

The Modern Toilet was a great mistake. It leaves major areas of the abdominal wall unsupported as we bear down.

This product is recommended for both men and women, young and old alike, and even children. Pregnant women will find it comforting and relieving. The Welles Step is a simple, but profound solution toward alleviating the suffering of bowel problems afflicting people of all ages. The Welles Step has been carefully designed by a doctor taking into full account the anatomical structure of the human body, specifically the pelvis, the digestive tract and the colon; the precise geometric angle necessary for complete bowel evacuation with the application of the laws of anatomy and physics. In other words, in physics, the law of gravity forces what goes up must come down; in anatomical law, what goes into the human body must come out. If it does not, then we have bowel problems.



This device was created to assist individuals in achieving the proper posture for elimination: SQUATTING. Until the mid 1850's people squatted to eliminate. At about that time in England a cabinet maker and plumber devised the toilet. In many countries, toilets are made so that people squat when they move their bowels. The Welles Step positions your body so that you are squatting when you sit on the toilet. Squatting, by supporting the abdominal wall and the bowel as we bear down, brings about a more complete bowel evacuation. In this way, people who use the Welles Step tend to have fewer hemorrhoids, hernias, anal fissures, varicose veins and use less laxatives. Complete bowel evacuation leads to robust health. It fits under the toilet when not in use.

According to Dr. Welles, we have been the worse for it. The modern toilet is not designed to support the abdominal area during elimination and this has caused many problems. We use this product all the time and find it works to make elimination easier and more complete.