

## ***What is a Colon and Why Should I Care For It?***

### **The Healthy Colon** (See chart on page 3)

The colon is a hollow tube-like organ. It extends from the cecum, where the small intestine empties the undigested food and bodily metabolic waste. It is approximately five feet and ends at the rectum. The wall of the colon has several layers of muscular tissue which contract (paristalsis) and propel the contents of the digestive tract slowly along. The inner lining is equipped with sensitive nerves and glands which aid in the final stages of digestion and water absorption and assimilation of food (vitamins and minerals).



The colon's main function is to eliminate body wastes from the system. When the colon is clean and normal we experience health and well-being. When the colon is sluggish or encrusted, body wastes accumulate and constipation results. Thus the health balance declines.

### **The Toxic Colon** (See chart on page 4)

When the colon becomes constipated, generally it is packed or lined with accumulated feces that become hardened and lodged in the pockets of the wall. This hardened matter then obstructs the muscular contractions (peristaltic waves) and more feces build up thus inhibiting proper evacuation. This build-up may take many months or years and can result in 5-15 pounds of added weight, causing the colon to become distended, abnormally shaped and ineffective. The clogged colon then interferes with the final absorption and digestion of food and the body becomes deprived of nutrients. Also, the undigested food ferments and putrefies, creating abnormal gas and poisons which, when re-absorbed into the system, can provide the right environment for disease. Symptoms of a toxic colon can be headaches, indigestion, flatulence, aches and pains, foul breath, skin problems, and that tired old feeling, to name a few.



The incidence of inflammatory bowel disease has reached almost epidemic proportions. In the last decade alone, a 300% rise in middle-aged patients with ileostomy and total colostomy was seen. Because of this tremendous increase in incidence, bowel disease can no longer be ignored. Chronic debilitating malfunctional bowel disorders afflict more than 20 million North Americans, and is one of the leading causes of hospitalization. Despite these facts, the digestive tract and its functions are viewed through veils of ignorance, taboo and inappropriate humor.

Autointoxication (toxic conditions set up by uneliminated bodily poisons) is the underlying cause of an exceptionally large group of symptoms: intestinal colitis, intestinal toxemia, fatigue, nervousness, gastritis, bloating, indigestion, malabsorption, endocrine disturbances, headaches, arthritis, low back pain, allergies, asthma, sinusitis, cardia (heart) irregularity, pathological changes in breast, eyes, ears, and nose problems.

Metchnikoff, a Russian microbiologist, concludes that there is a close relationship between health and the type of bacteria found in the lower bowel. The lower bowel is a great storehouse which generates a thousand times more toxins than the combined output of all other toxin-producing areas in the body. These "bad bacteria"

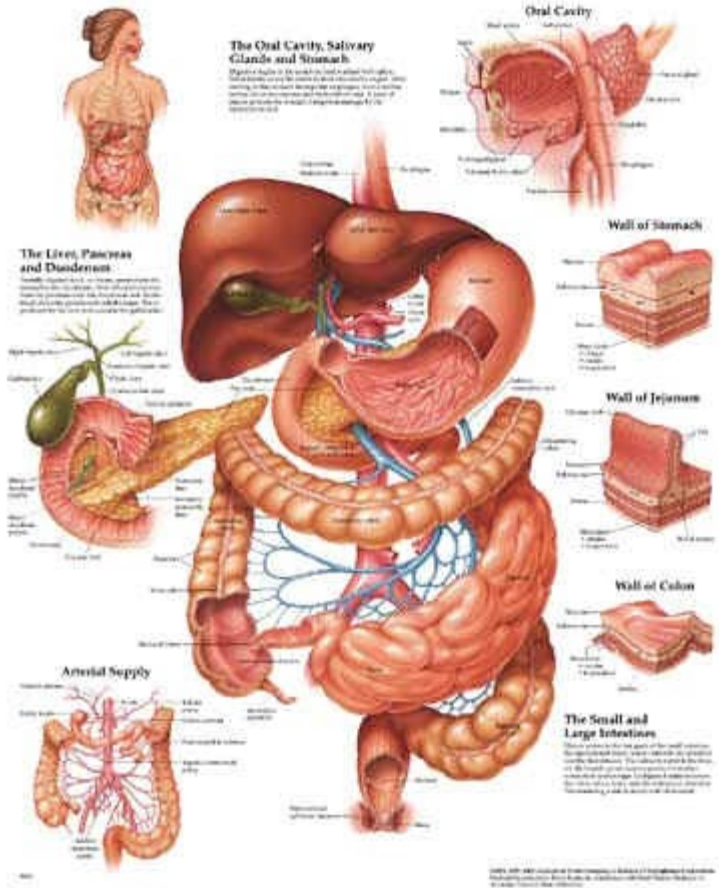
coupled with impaction in the colon, high protein and junk food diets, create the appropriate environment for the proliferation of disease and a whole host of common complaints which are absolutely needless.

Our bodies constantly produce acid waste products as they go through normal maintaining processes. Undigested foods, ingested poisons and pollution also contributes to toxic accumulations. If we can come to terms with the fact that there is only one disease, that of body toxicity, then we need only consider treating one disease. Purifying the body enables it, and every organ within, to do its job at optimal effectiveness. The job of the colon, liver, kidneys, lungs and skin is to keep the body pure, but they quickly become ineffective if the job gets too large. If the colon (the main "sewer system") becomes clogged the other organs have an even greater job and thus begin to degenerate, starting with the weakest one. Because we continue to accept such a low standard of health and consider aggravating health problems as normal, we get further and further away from the truth. We fail to understand, as a nation, that disease is self-inflicted and that good health is a personal responsibility.

Many overweight patients have eliminated as much as 10-25 pounds by having their intestinal tract cleansed. Constipation is responsible for the accumulation of large amounts of fecal matter in that area as well as allowing the body wastes to build up at the cellular level. Proper colon cleansing aids greatly in eliminating unwanted and unsightly excess pounds - not to mention that dull, irritable feeling that is so prevalent. Unfortunately, weight gain comes upon people so gradually that they often do not realize what changes occur from year to year.

Like many people, you may be unaware of the vital role your colon plays in maintaining your good health. Next to heart disease, cancer of the colon is the highest cause of premature death, and doctors are rediscovering natural methods for restoring and maintaining colon health that have been known in the past.

# THE DIGESTIVE SYSTEM



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## DISEASES OF THE DIGESTIVE SYSTEM

