

# HUMAN FAQ

## What about . . . COLON CARE?

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There is a sort of “unmentionable” area of our bodies that we ignore at the peril of our total health. That area is the colon. Usually the only time we pay attention to it is when we have problems with it. Hopefully that will change as we learn a bit about this vital organ. Along with Dr. Bernard Jensen [TISSUE CLEANSING THROUGH BOWEL MANAGEMENT] we believe that true health cannot be achieved without a healthy colon.

### The Colon and It's Functions

The colon (large intestine, rectum, and anus) is the end portion of the human gastrointestinal (GI) tract which extends from the mouth to the anus. It is a muscular tube approximately 5-5½ feet in length, has an average diameter of approximately 2½ inches, and starts on the lower right side of the abdomen with what is known as the ascending colon. At the level of the liver (just under the ribs), it bends sharply to the left, crossing the abdomen as the transverse colon. It bends again at the spleen becoming the descending colon going down the left side of the abdomen, and, with a jog to the right it becomes the *sigmoid process*. It then morphs into the rectum, from which waste material is ultimately eliminated via the anus.

The main functions of the colon are the absorption of water and minerals, production of vitamins B & K, maintenance of pH balance, prevention of proliferation of harmful bacteria and, eventually, the formation and elimination of feces. The colon contains nearly 60 varieties of microflora or beneficial bacteria to aid digestion in these processes which can be interrupted or nullified entirely by the introduction of environmental toxins, the lack of appropriate quantities of water, even simply anxiety. The Journal of Biological Chemistry, 02/13/04, announced that researchers discovered a bacteria-derived “transporter,” named creatively SLC5A8, that when “sick” in a poor environment, is linked directly with the formation of colon cancer.

The process of digestion, from food ingestion to defecation, normally takes between 12-24 hours, assuming that the colon is fully functional and non-toxic. A person with a healthy colon will have 3-4 easy and complete bowel movements per day; this means shortly after each meal is consumed plus a first-thing-in-the-morning one. Stool should be light brown in color, long with a large diameter, no offensive odor and it should break apart with toilet flushing.

### Ramifications of Colon Malfunction

An unclean, weak and poorly functioning colon is a breeding ground for disease, sickness and even death. In the USA, an impressive \$400 million is spent **annually** on laxatives alone. Each year an estimated 130,000 new cases of colon and rectal cancer are diagnosed (of which about 44% will die), making it the fourth most common form of cancer in Americans. At least two million Americans suffer colon related diseases including colitis, ileitis, and diverticulitis; approximately 100,000 colostomy surgeries are performed annually.

The most common colon malfunction, yet frequently unrecognized since it has become “normal,” is constipation. This is identified by such tightly packed fecal matter that elimination occurs infrequently and only with difficulty and straining. Because they are not being eliminated in a timely manner, toxins from the colon may be absorbed and circulate into the

bloodstream (auto-toxicity) impairing nutrient absorption and normal liver, lung and kidney function. This can result in numerous and varied health challenges including, but not limited to: Abdominal Gas • Asthma • Arthritis • Allergies • Back-aches • Bad Breath/Halitosis • Chronic Fatigue • Colds • Constipation • Depression • Diarrhea • Difficult Weight Loss • Distended Abdomen • Food Cravings • Foul Body Odor • Head-aches • Hemorrhoids • Hypertension • Hypoglycemia • Insomnia • Irritability • Leaky Gut Syndrome • Menstrual Problems • Prostate Trouble • Skin Problems

### Signs of Colon Malfunction

Essentially anything that varies from the normal stool must be considered suspect. Some of the most common stool abnormalities, and what they may indicate about colon health, are:

- If stool is thin, it could indicate packed debris
- hard/dehydration
- sparse/lack of fiber
- dark/toxins present
- mucous/colon distress
- fatty globs/liver dumping
- tarry/liver and perhaps bleeding
- red blood/hemorrhoids or cancer
- loose/parasites or toxins
- fluid/digestion totally off

### Causes of Colon Malfunction

We believe the causes of colon malfunctioning, aside from genetic malformation or accident, to come down essentially to the following four:

1) **Dehydration** Few Americans drink the quantities of pure water (NOT coffee, tea, pop, juice, milk, electrolyte drinks, etc.) that are suggested for health and proper colon functioning. Ideally, we should be consuming approximately 1 quart of water per 50# body weight. [HUMAN BASICS: WATER]

2) **Diet** Another factor is the typical American diet comprised of refined, processed foods high in “bad” fats, sugar, flour, preservatives and low in fiber and bio-available nutrients rather than the alternative of pure, organic whole foods. One delicious way to rectify this is to eat 3-4 fresh fruits per day; pectin-rich apples and fiber-rich dried or fresh figs, plums (prunes), and berries are superior although frozen berries can certainly be extremely valuable. Avoid juice; it is fiber-free and generally too rich in sugar for health.

Also increase your vegetable consumption to at least one raw vegetable salad and 2-4 servings of other vegetables per day. Head for a minimum of 50% (going for 65-80%) of your diet consisting of fresh vegetables to attain a more alkaline balance. This will support beneficial bacterial colonies whereas an acidic intestinal environment is deadly to them.

Making sure that you daily eat some fermented foods such as real Kefir [WWW.KEFIR.NET], being sure it is made from raw cow, goat or sheep milk, or taking **DynaPro** (even though marketed strictly for animals, it is actually a trans-species product) supports healthy beneficial bacterial colonies.

