

## Healing Arts Update

A guide for wellness.

April 2007

Nearly every chronic disease can be directly or indirectly traced to bacterial poisons absorbed from the intestines. An overloaded and toxic colon can cause numerous health issues including liver and kidney toxicity, irritable bowel syndrome, migraine headaches, weakened immune system, depression, appendicitis, bladder infections, dark circles under the eyes, skin conditions, arthritis, chronic irritability, allergies and much more.

The colon is your personal garbage disposal and sewage system. By neglect and abuse, the colon can easily transform into a cesspool that spawns chronic ill health.

This month we take a closer look at the importance of healthy elimination.

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### NUTRITION+YOU

It's been said that healthy elimination starts at the grocery store and ends in the toilet. A well-balanced and nutritious diet can help prevent the risk of many chronic health conditions. For healthy elimination, 25 to 30 grams of fiber from food sources are recommended.



Constipation and diarrhea are two common bowel malfunctions that often share the same nutritional remedy—fiber. Surprised? Fiber actually comes in two forms, insoluble and soluble, and knowing about each of them is key to nutritional control of elimination problems.

Insoluble fiber is true roughage and actually looks sort of fibrous. The function of insoluble fiber is to bulk and hydrate the stool. Major sources of insoluble fiber include fruits (especially the peel), vegetables and wheat-based whole-grains. Legumes have insoluble fiber in the husks.

Soluble fiber tends to have the opposite effect of insoluble. It slows the intestines and helps to create a smoother-acting colon. Oatmeal is a good example. Once you get it onto your spoon, it's unlikely to slip or shake off. Imagine how that type of food can help ailing intestines, and you'll appreciate how effective soluble fiber can be to ease diarrhea. Soluble fibers also are found in bananas, apples (skinless), rice, barley, pasta and potatoes (skinless).

The health of your colon is largely determined by the

### WELL BEING by John Patton, AP, LMHC



Healthy elimination is critical for optimal health. Nearly every human ailment can be attributed to a malfunctioning colon. Bloating, gas, body odor, bad breath, poor digestion, fatigue, sinus infections, lower back pain, gall bladder discomfort, skin blemishes, and premature wrinkles all can be signs of poor fecal elimination. Chronic colds, prostate problems, yeast infections, muscular and joint discomfort, mood swings, diminished libido, poor sleep, anxiety, allergies, and blurred vision also can be indicators of poor elimination.

The primary function of the colon is to provide temporary storage for waste products and the formation of stool. The bowel wall is absorbent to enable water and nutrients to seep through it and enter the bloodstream. However, toxins from stagnant waste products also can be easily absorbed. Any

amount of fiber and nutrition in your diet. If the mainstays of your diet include large quantities of coffee, dairy products, carbonated drinks, chocolate and red meat, then you are likely to experience more bowel-related problems than someone who eats plenty of fresh vegetables, fresh fruit and whole grains.

### WE'RE GLAD YOU ASKED



**Q:** I can't go to the bathroom unless I use laxatives. Are laxatives harmful?

**A:** Regular use of laxatives can destroy your health. Often, excessive use of laxatives can contribute to a prolapsed colon, which could require surgery to

correct. A prolapsed colon occurs when the large intestine doesn't use its muscles so the transverse portion of the colon drops down. This condition is evident in many people who appear to have a dropped belly.

A more natural and safer way to remedy your elimination problems is to adjust your diet and lifestyle. Constipation frequently responds well to a high-fiber diet, plentiful fluid consumption and daily exercise.

However, if you occasionally need additional support, consider using fiber formulas. These formulas act as bulking agents. Some are composed of natural plant fibers derived from psyllium seed, kelp, agar, pectin, and plant gums such as karaya and guar. Psyllium-containing laxatives are the most popular and usually the most effective. Fiber formulas are the laxatives that approximate most closely the natural mechanism that promotes a bowel movement.

If you have been using stimulant laxatives, even natural ones like Cascara sagrada or senna, you will need to retrain your bowels. The recommended procedure for re-establishing bowel regularity usually takes four to six weeks.

To receive a free copy of suggested guidelines for bowel retraining, please contact The Healing Arts Center.

### What's your question?

### VIP (Very Important Product)

With our focus on healthy elimination this month, we are pleased to showcase three highly effective products.

**Fiber Formula** is a perfect blend of natural fibers and herbs. Unlike many other fiber supplements, Fiber Formula will not swell, gel or dehydrate your body, and its proprietary blend of ingredients provides the fiber needed to improve digestive and elimination processes while gently sweeping the gastrointestinal tract.

waste that remains in the colon can dry out, fester, breed germs and generally kick up a stink. It's no wonder that you start to feel irritated and lethargic.

When the colon is clean and normal, you feel balanced and healthy. Allow things to stagnate, however, and the poisons of decay can impact other vital organs. For example, toxins that move through your bloodstream to your brain and nervous system can make you feel depressed and irritable. Poisons in the heart can make you weak and listless. Toxins in your lungs contribute to bad breath. Pimples and blemishes can be your skin's response to toxins. Many times, signs of premature aging are the result of toxicity in your system.

Ironically, a healthy colon is relatively easy to achieve and maintain. The amount of fiber in your diet largely determines the health of your colon. Without sufficient fiber, waste products can accumulate. Your body is a working machine. It's simple: food in, feces out.

So, you ask, exactly what is a healthy bowel movement? When your diet is balanced, your water intake plentiful and physical activity a part of your daily life, your colon functions in a healthy manner. This

**Super II** is an extra strength bowel formula composed of 13 powerful cleansing and nutritive herbs. Designed to be used alone as a colon cleanser, it helps a stubborn elimination system regain the natural ability to function on its own.

The Healing Arts Center's **Gastro Pak Plus** is an intestinal ecology support product. Comprised of select fatty acids, probiotics, prebiotics, amino acids and botanicals, it helps rebalance intestinal flora and nourish GI cells.

means that you probably have more than one bowel movement per day. Consider your BM healthy if it easily passes from the anal sphincter, is light brown in color, odorless and floats in the tank. Anything else can be a sign of a poor diet and, perhaps, poor health.

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