

Your health is linked to the colon

Today I will continue the series of articles on the process of healing. I have fifteen years of experience in medical practice and I can say that not all patients heal according to the textbooks I read while in training. What has become a fascination for me is the psychological component to how humans heal. I have discovered that healing is dependent on a combination of factors. Those factors include physical, emotional, mental and even spiritual elements.

A physical factor that is underestimated is colon health. There is an expression in complementary medicine about the gut which is, "Death begins in the colon." A useful example is Elvis Presley. Did you know that Elvis died on the toilet? He was straining to relieve himself when his heart failed. At autopsy they removed 50lbs. of feces from his colon. 50lbs is a lot of stuff.

In our diet obsessed culture, our focus is always on input. We are bombarded by the media as to what we should or should not be eating. The emphasis of information is usually on input and not output. To me that is strange because the output is garbage. Wouldn't it make sense to effectively empty the garbage? Left unattended, garbage in our body can become toxic waste. It can seep into our blood stream and make us sick.

It is recommended that if we eat two to three meals a day, then we need to eliminate two to three times a day. For many people this frequency of regularity is not the case. All kinds of health issues can occur with poor elimination.

One obvious example is colon cancer. Other less known problems that are related to poor elimination include chronic pain, fibromyalgia, and headaches. On the psychological front a number of problems can occur including anxiety, depression, insomnia and chronic fatigue.

In my personal experience, my father has had colon cancer. He is a survivor, but it has been a wake up call. I took the experience with my father seriously and have started to take care of my colon. It is easy to do as there are many supplement products that can help clean out the colon.

In my practice over the years I have seen many patients with pain in their feet, but nothing I could find to substantiate their complaints. The foot and X-rays look normal. I can't find anything wrong, but they have pain. There have been times when the problem was an unhealthy colon.

In one particular instance a patient came to me with debilitating pain in the foot, but no objective findings to support the complaints. Upon questioning, the patient revealed to me that they had a bowel movement only once a week. The patient ate twice a day, but only eliminated once a week. The patient had a list of medical problems both physical and psychological.

Sometimes we need to keep things simple in medicine. It is common sense that our food needs to be eliminated. Output is as important as input. You can eat all the organic food you want, but if you are not getting rid of the trash, you are not helping yourself. Simple things you can do to improve colon health is to eat a diet high in fiber and consider a colon cleanse supplement.

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