

# DEMYSTIFYING COLON CLEANSING

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The integrity of your gastrointestinal tract plays a primordial role in maintaining and sustaining health. Even a slight dysfunction in the bowel can produce enough toxicity to turn it into a breeding ground for infection of other organs and to induce chronic diseases. The elimination of toxicity from the body and especially the colon is the most important part of any healing strategy. In their zeal to become so sophisticated and to use the latest pharmaceutical drugs to suppress the symptoms, medical doctors have overlooked the fundamentals. As a matter of fact they have regressed in abandoning the notion that cleansing the colon helps to keep every organ working efficiently, such as the immune system, the liver, gallbladder and kidneys. The Egyptians recognized that colon health was a key factor in overall wellness and the Papyri document colonic equipment made of baskets, straw and cotton. Many indigenous cultures who attained optimal health, took special efforts to cleanse the colon.

A review of the literature furnishes much documentation that medical doctors in the past believed that colon diseases or bowel toxins played a profound role in autointoxication of the body. In the twentieth century, in the journal of American Medical Association the use of colon cleansing and its successful outcome are described. Colon congestion and toxicity leading to ear, nose, throat and lung infections, arthritis and many other ailments are reviewed. In our evolutionary past, it is unlikely that our ancestors had the plethora of intestinal problems that we "are experiencing today: diverticulitis, diverticulitis, Crohn's disease, ulcerative colitis, Ulcers, helicobacter pylori, inflammatory bowel diseases, constipation, and cancers.

Classical colon hydrotherapy is *the* intestinal washing of the last 5 to 7 feet of intestines or large intestine. The- Colon Hydrotherapy equipment has improved ■ tremendously over the last few years, and it is very efficient. Registered with the FDA, the current colon hydrotherapy equipment uses temperature controlled, filtered water, mixing and back flow prevention valves, and is very safe. There is no pressure except from gravity. The procedure uses single use rectal tubes the size of a pencil. To undergo a session of colon hydrotherapy is cleansing and comfortable. The patient's modesty and dignity are always maintained. The small amount of water repeatedly delivered during one session of 30 to 45 minutes is sufficient to promote several evacuations of waste during one session, between 3 to 5 lbs depending on the amount stored, but your colon needs multiple sessions to be fully cleansed and detoxified. Colon hydrotherapy is like water aerobic exercise, the colon is a large band of muscles and its tone will greatly improve with the cleansing, also improving digestion, absorption and elimination. The most important supplement to maintain friendly bacteria while cleansing the colon is acidophilus, an implant of this flora is done after each colon cleanse. Acidophilus produces its own vitamins which are absorbed in the blood; synthesize many of the B vitamins, including biotin, folic acid and 612. Acidophilus increases the absorption of calcium, phosphorus and magnesium, helps to normalize the cholesterol level in the blood, produces digestive enzymes, generates large amounts of lactase, may assist persons with lactose intolerance, helps maintain bowel regularity. There are over three pounds of intestinal- microbes, forming 30 to 50 per cent of the dry weight of the stool giving it its texture and odor. The colon has a delicate balance of friendly and pathogenic bacteria; your diet will determine which one will take over. Diet rich in probiotics, such as

fermented foods, low protein diet, and natural high fiber foods favor beneficial bacteria. A diet high in sugar, processed foods and white flour products promote a negative atmosphere for friendly bacteria and lead to intoxication of the colon, constipation, precancerous conditions.

Research has shown that the rectal instillation of fluids will stimulate gallbladder contraction and emptying.

**What** about coffee enemas? Morton Walker, DPM, Dr. Max Gerson, scientists and physiologists have shown that coffee in the colon enhance liver function and in turn promote the excretion of metabolic waste. While the brewed organic coffee is retained in the colon for 10 to 15. minutes. All the body's blood passes through the liver every 3 minutes. The blood serum and its many components is detoxified, as this vital fluid passes through the caffeinated liver, there is flushing of the toxic bile and an increase by 700% of Glutathione-S-Transferase(GST), your natural antioxidant which quenches free radicals.

More about the Brain-Gut Connection. The enteric nervous system is now recognized as a complex, integrative brain of its own, called by Dr. Michael Gershon, Columbia University, A Second Brain. Provided that the vagus nerve is intact, a steady stream of messages flow back and forth between the brain and the gut, the balance of power between the two nervous systems is of great scientific interest. Because the neurotransmitters and neuromodulators of the brain are always present in the bowel, drugs like antidepressants are more likely to have enteric effect. Just like we want to keep a clear head, our clear colon may respond with more appropriate signals,

The Integrative Approach of the 21<sup>st</sup> century is a-state of the art paradigm, integrating the wisdom of traditional medicine and modern scientific research. The good news is that you have access to a medical facility which specializes in detoxification with physician and technicians at your service, experts in colon cleansing to make the process an educational and. enjoyable experience.