

ANATOMY OF THE COLON

The colon is a hollow tube-like organ extending from the cecum, where the small intestine empties undigested food, for a distance of approximately 5 to 5 ½ feet down to the rectum. The walls of the colon have several layers of muscular tissue which contract and propel the contents of the digestive tract slowly along from cecum to rectum. The inner lining is equipped with sensitive nerves and glands. These glands aid in the final stages of digestion and assimilation of food, especially minerals and water, and to eliminate body wastes from the system. When a person is constipated, the walls of the colon are generally packed with accumulated feces from many months or years of intestinal stagnation. So the inside of the colon might be compared to a water pipe which is partly obstructed by mineral deposits and corrosion.

You can see why the colon can neither absorb nor eliminate properly under these conditions. Foods remain undigested. Many tablets and capsules are seen by colon therapists passing through the body entirely whole. Wastes from the blood arrive at the inner wall of the colon, cannot pass through the hardened feces, and so are reabsorbed into the body. Add to this mess the toxins resulting from the fermentation and putrefaction of undigested food, some 36 poisons. The peristaltic waves of the colon walls are not able to sweep the packed fecal matter along the digestive canal. This results in intestinal stasis, the beginning of constipation.

You can also see that it is not a simple matter of washing out loose material lying free inside the lower digestive tract. There have been many cases where clients undergoing colonic therapy pass nothing but clear water for the first few visits, until this impacted fecal matter begins to break down. Then the inspection tube fills with thick, hard, almost black debris, along with many flakes of broken-down mucus and intestinal wall tissue, and sometimes one or more forms of parasites.

What symptoms may indicate that the colon is not able to function optimally? Fatigue, gas, belching or flatulence; headaches; irritability; nervousness; nausea; depression; protruding abdomen; neuritis and neuralgia; loss of memory or concentration; overweight; cravings for food; anxiety and worry; insomnia; abdominal discomfort; menstrual problems; swelling of the legs; lack of sexual interest; skin problems; bad breath; cold feet and/or hands; erratic blood pressure; brittle nails and hair; coated tongue; shallow complexion; dark circles under the eyes; body odors; anemia.

A neglected and abused colon is a cesspool, distributing poisons of decay and fermentation into the bloodstream.

What actions can be taken to improve colon function? Proper food supply, minerals, and vitamins along with proper food drainage and elimination.

NUTRITION FOR A HEALTHY COLON

FOODS OF A GENERAL LAXATIVE NATURE:

Dried figs, prunes, dates, honey, flaxseed, psyllium seed, bran, shredded beets, carrots, raw green leafy vegetables; high magnesium foods such as yellow corn meal, yellow fruits and vegetables and various whole grains; and laxative herbs such as cascara sagrada, senna, buckthorn and flax.

FOODS TO ALLEVIATE LIVER RELATED COLON PROBLEMS:

Lemon juice, papaya, black grapes, carrots, beets, green vegetables, carrot/beet greens juice, olive oil, sesame oil, sesame butter, B-complex and C-complex vitamins, defatted liver tablets.

FOODS TO ALLEVIATE GALL- BLADDER RELATED COLON PROBLEMS:

Carrot juice, olive oil, lecithin, B-complex vitamins, beet greens, pears and liver foods.

FOODS TO ALLEVIATE LOW THYROID RELATED COLON PROBLEMS:

High iodine foods such as kelp, dulse, fresh white fish, egg yolk, onions, brussel sprouts and asparagus.

FOODS TO ALLEVIATE COLITIS:

Cultured dairy products (small amounts), papaya, banana, baked apple, carrot juice, flaxseed, comfrey-pepsin capsules, aloe vera juice.

ANTI-PUTREFACTIVE FOODS IMPORTANT FOR ALL COLON PROBLEMS:

Acidophilus (liquid or capsule) and/or cultured milk products, whey, cayenne pepper, lemon juice, apple cider vinegar, sauerkraut, onions, garlic, digestive enzymes (these enzymes are not for everyone; however, they are sometimes the missing link).

FOODS TO EASE DIARRHEA (ACUTE):

Carob powder, barley water, blueberry tea, millet, buckwheat.

COLONICS

Colon therapy is an ancient form of healing. Despite treatment dating back to Biblical times, there still seems to be a great deal of ignorance about the healing benefits of colon therapy. This is done by skilled, trained operators who understand anatomy and physiology and are well versed in the knowledge of the digestive tract and its relationship to your health.

Because of these procedures, you should be able to experience dramatic results from colon therapy. Not only will the toxins, excess fecal material, parasites and mucous be removed, but digestion and absorption will be very much improved.