

## ***A CRIPPLED COLON NEEDS HELP***

by: Maurice H. Kowan, B.S., M.D.

Disease is an abnormal state; It is perfectly natural to be healthy. For a person in ill-health to attain this natural state requires careful planning, self-discipline and hope.

Where should one start in the master plan of rehabilitation? The very first step in the planning of a new city or community is the control of sanitation and sewage disposal. In the human, regulating the colon or large bowel-the body's waste disposal system-becomes the first step toward health.

What can we do for a crippled colon?

At birth the colon is free from germs of any kind. As soon as food is ingested, the intestinal flora (bacterial life) develops. At first it is a beneficial acid-based one. Later in life a proteolytic, putrefactive typed of flora (due chiefly to excess proteins) flourishes in the colon.

As the years pass, wrong diet, lack of natural, unprocessed foods, ingestion of harsh roughage, abuse by laxatives and drugs, as well as the neglect of establishing regular bowel habits, lead to irritation of the colon, interfering with proper function.

In my opinion, one should have at least two normal bowel evacuations a day.

Incidentally, the length of the colon is an accurate index as to the type of diet one should adhere to. Animals with long colons are herbivorous, or plant-eating, in nature. Animals with short colons are meat-eaters. Animals with medium colons are omnivorous, that is, they eat both meat and plants.

### ***Problems develop***

The large bowel, or colon, is a natural sewage reservoir and is the most abused organ of the entire body. Because it has no sensory nerves to warn us, it suffers in silence the mistreatment that is heaped upon it in an effort to make it "move." Tons of harsh laxatives, purgatives and cathartics, herbs, roughage, bacterial concoctions and mineral oil pass through it in a vain effort to conquer poor functioning; chronic intestinal stasis or plain constipation.

As one matures, the colon may become redundant, elongated, inflamed, ulcerated, impacted, and may develop adhesions, diverticuli, and even obstructive tumors. Truly it has now become a "crippled" colon, a very serious problem to one striving to regain a normal state of health.

The function of the colon must be restored immediately. This will aid materially in restoring good liver functions and freeing the entire body from the ill effect of a toxic colon.

A "crippled" colon needs help, but not in the form of harsh bulk, irritating mineral oils, laxatives, cathartics or types of foods that may cause irritation, such as spinach, prunes and rhubarb. The best and most effective method is the ordinary enema for symptomatic relief and the colonics irrigation for more permanent results.

### ***Difference defined***

Just what is the difference between an enema and a colonic? The enema usually consists of one or two quarts of a solution taken in one of several positions that insure its retention. This is excellent for ordinary conditions, fevers, constipation, and for nutritional purposes. The colon is an absorptive organ and the enema can be used as a means of introducing into the body vitamins, food and medicinal products when, for various reasons, oral intake cannot be employed. In fact, the late Max Gerson, M.D., made the coffee enema famous as an agent for stimulating bile to relieve a congested liver.

Whereas the cleansing enema is habit forming and of temporary value, the colon irrigation is a stimulating, corrective modality, it insures internal body sanitation- the first and most important step is the restoration and maintenance of good health.

### ***Normal action***

Just what are the earmarks of a normal colon? It must evacuate its contents as a soft, non irritating, non-odorous mass, golden yellow in color, two or three times in 24 hours. One evacuation daily is not sufficient for good health.

Bear in mind, that is a poorly functioning colon food residues are decaying, liberating harmful toxins and dangerous end- products which furnish, as in any cesspool, the environment for dangerous bacteria. And to further complicate matters, the colon is a highly efficient absorptive organ which, at times, floods the body with the harmful end- products of putrefactive excreta.

### ***Methods to follow***

What should one do to establish a normal bowel hygiene? Use laxatives, excess roughage and bulk, enemas, colonics?

All laxatives may be compared to an enema in reverse. The irritation set up by the oral intake of these irritants causes a profuse outpouring of body fluids from 25 to 30 feet of small intestine, flooding the colon to activate it. This method is to be condemned except for use on rare occasions.

