

YOUR COLON HEALTH: A CRITICAL FACTOR

Toxins are poisons and harmful to the body so the body will attempt to get rid of them. One of the most important organs of elimination is the large intestine or the COLON.

The Colon is the “Garbage Can” of the body and is in charge of dumping our waste on a daily basis. A healthy body requires effective elimination of trash.

However, recent findings show that with our current diet and lifestyle, the colon fails to do its job properly, resulting in retention of fecal matter and eventually building up of sedentary waste. In time, bacteria will break down retained fecal matter resulting in the release of more toxins and noxious debris.

Retained fecal waste decomposes releasing noxious toxins that are reabsorbed in the blood stream. This action of the bacteria also produces fermentation of this waste that results in the release of strong, foul smelling flatus or gas...this is the cause of abdominal bloating or flatulence.

The colon reacts to the decomposing fecal waste by secreting mucus. It is an attempt to get rid of the rotting garbage inside. However, as mucous thickens, it becomes sticky and instead of taking them out, it traps fecal matter in. Over time, the colon walls are coated with fecal matter.

The mixture of mucus and the trapped fecal matter in the colon walls become a cake of hardened fecal matter. Layers of hard feces and mucus turn into a plaque that remains stuck to the colon walls. Dr. Richard Anderson calls this slimy gunk as “MUCOID PLAQUE”. This plaque will eventually block bowel movement and trap more waste.

Now, in the presence of this plaque, more garbage is trapped and more toxins are released into the system. This makes the colon a big contributor to the accumulating toxins in the body. This is how, according to the colon health researcher Dr. Bernard Jensen, “Auto-intoxication or self-poisoning” begins.