

# COLON

# HEALTH

# TIPS

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## **IMPORTANT**

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.**

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## **Introduction**

The following information, based on Dr Ben Kim's recommendations, gives the follow tips to help promote a healthy colon.

### **1) Eat substantial meals - do not snack on small amounts throughout the day**

Each time you eat a substantial meal, you stimulate stretch receptors in your stomach that are responsible for triggering normal and mass peristaltic waves throughout your small and large intestines, ensuring regular, and efficient movement of waste material through the colon and rectum.

Moreover, eating substantial meals allows significant "chunks" of waste materials to travel together through your colon, turn into well formed stools, and get eliminated from your body in an efficient manner.

### **2) Do not suppress the desire to go to the toilet**

If you regularly suppress the urge to have a bowel movement, waste materials spend more time than is optimal in the colon, consequently causing the excessive dehydration of waste materials and the formation of hard stools.

### **3) Ensure adequate intake of water and/or water-rich foods.**

Water helps to move waste materials along, and is absorbed throughout the entire length of the colon. Insufficient water intake can cause stools to form far before waste materials reach your rectal pouch, which can cause constipation.

This does not necessarily mean that you need to drink several glasses of water per day. If you eat plenty of water-rich plant foods, then you can rely on your sense of thirst to dictate how much water to drink.

#### 4) Eat fibre-rich foods

Fibre adds essential bulk to the boluses of waste material that travel through the large intestine, and this bulk is essential to the colon's ability to turn waste materials into well formed stools.

A diet that is rich in vegetables, fruits, legumes, and whole grains ensures a high fibre intake.

#### 5) Ensure adequate intake of vitamin D

Adequate vitamin D intake significantly lowers the risk of developing all types of cancer, including colorectal cancer.

When you aren't able to get regular exposure to sunlight, enough to tan without getting burned, look to ensure adequate vitamin D intake by eating healthy foods that contain vitamin D. If necessary a vitamin D supplement can be added

#### 6) Ensure adequate intake of vitamin A

As mentioned above, glands that line the mucosal lining of the colon are responsible for releasing mucous that is needed to lubricate the faeces; consequently, vitamin A is needed to maintain the health of these specialized cells that release mucous.

It's best to ensure an adequate vitamin A intake by eating healthy foods that contain vitamin A. However supplementation can be an effective adjunct.

Food Sources of Vitamin A ranked by micrograms Retinol Activity Equivalent (RAE) of vitamin A per standard amount; also calories in the standard amount. (All are >- 20% of RDA for adult men, which is 900 mg/day RAE.)

Food, Standard Amount	Vitamin A (µg RAE)	Calories
Organ meats (liver, giblets), various, cooked, 3 oz*	1490-9126	134-235
Carrot juice, 188 ml	1692	71
Sweet potato with peel, baked, 1 medium	1096	103
Pumpkin, canned, 125 g	953	42
Carrots, cooked from fresh, 125 g	671	27
Spinach, cooked from frozen, 125 g	573	30
Collards, cooked from frozen, 125 g	489	31
Kale, cooked from frozen, 125 g	478	20
Mixed vegetables, canned, 125 g	474	40
Turnip greens, cooked from frozen 125 g	441	24
Instant cooked cereals, fortified, prepared, 1 packet	285-376	75-97
Various ready-to-eat cereals, with added vit. A, ~28.4 g	180-376	100-117
Carrot, raw, 1 small	301	20
Beet greens, cooked, 125 g	276	19

Food, Standard Amount	Vitamin A (µg RAE)	Calories
Winter squash, cooked, 125 g	268	38
Dandelion greens, cooked, 125 g	260	18
Cantaloupe, raw, 1/4 medium melon	233	46
Mustard greens, cooked, 125 g	221	11
Pickled herring, 85.2 g	219	222
Red sweet pepper, cooked, 125 g	186	19
Chinese cabbage, cooked, 125 g	180	10

\*Warning - High in cholesterol.

### 7) Ensure adequate intake of healthy fats.

All the body's cells, including those of the large intestine and nervous system, require a constant influx of undamaged fatty acids and cholesterol to remain fully functional. If you don't ensure adequate intake of healthy fats, your nervous system and the smooth muscles that surround your digestive passageway - both of which are responsible for creating peristaltic waves throughout your digestive tract - may deteriorate in function.

Also, intake of healthy fats is necessary for optimal absorption of fat-soluble vitamin A, which is critical to building and maintaining the mucosal lining of your colon.

Healthy foods that are rich in healthy fats include: avocados, organic eggs, olives, extra-virgin olive oil, coconut oil, coconuts, raw nuts, raw seeds, and cold-water fish.

### Build and maintain a population of friendly bacteria in your digestive tract

Large populations of friendly bacteria can keep your digestive tract clean and healthy by:

- Promoting optimal digestion, thereby preventing build-up of toxic waste materials
- Taking up space and resources, thereby helping to prevent infection by harmful bacteria, fungi, and parasites

Supplementing with lactobacillus acidophilus will help to balance the intestinal flora.

### Avoid anal intercourse.

Your anus is an exit, and your anal sphincter is not designed to comfortably allow external objects to enter your rectal pouch. Your anal sphincter is designed to stretch to allow passing of stools when your rectal pouch accumulates enough waste materials to illicit contraction of its walls.

Repeated anal intercourse can lead to a loss in anal sphincter tone, which inevitably leads to incontinence issues - if not now, then in the future.

Repeated anal intercourse can also lead to repeated injury of the mucosal lining in your rectal pouch, anal canal, and in some cases, the distal region of your sigmoid colon. Repeated injury and healing of these areas may increase your risk of developing polyps, which can increase your risk of developing colorectal cancer.

**Work at feeling emotionally balanced.**

Stress can interfere with your ability to clean your colon through its effect on your enteric nervous system. Most people who have come to me over the years with a chronic colon-related health issue have had significant emotional stress in their lives.

If you have a challenge with colon and rectal health, you are recommended to take a careful look at ways that you can minimize emotional stress in your life.

**Final word**

Your body is well designed to keep your colon and rectal regions clean and healthy. If you follow the steps outlined above, you can rest assured knowing that your lifestyle choices are minimizing your risk of having colon-related health issues.

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