Natural soft bulk is very helpful to maintain colonic action, but is contraindicated in severe colitis and obstructive conditions.

The enema and colonic remain. Which is better?

The enema has a most useful function in bringing stimulating fluids into the colon, but is habit forming and tends to destroy the normal reflexes of the colon. However, with all of its disadvantages it is a most useful and valuable method..

In my opinion the colonic is the best solution because it repeatedly arouses the emptying reflex of the colon and permits repeated evacuation without removing the rectal tip. How often should it be used? Daily, if one has a badly crippled colon. At least once a week otherwise. If you are ill, toxic or depressed, try the daily colonic. You may pleasantly surprised by the benefits you derive.

Revised: 10/11/94

### ***THOROUGH CLEANSING***

**As published in the New York Post, Wednesday, January 28, 1998**

**by Annette Deinzer**

Colon hydrotherapy is a safe, painless and effective way to remove large quantities of waste and toxins that have accumulated in your colon over your lifetime. This build-up affects the overall health, condition and functioning of your body.

Colon hydrotherapy has been practiced since ancient times. But now, it is available with modern, state-of-the-art equipment that is clean, efficient and private. Due to colon hydrotherapy's impressive tissue cleansing results, it is becoming an increasing part of regular therapeutic and preventive medical programs.

The benefits of having a colonic are numerous indeed: it cleanses the colon of toxic material that has accumulated over many years; it improves the muscular contraction of the colon; the gentle action of the water coupled with the massage techniques performed by the colon therapist helps to eliminate bulging pockets of waste and lastly; it stimulates your body's reflex points.

Colon Hydrotherapy is a safe, gentle infusion of warm filtered water into the rectum. No drugs or chemicals are used. This is a restorative and painless procedure using the most advanced equipment available which is both relaxing and effective.

It is performed while the individual is lying comfortably on a table. A therapist gently inserts a small speculum attached to a hose into the rectum. Only pre-sterilized disposable hoses and speculums are used insuring cleanliness and safety. There is no danger of contamination.

The therapist allows the water to flow into the colon under very gentle pressure while the water temperature and volume is being measured. The procedure lasts between 30-45 minutes.

Water and dislodged toxic wastes from the colon are then flushed out through the hose in a closed system. A gentle manipulation and massage of the abdomen may be given before or during the procedure to help relax and assist in eliminating the waste and toxins.

The human body works as a living sponge. A colonic helps to free you from the unhealthy waste that has become bottled up inside of you. If you suffer from constipation, a sluggish metabolism, or find it impossible to lose weight, this offers you a safe way to flush your system out. It is a great way to reduce stress and start anew.

## **THE SCOOP ON POOP**

How's your health? The answer could be right behind you  
by Martiga Lohn

Let's face it: Digestion happens. Few of us, however, can talk about the end result without embarrassment. It's too bad; our stools, which yield clues about diet, gastrointestinal health, and stress, anger, and anxiety levels, may be as useful a diagnostic tool as our temperature or blood pressure. "People can tell a measure of their health by their bowel movements," says Dr. Ted Loftness, an internist in Litchfield, Minnesota. "Nothing is so overrated as sex and so underrated as a good bowel movement."

From the moment food enters your mouth, your body embarks on a campaign to turn it into a soupy mush called chyme. Chewing, saliva, peristalsis (involuntary contractions of gastrointestinal muscles), bacteria, hydrochloric acid, digestive enzymes, bile, and other secretions work to give each meal the consistency of split pea soup. While your digestive cells absorb sugars, starches, fats, vitamins, minerals, and other nutrients, waste products travel down the line. In the colon, the leftovers are combined, packed together, and partially dehydrated. What remains - our feces - consists of water, indigestible fiber, undigested food (corn, small seeds), sloughed-off dead cells, living and dead bacteria, intestinal secretions, and bile. (Worn-out red blood cells in bile give excrement its distinctive color.)

