

The Emotional Organ

By Katie Murphy

Copyright 2003: All rights reserved.

The experience of being responsible for nearly 40,000 colonics has given me a unique perspective on the colon and overall health. Of all the information shared over the years about colon health, everyone's favorite topic is the *emotional aspects* of the colon, which is nicknamed "the emotional organ".

To start, the colon is basically two muscles, one wrapping around the other, about five to six feet long. By far the most interesting fact, the colon has about the same number of nerve endings as the human brain – millions. It is the only organ that can function after it is removed from the body and completely detached from the brain. Once removed, stuff it full of fiber and the *colon will know to push* the fiber out.

Like the brain, the colon's nerves are connected to every part of the body and will register and retain information, memory, and feelings. Also, like the brain, the colon can *initiate memory and send messages to all parts of the body*. Science is even researching a theory the colon might have a subconscious! Personally, my gut feeling, how could it not?

Many books, such as those written by Caroline Myss, document the association of unresolved emotional issues and ill health. The vibration energy of all emotional issues become stored in various parts of the body and negatively affect the function and performance of their corresponding body parts. The colon, like the brain, has *all* this information!

From experience providing Clarity Integration and cranial sacral work, I have learned where emotional issues, physical health issues and spiritual directions are stored as memory in the brain and can be found and read much like a map. Colonics have shown me that similarly the colon reads like a map. Have an emotional or physical stress and there is a specific area affected in the colon. *Vise versa*, find a stress in the colon and then you know the emotional issue and corresponding body parts that are affected. Just as it is important to have a healthy mind, it is important to have a healthy colon.

This is one of the reasons I love helping people with Colonics. They are so powerful. Colonics remove old, stuck, toxic waste and release the old emotions and stored memory patterns affecting that area of the colon map. They gently massage the colon muscle stimulating the nerves to initiate physical and emotional release throughout the body. Most important, unlike other detox methods, colonics hydrate the colon's cellular tissue bringing new life (we are over 70% water) into the colon *and* its corresponding emotional, physical counterparts. Colonics are so much more than what most people realize.

*Copyright 2003: All rights reserved.
Healing Insights Natural Health Care
7582 Currell Boulevard, Suite 112
Woodbury, MN 55125
651-222-HEAL (4325)
www.healinginsights.net*