

HEALTHY COLON By DR. JOHN FUDENS HMC

The body has five main channels for elimination of waste products: colon (feces), kidney (urine), lungs (breath), skin (sweat) and lymphatic (any and all of the above). The colon or large intestine is the hardest working and most commonly abused of the elimination organs. In the human the colon is approximately 2 inches wide and 5 feet long. It is shaped like an upside down horseshoe and frames (encircles) the small intestine. It's main function is to receive waste from the small intestine. In addition the colon, with the help of trillions of beneficial bacteria, absorbs vitamins and minerals not absorbed by the small intestine.

The colon works continuously to remove internal, metabolic and dietary toxins. However, modern day living breaks down colon function limiting its ability to function at optimum levels. Colon cancer is the second deadliest cancer killing more than 60,000 people a year (lung cancer is first with more than 126,000 deaths). Dietary factors (low fiber diets) have been a direct link to increased colon cancer in the western world.

The New England Journal of Medicine in the December 1990 issue reported a six year study comparing diet and colon cancer. Researchers followed 88,751 women between the ages of 34 and 59 for six years recording their dietary habits and health patterns. Results showed that as fat intake and red meat consumption rose, with a decrease in dietary fiber, the rates of colon and rectal cancer increased.

Constipation is the most common digestive problem in America. Over 40 million Americans spend more than \$825 million dollars for laxatives.

A proper functioning colon is vital to the optimum health of the body. Dietary factors have played a major part in colon health with our modern, fast paced, hectic life style, looking for junk food, fast food and refined, processed and denatured foods. It is any wonder, with this lifestyle, that many people experience serious digestive disorders and complication (constipation, diarrhea, gas, cancer, etc.) involving the colon.

After years of abuse with poor nutrition, stress, lack of exercise, smoking, drugs, alcohol, fatigue, etc. the colon begins to malfunction. Undigested food material and wastes build up due to sluggish peristalsis setting the stage for health problems. The colon is a potential source for many toxins. When the colon is under active these toxins and waste products are more easily and readily absorbed back through the colon wall, into the blood stream, to be distributed throughout the body. Can you image what effect all the wastes in feces can have on body health if put back into the body? Try putting the garbage you leave by the curb for pick up back into the cupboard of your kitchen.

For years the medical profession said the colon couldn't resorb material being

only a holding tank for feces. Now research proves the colon absorbs material by the process of osmosis. The colon is an absorbing organ and unfortunately doesn't always discriminate against what should and should not be absorbed.

The purpose of the colon is to collect toxic wastes of the body and by peristaltic action removes solid and semi solid wastes from the body. The colon is basically the body's sewage system and should be kept in good health. Proper care of the colon should be an integral part of everyone's wellness program.

TO YOUR GOOD HEALTH

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