

COLON CARE

For Optimal Health

by Dr. Edward F. Group, III

What Is the Colon Anyway?

The human colon is an interesting though usually neglected organ; yet it's vital for maintaining a healthy body. The basic anatomy of the colon is as follows: the Ascending Colon (found on the right side of abdomen, near the liver, and extends from the stomach), the Transverse Colon (also near to the liver, in proximity to the spleen), the Descending Colon (connects the sigmoid colon to the splenic flexure), and the Sigmoid Colon (so-named because of its "S" shape and also a part of the large intestine, found between the descending colon and rectum).

Each of these sections performs a slightly different function. The Ascending Colon extends from the stomach and therefore is the first section encountered after initial digestion begins. Next, the Transverse Colon is actually slightly mobile because it is attached by a band of tissue called the "greater omentum." This may contribute to a churning action as food continues across the abdominal cavity to go down the Descending Colon. Finally, the Sigmoid Colon has muscular walls that contract to increase pressure to pass stool. The sporadic pressure that the sigmoid colon creates can inadvertently cause pockets to develop, and this can potentially lead to infection when particles of undigested food become trapped in these diverticuli (as the pockets are also known).

The truth is—an unhealthy colon can lead to a number of ailments, ranging from skin problems to chronic fatigue, severe headaches, or even cancer.

What are some Negative Health Conditions of the Colon?

Probably first on everyone's list of tummy troubles is constipation! Perhaps the most common sign of impaired colon health, constipation is generally attributed to a low fiber diet and lack of water intake.

"Constipation" means the transit time of waste matter (the time it takes to pass solids completely through the body) is abnormally slow and/or straining is necessary (leading to hemorrhoids, varicose veins, hiatal hernia, etc.). Extended transit time also means toxic waste matter remains inside longer; and this allows foods to decay in your gut. Continual constipation can lead to a host of serious health conditions such as allergies, chronic fatigue, diminished immune response, excess gas, headaches, joint and muscle pain, loss of

appetite, nausea, recurrent or severe constipation, and even sleep disorders.

How Can I Reduce Constipation?

First, consume more fiber and purified water. A deficiency of either promotes constipation. However, the *best* method for reducing constipation (i.e. colon cleansing) will be covered in an upcoming section.

Harmful Organisms

As scary as the idea may be, your colon is the perfect breeding ground for unwanted intruders. Up to 60% of the world's population may have parasites in their bodies and not know it! Owning a pet, drinking or bathing in contaminated water, or consuming exposed fruits, vegetables, and especially meat (where insects like to lay eggs) can increase your risk of infestation.

With parasites, you may not realize the underlying cause, but you can experience symptoms such as anal itching, bad breath, bloating, blood anemia, coughing, cravings for carbs/sweets, excess gas, fever, general irritability, improperly functioning intestines, lack of energy, memory problems, vision difficulties, and unexplained weight gain.

How Can I Avoid Harmful Organisms?

Unfortunately, no accurate "infection tests" have been developed, so you should cleanse your colon to help eliminate pests. Creating an unwelcoming environment for these intruders (by getting rid of the inviting, toxic waste matter) can help protect your colon health.

Digestive Difficulties

You should also be aware of illnesses of the digestive tract. Recognizing the symptoms is always the first step to receiving proper treatment; but what are some of the more common disorders and their characteristics?

Colon Polyps— "bubble-like" protrusions from the colon wall that can become infected. While colon polyps are usually benign (non-cancerous) and present no symptoms, they can point to colon cancer. Polyps are removed during a routine colonoscopy.

Diverticulosis - caused by the mucosa lining not receiving enough blood from the arterioles. Weakened muscles in

the colon lead to "out-pocketing" in the lining. In about 80% of cases, Diverticulosis is not problematic. In the remaining 20%, however, bleeding, pain, and inflammation may occur.

Crohn's Disease - a narrow lumen causes chronic inflammation. Difficult to diagnose, Crohn's Disease most commonly affects the last portion of the small intestine or the colon but it can affect any part of the digestive tract. Symptoms include fever, abdominal pain, diarrhea, cramping, weight loss, anal pain, bloating, rectal abscess, skin lesions, joint pain, and fissures.

Ulcerative Colitis - an inflammation of the innermost lining of the rectum and colon, affecting primarily people under age 30. Symptoms include abdominal pain, rectal bleeding, constipation, bloating, diarrhea, fatigue, weight loss, or fevers resulting from tiny ulcers on the colo-rectal lining.

Irritable Bowel Syndrome - also referred to as spastic colon, IBS causes acute, combined, or alternating bouts of constipation or diarrhea. Dietary changes have successfully reduced or even eliminated the symptoms (likely caused by severe sensitivity) which include abdominal cramps, fever, and nausea.

Diverticular Disease - characterized by inflammation of pockets along the colon wall, and believed to be caused by a low-fiber diet (leading to increased pressure needed to expel waste). Symptoms include lower-left abdominal pain, cramps, diarrhea, and sometimes rectal bleeding.

What Makes A Colon Become Toxic?

Lack of Exercise

A sedentary lifestyle inhibits natural colon movement so fecal matter is retained too long. Regular exercise can tone the bowels to help prevent constipation.

Poor Diet

The high preservative content in modern, processed foods destroys your digestive enzymes. The best colon diet is one consisting primarily of raw organic vegetables and fruit, and plenty of nuts, seeds, and legumes. Avoid drinking dehydrating liquids such as coffee, colas, and alcoholic beverages and limit fatty foods and dairy products such as red meat, milk, cheese, and sweets.

