

Why is colon health so important?

Written by: Katie Murphy

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Bodily waste including by-products of cellular metabolism such as uric acid, lactic acid and carbon dioxide eliminate through the colon, also called, the large intestine. Excess digested food and fiber from eating are eliminated through the colon. Valuable minerals, water and electrolytes are absorbed by the colon. The synthesis and absorption of folic acid, B vitamins and vitamin K, all essential to the body's health, also takes place in the colon. If the colon is having difficulty it will cause a chain reaction throughout the body and a whole myriad of symptoms and illnesses are affected.

The colon, also called the large intestine, is the body's primary organ for the elimination of needless waste products and toxins. It isn't just digested food that passes through the colon. Toxins and waste from the lymphatic system eliminate through the colon. Toxins from blood and cellular waste pass through the colon. Everything you eat or drink (except fats) is absorbed into the blood stream and then passes through the liver which cleans the toxins out of the blood. The liver eliminates into the gall bladder which empties first into the small and then the large intestine or colon.

Kidneys, skin and lungs, the other elimination organs will become overworked and have to dispose of toxins they do not normally handle if the colon does not function well. Under this stress, these organs develop symptoms and illnesses. The kidneys develop stones, harbor bacterial infection or worse. The skin becomes irritated with rashes, pimples, wrinkles, discoloration and body odor. Lungs and bronchial emit odor, become congested, promote colds and asthma may develop. Gall stones are toxins and waste from the liver that did not empty into the intestines.

How does the colon work?

The colon, remember is also called the large intestine, is a muscular tube shape approximately 5-6 feet in length and has an average diameter of 2.5 inches. The small intestine empties the contents of digestion (called chyme) into the cecum or first portion of the colon located on the lower right side of the abdomen by the appendix. Here fluids are absorbed and the bowel movement is formed. The nerves along the colon muscle stimulate a wave like contraction called peristalsis which moves the matter along. The movement continues up the right side of the abdomen to the lower right rib cage and then across to the lower left rib cage and making another turn down the left side of the abdomen. Finally it enters the sigmoid region by the pelvis and then empties into the rectum and where it is eliminated. The entire digestive process from mouth to elimination normally takes from twelve to twenty-four hours.

You can have daily bowel movements and still be constipated!

Constipation is the "packing" or "compressing" of matter and results in the habitual delay or stressful evacuation of the bowels. Some people experience bowel movements only a couple times a week. However, you can be constipated and have daily bowel movements. I suggest that if you eat a huge plate full of spaghetti or pizza and the next day you

eliminate only three to five inches of matter you haven't gotten all the spaghetti out. Vitamin, mineral, and protein nutrients are microscopic in size and therefore most of the spaghetti is unabsorbed fiber or meat bulk. Even if days later you release more bulk, your colon is at the least stressed and quite likely some of the matter has impacted along the wall of the muscle. Chronic or occasional diarrhea may mean severe constipation.

The colon has a mucous lining to protect it from harmful substances. Fried food, dairy, sugar, breads, pastas, carbonated beverages, caffeine, saturated oils, food preservatives, and foods grown or sprayed with pesticide and herbicide chemicals promote the overproduction of mucous. This excess will adhere to feces and impact along the muscle wall. Just like a sink drain that slowly collects matter over time will eventually back up and get plugged, so will the colon. Once the colon is full, the body has to look for other ways to eliminate toxins.

As you can see in the colon picture, the muscle is shaped by many pockets or pouches called haustras. These expand to accommodate larger masses of matter. Over time huge pockets may develop along with narrowly stretched portions of muscle that bend and curve in unnatural shapes. Diverticuli are balloon like pockets bulging out the muscle side and are filled with hardened feces and bacteria.

What happens when the colon doesn't work right?

Equally disastrous, as not being able to eliminate toxins, is to reintroduce toxins into the body which is called "auto-intoxication". The matter impacted along the walls of the colon also breeds harmful bacteria and all will be absorbed along with the water back into the blood stream. These then flow throughout the body. It has been proven that toxins are responsible for the interruption of normal cellular reproduction, therefore, promoting cancers. Dr. Sandra Steingraber, author of "Living Downstream", stated an average of over 200 different toxins were found during autopsies performed for a research grant by Harvard!

Common symptoms and illnesses affected by colon health include:

- Fatigue
- Joint and muscle aches and pains
- Depression & anxiety
- Body and breath odor
- ADD & ADHD
- Allergies
- Nerve pain
- Mucous congestion
- Organ & gland problems
- High blood pressure
- High cholesterol
- Skin rash
- Poor digestion and assimilation of nutrients

Colonics or Colon Hydrotherapy - what is it?

Simply described, a Colonic is a thorough cleansing of the colon or large intestine using warm, purified water. After a small disposable tube is inserted into the rectum, you lie comfortably on your back completely covered by a gown for forty-five minutes. Continuous water flow softens impacted matter and removes it from the colon. People say it is not at all like what they imagined and it is really not embarrassing. This is a non-invasive therapy that is restorative, painless and both effective and relaxing.

Colonics clean the colon, promote overall healthier bowel movements, stimulate the body to release toxins into the colon, help people change poor eating habits, and ease discomfort, pain, symptoms and illnesses. Colonics help ease the suffering from side effects due to antibiotics, anesthesia, birth control, chemotherapy, surgical and prescription medications that disrupt cellular functions and leave toxic residue in the body. After having Colonics people report feeling lighter and more energized!

About Healing Insights and Katie Murphy

Healing Insights Natural Health Care is a unique Twin Cities business located right here in Woodbury. We provide a professional and comfortable environment for a variety of therapies and specialize in Colon Hydrotherapy also known as Colonics. After only one year at this location, our clients include people traveling from Wisconsin and Iowa as well as from all over Minnesota and the Metropolitan area. We are dedicated to educating and serving our community. Everyone receives our best intentions as we enjoy helping you feel better.

Katie Murphy has been helping people for fifteen years. Katie sponsors workshops and classes, has lectured at universities, writes articles for publication, speaks at local health expos and can be heard on local radio programs.

"Within one year after the birth of my son, I became very ill. My hair was falling out in clumps. My eyes were swollen and red. I couldn't breath through my nose because of all the mucous. My muscles and joints ached as if I always had the flu. I had rashes and blotches all over my body. My stomach was distended and I suffered constipation and diarrhea. Hyperglycemia, liver dysfunction, heart palpitations were just some of my problems. I was so disoriented that my vocabulary was but a few dozen words and talking in sentence structure was difficult. I had allergic reactions to dozens of foods, animals, grasses, trees, petroleum products and much more. I had to do something. After spending years and thousands of dollars learning how to take better care of my body I was rewarded with regeneration of tissue and organ health. So excited about my new lease on life, I have dedicated myself to bringing this information to others in the hope that everyone might enjoy their life a little more." Katie Murphy

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