



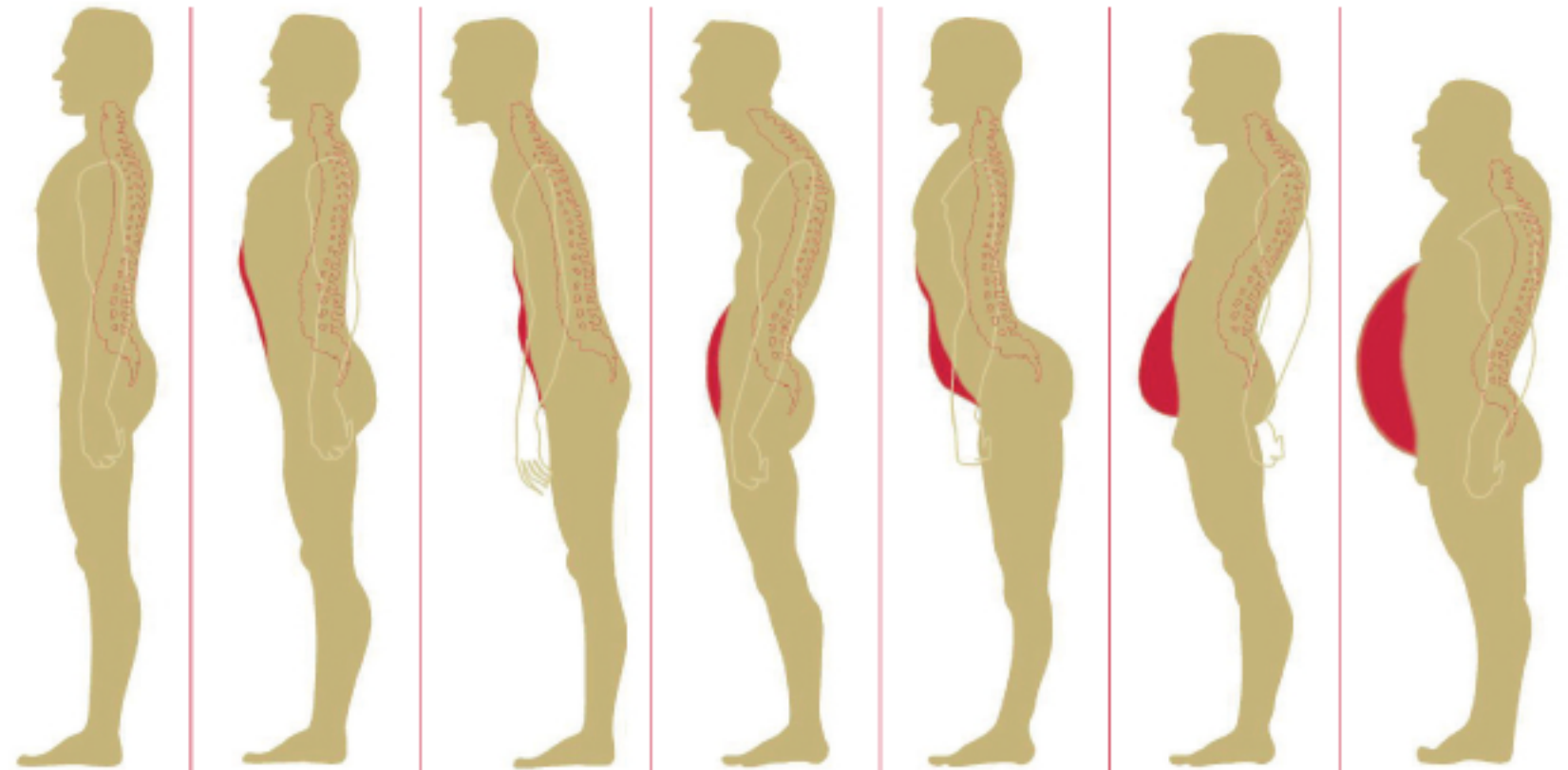
# LOOK IN THE MIRROR. DO YOU RECOGNISE YOURSELF?

*The way to one's health is through his stomach*

## Intestinal health & physical beauty:

According to Dr. F.X. Mayr bodily posture is a strong indicator of intestinal and overall health. The different postures of the body shown here are the various forms in which chronic indigestion can affect posture.

male



healthy belly  
normal posture

beginning gas  
belly  
abnormal posture  
attention

inflammatory  
excrement belly  
head stert

limp excrement  
belly  
lazy bone stance

inflammatory gas-  
excrement belly  
duck stance

limp excrement  
belly  
the sower

ball shaped  
gas- excrement belly  
bass drum player

female