Exposure to Intestinal Toxins

Every day your body is bombarded with millions of toxins from alcohol, caffeine (coffee, colas, etc.), chlorine and fluoride-poisoned drinking water, cigarette/cigar smoke, exposure to heavy metals and EM (electro-magnetic) radiation, genetically modified (GMO) foods and beverages, hormone-injected meat and dairy products, industrial chemicals, microwaved foods, MSG (monosodium glutamate), parasites, pesticides, polluted air and water, prescription drugs, refined sugar and arti-

WANTED



DRIVEN INDIVIDUALS

...to join our professional sales team.

Your **Travel Biz (YTB)** is looking for motivated individuals interested in achieving a high level of success. Are you someone who would like to start a prosperous home-based internet business in the rapidly growing travel industry? Our team members benefit from the best compensation plan in the marketplace.

The travel industry is expected to double in the next 8 years from \$7 trillion to \$14 trillion. Travel, the largest industry in the world, accounts for 40% of all money spent online.

Our company is growing at a record pace, and we need your help. Millions of dollars are being made. Call now for an interview.

Contact Jeffrey Lawler, YTB Director at (800) 263-3518
www.FullSpectrumTravel.net • FullSpectrumTravel@gmail.com
 Paycation Presentations: www.paycationexperts.com

ficial sweeteners, soy, stress, table salt, and white flour (just like you use in baking).

Over 90% of these toxins enter your body through the intestinal tract and from there they enter your bloodstream and begin to permeate and damage every living cell, organ, and biological system in your body, including the colon and its immuno-response factors. So what is the solution?

Colon Cleanse Your Way to Better Health!

A thorough colon cleansing is the best way to eliminate toxic waste matter from the colon. Even occasional colon cleansing can reduce gas, bloating, fatigue, and other problems. Keeping things working well in your stomach and colon can benefit your health in so many ways. Would you like to enjoy additional oxygen in the bloodstream, balanced pH, better vitamin and nutrient absorption from foods, clearer skin, decreased cravings for bad foods, easier and more frequent bowel movements, headache and body ache reduction, increased beneficial bacteria, increased energy, reduced bloating and gas, reduced constipation and bowel problems, reduced food allergies, reduced halitosis, reduced harmful bacteria, and getting rid of all that toxic, compacted waste?

Why are these claims true?

Simple—colon cleansing removes impacted waste lining the intestinal tract, so you are, in fact, detoxifying your body. Performing a thorough 6 or 7-day cleanse can really improve your health!

So How Do I Start Cleansing My Colon?

You can cleanse your colon with several methods:

Enemas – a short tube inserted into the rectum flushes out waste with water. This method can be uncomfortable, messy, and potentially harmful; and it cleanses only the first several inches of the colon.

Herbal Supplements & Laxatives – merely stimulates the bowels to induce an artificial movement. These substances promote dependency and many herbs can cause dangerous allergic

The Grace Within

Please Join Us For Some Exciting Workshops!

- ♦ Karate for 12 and older, Mondays & Thursdays at 6pm
- ♦ Yoga Tuesdays at 5:30pm, Thursdays at 9:15am & 4:30pm Friday evenings (Private Yoga Sessions available)
- ♦ Kids Yoga on Saturdays
- ♦ Reiki Circle meets last Tuesday of the month. Reiki Healings and Teachings also available upon request.
- ♦ Meditation Group meets first and third Friday of the month
- ♦ Rosary Prayer Group Friday mornings at 9am
- ♦ Belly Dancing on Thursday

195 Blue Point Ave., Blue Point, NY 11715 ♦ 631-772-6469
 EASY ACCESS - Just minutes south off the L.I.E. Exit 62 Nichols Rd.
Thegracewithin@yahoo.com www.thegracewithin.com

reactions.

Hydrotherapy (Colonics) – also utilizes water to wash out waste but can cleanse the entire colon. This method should only be performed by a qualified colon hydrotherapist.

Oxygen-Based Intestinal Cleansers – by far the best method as the natural health supplement cleanses the entire digestive tract safely and effectively with none of the other methods' side effects or dangers. Oxygen based cleansers break down compacted waste for easy elimination from your body.

Recognizing a Successful Colon Cleansing

Simply counting your bowel movements is not an effective gauge of your cleansing results, as everyone varies in this regard. Nonetheless, first note the consistency of your stool—a dark, shiny appearance indicates sludge and mucus has been removed. Second, you may lose some weight due to flushing out accumulated, hardened waste matter. Last, you should begin to have more frequent and easier-to-pass bowel movements. This is the best indicator that you've achieved improved colon health and you can experience an increased sense of overall vitality and wellbeing from successful cleansing!



DR. EDWARD F. GROUP III, DC, ND, DACBN, founded Global Healing Center, Inc. to help heal and educate the world by providing knowledge about intestinal and body cleansing, organic living, and the causes and prevention of disease via its websites and his new book **Health Begins In The Colon**. Although he no longer sees patients directly, Dr.

Group maintains his many certifications and is extremely active in the natural healthcare community.

*"I have personally witnessed people eliminating practically every disease from their bodies and regaining superior health after thoroughly cleansing internally and detoxifying their living and work environments. I am confident **Health Begins In The Colon** will provide you with the tools you need to live a long, healthy, and happy life."*

HEALTH
 Begins In The
 COLON