We generally discourage much grain consumption (that includes corn, corn products, breads, pastas, cereals, etc.) as being far too acidic, but for some individuals, reasonable amounts whole brown rice or sprouted grain tortillas can be a welcome addition. Such a diet will provide you with far more

natural fiber than specialty fiber supplements which can be rather harsh for many systems. [HUMAN BASICS: CARBOHYDRATES]

3) **Mineral Imbalance** An often overlooked aspect to colon malfunctioning is mineral balance. While the common American diet is woefully lacking in minerals, even many organic foods contain insufficient quantities and balance due to the lack of minerals in the soil. The colon is a muscle which moves matter along via *peristalsis*, or rhythmic pulsations of the entire length of the colon. Without proper mineralization, especially Magnesium, this muscle cannot perform its work appropriately. Of course all minerals should be both bio-available and properly balanced. The **DYNAMITE® Basics (Elixir, Regular or Plus, and TriMins)** are the best sources we have found to ensure optimum mineralization. Some individuals may need to add more magnesium in the form of **PMS**.

4) **Lack of tone** As with any muscle in the body, lack of exercise can cause the colon to become *atonic* or sluggish. **Internal Massage:** One of the finest “exercises” we have found over the years is the ancient yogic practice of *Nauli*. While true *Nauli*, which should be learned with a seasoned teacher (some of the older Yoga texts and websites do offer instructions), can take months or even years to perfect, the initial strengthening technique is relatively easy to perform and can result in numerous positive effects:

- Stand with legs slightly apart & inhale deeply through your nose
- Exhale fully through your mouth while placing your hands on thighs, keeping arms bent and slightly bending your knees with back straight and head upright
- Allow the abdominal muscles to relax and, without breathing yet, move the abdominal wall powerfully and quickly, in and out 10-15 times as far as you can each way
- Inhale through the nose as you again stand upright
- Repeat 3-5 times
- Do this only on an empty stomach; first thing in the morning is ideal
- Avoid if pregnant, menstruating or if there is some form of abdominal disease already present.

**External Massage:** You can perform this on yourself or perhaps on a family member. Whenever I used to apply this technique during a deep massage session, without fail the client made a beeline for the bathroom as soon as the massage was over. Follow the same avoidances as above.

- With gently firm and softly curved fingers of both hands and starting at the middle of the lower abdomen just above the pubes, do small, deep circles sort of “scooping” as you move backwards up the colonic tube (self-massage, you will be scooping away from you; massage on someone else, you will be scooping toward you)
- Keep following the descending colon backwards up the left side of the abdomen to the start of the transverse colon, across that and then down the ascending colon on the right side of the abdomen; always doing the scooping circles
- Finish by rolling your fist gently in a rhythmic manner around the navel; this will stimulate the small intestine

Initially the colon may be quite sensitive in areas so care needs to be taken to not go too deeply. If hard spots are felt, these may be areas of fecal congestion; hot moist packs can be applied. As with *any* massage, the application of **Release** prior, during and after can greatly aid in relieving discomfort while increasing benefits.

5) **Position**—Before our modern porcelain “thrones,” most people evacuated their bowels in a squatting position thus stimulating peristalsis. We can alleviate the unnatural 90° leg position by keeping a stool handy on which to rest our feet and raise our knees. Just this alone can aid in more effective and natural evacuation.

### Deeper Cleansing

If the above suggestions still do not result in a perfectly acting colon as described in the first section of this paper, other measures may be appropriate.

1) **Cleansing diets** As described above, the purer, alkaline diet along with the **DYNAMITE®** supplements, will begin the cleansing procedure. [TRANSSPECIES FAQ: DETOXING]. After about 3-4 months, usually enough detoxing has taken place that it is safe to follow a temporary specialty cleansing diet or even a fast. Such very restrictive diets, however, should be undertaken slowly and mindfully, preferably with the aid of a health professional familiar with such procedures. Simply eating only steamed and raw veggies for a few days, can be a sufficient option for many.

2) **Colonics** High colonics, which cleanse the entire colon, are quite different from enemas which target only the lower colon or *sigmoid process*. Essentially colonics are hydrotherapy for the colon and can cleanse colons of not only auto-toxic waste material but can also be valuable, and even necessary, aids when undergoing heavy metal removal programs. Modern colonic therapy, as provided by an **experienced certified therapist**, is comfortable and discreet with each session lasting about 45 minutes or so. Such therapists will combine breathing and massage techniques while running 25-30 gallons of highly purified water through the colon; they use disposable rectal insertion tips and thoroughly sterilize permanent parts to avoid any cross-contamination. Generally speaking, three sessions are recommended initially with reassessment after that.

Home colonics can then be used whenever necessary (from 1x/month to 1x/6 mos. or so) to help maintain, along with our other suggestions, colonic health. When doing the home colonics, or if your colonic therapist is open to the suggestion, utilize activated **Catalyst Water** with **Elixir** added at the rate of 1 oz/gallon; the results can be considerably more effective than with water alone or than with any other additives. For more information on home colonics and for necessary supplies, visit various websites such as [www.homecolonics.com](http://www.homecolonics.com).

Many individuals who try colonics for the first time find, at the very least, they have more energy and various, subtle body aches and pains are no longer in evidence. Others have more dramatic results such as the cessation of allergies, asthma attacks, migraines, etc. Others can actually lose between 5-10 pounds of weight they had been carrying around as impacted matter in their colons. Internal hydrotherapy can be a critical factor in colon health.

**R**ather than just accept the fact of diverticulitis [HUMAN FAQ], constipation, hemorrhoids, or even cancer, we believe that it is far wiser to become pro-active in our colon care; *especially* if there is a family history of such challenges. And, since researcher Dr. Michael Gershon and his team discovered there is a network of brain-chemical producing nerve cells (ENS—enteric nervous system) embedded within bowel lining and musculature, it behooves us to have as smooth a functioning gut system as possible. It appears the gut is indeed a second brain lending a certain credence to the term “gut instinct” so let’s give it every possible chance to perform optimally! ■