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# Get It Out! Eliminating The Cause Of Diverticulitis, Kidney Stones, Bladder Infections, Prostate Enlargement, Menopausal Discomfort, Cervical Dysplasia, PMS, And More



## Synopsis

Do you feel wasted? -- Get It Out! Passing a kidney stone is considered one of the most painful experiences the human body can endure. Diverticulitis causes a stabbing pain in the belly, and can lead to internal bleeding, infection and death. Prostate enlargement can torment a man day and night, just as menopausal hot flashes, sweats and imbalances can destroy a woman's quality of life. Cervical dysplasia and yeast infections plague young women, who must now also fear cervical cancer. And the medical industry says they don't know the cause of any of these conditions, but they can schedule you for regular check-ups, sell you drugs, and perform surgery when needed. Millions of people suffer from one or more of these problems. Get It Out! explores this wasteland of disease, explaining in clear, concise language how the body works, and how our private lifestyles can get in the way of its proper functioning. Singer and Grismaijer, the husband-and-wife medical anthropologist team internationally acclaimed for their revolutionary book, *Dressed To Kill: The Link Between Breast Cancer and Bras* (Avery, NY 1995), hold nothing back in this insightful, entertaining, and unique book that explains how our cultural taboos and secrets can be our downfall. Get It Out! is your answer to feeling rejuvenated, refreshed, and revitalized. At last, you can prevent and cure the diseases that plague our culture. You need never feel wasted again.

## Book Information

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## Customer Reviews

Sydney Ross Singer and Soma Grismaijer are a husband-and-wife research team dedicated to uncovering the lifestyle causes of disease. Medical anthropologists and co-authors of, *Dressed To Kill: The Link Between Breast Cancer and Bras* (Avery, 1995), *Get It Up!*, *Get It Off!*, and *The Doctor*

Is Out!, (ISCD Press, 2000-2001) this dynamic duo is known worldwide for their willingness to stand up to the profit-oriented, treatment focused medical system. Sydney Ross Singer received a B.S. in biology from the University of Utah in 1979. He then spent two years in the biochemistry Ph.D. program at Duke University, followed by another two years at Duke in the anthropology Ph.D. program, receiving a Master's Degree. He then attended the University of Texas Medical Branch (UTMB) at Galveston, Texas on a full academic scholarship, where he spent one year in the medical humanities Ph.D. program, and received an additional two years training in medical school. Soma Grismaijer received an associate's degree from the College of Marin in the behavioral sciences, and a bachelor of arts from Sonoma State University in environmental studies and planning. In addition, she is an American Board of Opticianry-certified optician. She has been the President and Executive Director of the Good Shepherd Foundation since 1980, a charitable organization dedicated to the elimination of human and animal suffering. Together, Singer and Grismaijer started the Institute for the Study of Culturogenic Disease in 1991. Their first project was the M.D. (Medical Demystification) Crusade, informing the public of the hazards of medicine and how to prevent them. The Crusade included the Medication Side Effects Hotline, and a national lecture tour explaining the nature of doctors, medicine, and health. Following their research into the cause of breast cancer and the publication of *Dressed To Kill*, Singer and Grismaijer traveled around the world bringing their health message to millions of people. Currently, they are spearheading an international campaign to educate people about various culturogenic diseases, explaining how to prevent and cure a host of conditions considered a "mystery" by modern medicine. In addition, they have begun an Internet based SELF STUDY CENTER, at [selfstudycenter.org](http://selfstudycenter.org), to help people practice health self-care by trying certain lifestyle changes. Singer and Grismaijer, and their 9 year-old Solomon, practice what they preach in Hawaii, on a 67-acre tropical rainforest preserve.

There is a simple message explained in this book - Get it Out! As with the author's other works, this book explains how a cultural taboo can have a dramatic effect on the health of our bodies. While we are taught from a young age that polite people don't discuss their bodily functions, let alone let one rip in front of Grandma, this can actually cause a range of health complications. I am a massive fan of this book - I was very excited when I got to interview Sydney Ross Singer for my website. I love the way that they are not only conveying an important health message but also doing it in a way that is readable, relatable and even humorous. This book is not long but explains its research eloquently and succinctly. If you have one of these issues, like Diverticulitis, Kidney Stones, Bladder

Infections, etc or know someone who does - I would highly recommend reading this. Even if you don't I would recommend- you may be able to prevent yourself further problems down the line.

This is a good book showing how important it is to work with your body in all the elimination processes in stead of waiting or restricting.

this book wasn't what i expected, it seemed complicated and difficult to follow. it could be a personal opinion, he has written many many books with good reviews so i don't want to put a black mark on it but i did return the book.

il was hoping for some serious help but this book is pretty much an overview of conditions, with no help at all. I didn't check reviews before I ordered.

This is an excellent book that makes sense and is easy to apply to one's life. Think of all the people you know who have at least one of the symptoms mentioned and tell them about this book! I knew a Qi Gong master who farted without apology under any circumstances, and in middle age was in extraordinary health, strength and flexibility. Better out than in when it comes to body waste. When our health and sanity are at stake, we need to let go of "manners" that are in direct opposition to natural laws.

This is a very down to earth easy to understand book. I enjoyed reading it because it takes a revolutionary look at health problems. The book is quite frank to the point of great humor in some parts. My only reservation was that it was a bit short in content...I would have liked to read more in one volume.

The concepts set forth in this book are a bit too farfetched to be believed, but they are thought-provoking to say the least. I agree with the general premise that many disorders may originate from insufficient elimintarion. However, the writers take the point too far. The letters at the end make for a good laugh.

Although the writing style of this book is significantly different from their book Dress to kill, I thought that some parts of the book provided some interesting concepts.

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