If all goes well, you'll have a healthy bowel movement. Although digestive idiosyncrasies, variations in intestinal bacteria, and other variables can produce different standards for a healthy stool, it generally should be brown to light brown; formed but not hard; cylindrical, not flattened; fairly bulky and full-bodied, not compacted; somewhat textured but not too messy; and very easy to pass. And it shouldn't smell - much. "You're passing methane and bacterial, degraded foodstuffs, so there's always going to be an odor," says Patrick Donovan, a Seattle naturopath. "But it shouldn't be a strong, pungent odor."

Experts disagree on two other characteristics: number of pieces and buoyancy. Each bowel movement should be in one piece, about the shape and size of a banana and tapered at the end, according to Melanie Ferreira, a nutritionist and instructor at the Natural Gourmet Institute for Food and Health in New York City. Donovan disagrees: "Stools don't have to be well-formed logs. They can disperse in the toilet water; they can break down."

Some experts argue that stools should float; Ferreira says buoyancy is a sign that the body has absorbed the minerals in the food. Others believe healthy bowel movements should touch bottom because of their bulk and fiber content. "Most stools will sink," says Loftness, who doesn't buy either argument. "Whether it floats or sinks really doesn't seem to make any difference."

One of the most common gastrointestinal complaints is hard feces and infrequent, difficult elimination - better known as constipation. Chronic constipation may contribute to autoimmune diseases and colon or breast cancer. "The longer stool stays in the colon, the more one reabsorbs the metabolic products [such as estrogen] that have been excreted in the bile," says Donovan, who treats people with cancer in his naturopathic clinic. "We can see increased risk of breast cancer in women with a history of constipation."

Experts agree that regularity is important but disagree sharply about frequency. The National Institute for Diabetes, Kidney, and Digestive Diseases says three times a week is normal and healthy for some people. According to Ayurveda, the Indian healing system, once a day provides an ideal, complete evacuation, says Virender Sodhi, M.D., an Ayurvedic doctor and naturopath in Bellevue, Washington.

Donovan says a person should have a bowel movement within two to three hours of a major meal - or two to three times a day.

Ferreira thinks once or twice a day is best. She also looks beyond physical health: "The act of digestion and elimination can be seen as a metaphor for our ability to absorb what is useful from our experiences and eliminate what is unnecessary or harmful, or what holds us back. If you have a healthy bowel movement each day, you're letting go of the past and bringing in the new."

The three basics required for healthy bowel movements are fiber, fluids, and exercise. To improve your digestive system health, try these steps:

- \* Eat more dietary fiber, found in whole foods, especially grains, vegetables, and fruits. Fiber allows waste to pass through your digestive system smoothly and quickly.

- \* Drink plenty of fluids (water rather than sugary drinks) to prevent intestinal blockage from excess fiber.

- \* Exercise daily. Even a walking program, Loftness says, promotes bowel regularity.

- \* Regularly eat foods known to stimulate digestive enzymes, including brown rice; pungent foods such as garlic, ginger, and onions; and daikon radish.

- \* Eat fermented foods such as miso (soybean paste), tempeh (soybean cakes), high-quality yogurt, and pickles to replenish beneficial bacteria in your gut.

- \* Minimize or end your intake of coffee, laxatives, and refined foods, all of which interfere with regular elimination. Antibiotics, birth control pills, and other prescription drugs also can hamper bowel movements. If you're constipated, ask your doctor if you can change or reduce the medications you're taking.

- \* Pay attention to your food while you eat, says Sodhi. Sit down. Turn off the television. Don't read or listen to the radio. "Look at the food, the aroma, the color." The relationship this creates between you and the food will improve your digestion, he says.

- \* Heed the call of nature. Go to the bathroom when you feel the urge to eliminate, not just when it's convenient.

- \* Reduce stress - which can cause either constipation or diarrhea - through meditation or yoga.

- \* If you're daring, consider this: Squat on the rim of the toilet in your bare or stocking feet. "Squatting straightens the recto-anal angle and opens it more fully so elimination is much easier," says yoga practitioner Richard Ravizza, a psychology professor at Pennsylvania State University in Scranton. "You could think of it as straightening a partially kinked garden hose."

Reproduced from Utne Reader, July-August 1999, as printed