

## TIPS FOR HEALTHY DIGESTION:

Many Americans eat an unhealthy diet and have poor toilet habits. Over the course of several years, the effect of this lifestyle can cause a person to have problems with the large bowel.

### **Anatomy and physiology**

The large bowel consists of the colon (5 feet long) and the rectum (8 inches long). The large bowel is connected to the small bowel at the top end and to the anal sphincters at the bottom end. The colon's main function is to process the 3 pints of liquid stool it receives each day into a manageable amount of solid stool, ready for evacuation. The rectum coordinates the process of evacuation. Normally, a person passes 150 grams of solid stool daily. The normal range of stool frequency is from 3 times per day to 3 times per week.

### **Functional disorders:**

Functional disorders are disorders in which the bowel looks normal but doesn't work properly. These are the most common problems affecting the colon and rectum. They are not caused by any particular disease but are rather a direct result of bad diet and bowel habits.

### **Constipation**

Constipation is defined as small, hard, difficult, or infrequent stools. Constipation is usually caused by:

- inadequate "roughage" or fiber in the diet,
- not enough fluid, or
- poor habits, especially putting off the call to stool.

Putting off evacuation causes the stool to get harder and the muscular contraction of the rectum to be less efficient. A person who is constipated will strain during a bowel movement, sometimes producing anal problems such as fissures and hemorrhoids.

Treatment of constipation includes eating more fiber and improving toilet habits. If these treatment methods don't work, laxatives are a temporary solution.

### **Irritable bowel (spastic colon)**

Irritable bowel (spastic colon) is a condition in which the colon muscle contracts very powerfully and loses its normal coordination. The high pressure that builds up causes abdominal cramps, gas, bloating, constipation, and urgent, explosive stools.

Treatment includes avoiding caffeine, stabilizing the diet, minimizing stress, and sometimes, taking antispasm drugs.

Colon Hydrotherapy (Colonics) may be helpful for:

- Healthy intestinal maintenance
- Detoxification when fasting
- Sluggish eliminations
- Digestive Discomfort (gas or bloating)
- Cleaning mucus and plaque buildup
- Lack of energy

Please call to schedule your appointments in advance, spaces fill quickly.