colon Cleanse Formula which may be used along with the HealthStep® device for those wishing to increase intestinal peristalsis and cleanse the intestines, blood, urinary tract and liver.

Regular use of HealthStep® Colon Cleanse Formula is gentle enough to use every month to ensure that your digestive and elimination tract work at their optimal level.

Each time you cleanse you may begin to feel lighter, healthier and have more vitality!

*“In our Colonic Hydrotherapy Business, The HealthStep® is recommended to thousands of individuals yearly with huge success. It is built to last forever, made out of the same material that football helmets are made from, polycarbonate.*

*It wraps around the bottom of the toilet to be hidden when not in use. As far as the benefits of using a squat position, evidence suggests bowel and pelvic problems may be related to improper potty posture. Only with the traditional squat position is your body aligned in a way that promotes complete bowel emptying.*

*Do not fall for the imitators they will be very dangerous as we have had clients put their weight on them and fall due to the weakness of the cheap material.*

*The HealthStep® was the “FIRST” out there and by far, the ‘BEST’ out there!”*

– Dr. Gabrielle Rosina Lena Diamante, N.D.

# HealthStep®

Relief from Bloating, Constipation and Hemorrhoids...Guaranteed!

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