

November 09 Highlight



The Large Intestine

The large intestine, also known as the bowel or colon, is our waste disposal organ and usually never talked about when health problems show up. The large intestine is about five feet in length and travels around the edge of the abdomen. Its main function is to break down any remaining proteins, fats and fiber, as well as to absorb fluids and electrolytes from indigestible food residues, the chime of the small intestine. It houses friendly bacteria which help break down food and synthesize vitamins. The large intestine also forms, stores, and eliminates feces. It takes about 24 to 36 hours for food to pass from mouth to anus. In a healthy individual bowel movements occur after eating a meal, because the gastro colic reflex causes contraction of the rectum in response to distention of the stomach.

Many health experts have stated that there is only one disease – constipation. Not just constipation of the colon, but the clogging of all internal organs. The bowel needs to function properly or the body remains soaking in its own putrid waste, encouraging the development of diseases, no matter what health building program you are following. When glands and internal organs become bogged down with toxins and unwanted mucus, they stop functioning, and in many cases, unfortunately, surgical removal of glands or organs is the end result.

Signs of colon congestion can be many, such as pressure in the head and sinuses, headaches, sinus and lung build-up with excess mucus, respiratory problems, allergies, earache, sore throat, bronchitis, strong body odor (including feet), constipation, abdominal discomfort, low-and mid-backaches (referred pain from the distention of the large intestine), crankiness, lack of energy, and even lack of enthusiasm for life.

Herbs For A Healthy Large Intestine

Cascara Sagrada is one of the safest tonic laxative herbs known throughout the world; it is being used for chronic constipation, colitis, hemorrhoids and jaundice. This is a specific herb for those who have lazy colons that balloon and are flaccid. It appears to restore tone to the relaxed bowel and in this way produces a permanent beneficial effect. Those with spastic colon should not use cascara sagrada often, and when doing so, should add herbs that prevent cramping, such as ginger. Add a slice of fresh ginger to two cups of boiling water and simmer for 30 minutes. Cool and add two tablespoons maple syrup and the juice of ½ freshly squeezed lemon. Take one to two capsules cascara sagrada with the tea one hour before bedtime. This method usually guarantees a bowel movement within eight hours. The bitter principles in cascara sagrada stimulate the secretions of the entire digestive system, including the liver, gallbladder, stomach, and pancreas.

Licorice has a soothing influence upon gastric mucosa. It is an excellent remedy for peptic and duodenal ulcers, gastritis and chronic constipation. Licorice root tea is a mild laxative and is sweet and pleasant tasting. Boil two cups of water and add 2 Tablespoons licorice root. Simmer for about one hour. Cool and strain. Licorice tea has an energizing effect and best enjoyed first thing in the morning. You may dilute the tea with some grape or apple juice.

Caution: Do not consume large quantities in cases of heart conditions, because it creates water retention and elevates blood pressure.

Psyllium acts as a bulking laxative when it is taken with water or liquids; by binding with water in the intestines, psyllium increases the bulk and the softness of intestinal contents. It absorbs toxins, soothes inflamed tissues promotes the growth of friendly bacteria, helps eliminate bile acids and lowers harmful blood cholesterol. Do not use when constipated!

Triphala cleanses the entire GI tract, supporting digestion and gently maintain regularity. It also supports weight management, improve complexion and strengthens the urinary tract. Ayurvedic physicians say that colon congestion can lead to the organ's loss of tone and prolapse, and by taking triphala regularly for an entire year can rebuild the entire digestive system.

All Season Tonic may be for you if you are tired, have a sluggish digestion and lazy elimination. All Season Tonic© is designed to energize your digestive system and to flush out built-up waste and unfriendly bacteria.

All Season Tea is a nice tasting tisane you may enjoy sipping in the evening to help you “move things out” the next morning. This mineral rich tea also supports healthy liver function. If you want to prevent colds and flues take care of your colon. According to Traditional Chinese Medicine (TCM), the lungs take over the elimination of toxins if the colon is too congested to do so. By cleansing the colon you liberate the lungs and the entire respiratory system of accumulated mucous.

Colon Cleanser is an intestinal scrubber, as it thoroughly cleanses the small and large intestines. Many people have used this formula for colitis.

Colon Tonic has traditionally been used for chronic constipation of long duration, especially when peristalsis (cramp like movement) is weak. By gently stimulating peristalsis, waste matter is being moved out of the body more effectively. Colon Tonic helps build that “muscle”.

Intestinal Cleanse combines triphala, flaxseed, marshmallow, licorice, ginger, traditionally known to cleanse the entire GI tract, supporting digestion and gently maintaining regularity. Intestinal Cleanse powder may be taken daily for weight management, to improve skin complexion and to strengthen the urinary tract.

Prune & Fig Candy

To help your whole family stay “regular” offer delicious home-made candies. Grind prunes, figs, and mix with powders of licorice, slippery elm, fennel and psyllium. Roll into balls and take daily as a delicious and nourishing snack.

Tips For A Healthy Colon

- ⊗ Did you know that the yellow color strengthens and stimulates the large intestine? Yes, it works, I've tried it. You can simply sit in front of a yellow light (a yellow bulb in a lamp) for about one hour. Or you can fill a yellow bottle with pure water and place in the sunlight for at least 8 hours. Drink 2 to 4 ounces daily.
- ⊗ Increase your fiber intake. There are two kinds of fibers, soluble and insoluble. Both are indigestible, therefore not absorbed into the bloodstream. Instead of being used for energy, soluble fiber forms a gel when mixed with liquid, binds with fatty acids, and prolongs stomach emptying time so that sugar is released and absorbed more slowly. Soluble fiber is found in oat bran, barley, nuts, seeds, beans, lentils, peas and some fruits and veggies. Insoluble fiber does not mix with liquid, but adds bulk to the stool, to help it move more quickly through the intestines. Insoluble fiber controls and balances the pH in the intestines; it is found in wheat bran, vegetables, and whole grains.
- ⊗ For a sluggish colon (atonic) use stimulating herbs such as cascara sagrada, barberry, buckthorn, and Colon Tonic©.
- ⊗ For a spastic colon that tends to move irregularly use gentle laxatives, such as licorice, castor oil or Epsom salt. Too much calcium can constipate, therefore use magnesium to relax muscles. Take daily flax seeds and slippery elm, as well as soothing and relaxing herbal teas such as mints, lobelia and skullcap.
- ⊗ Adhesions, ballooning, colitis, IBS, diverticulosis (bowel pockets), prolapsus, ulceration, and mucosal dysfunction, may be helped with aloe vera, flaxseed tea, slippery elm and marshmallow. Herbs to clear bowel pockets include cascara sagrada, fennel, ginger, lobelia, triphala, and Colon Cleanser.
- ⊗ A prolapsed colon can be helped by using the slant board in connection with massage. Bu Zhong Yi Qi Wan is a Chinese Patent Formula that may be helpful in lifting a prolapsed colon.
- ⊗ Emotional needs while cleansing the colon tend to focus on “letting go” in a calm and relaxed manner. Mood Elevation©, Calm Grounding© and Focus Enhancement© are homeopathic style remedies known to elevate the electromagnetic frequency of the body thereby releasing emotional and physical blockages effortlessly.

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