

Colon Care

There are four essentials to keeping the colon moving:

1. Great digestion in the stomach & small intestine
2. Fiber
3. Water
4. Exercise

There are several things that can back the colon up and everybody is individual but here are the most common detriments:

1. stress
2. refined sugar
3. cheese
4. breads
5. pasta
6. dairy
7. lack of movement
8. dehydration

Some Foods high in dietary fiber include:

Apples	apricots
Beans	blackberries
Whole grain muffins	whole grain breads
Broccoli	kasha
Carrots	All Bran
Bran Chex	chickpeas
Cranberry sauce	eggplant
Figs	swiss chard
Lentils	whole wheat egg noodles
Pear	peas
Baked potato	red raspberries
Brown rice	shredded wheat
Whole wheat spaghetti	cooked spinach

Things that support great digestion

Positive thoughts, production of betaine HCL, eating slowly, and taking plant enzymes

Water

A good amount of water to drink would be half your body weight in ounces.

Exercise

You must do gentle aerobic exercise three times per week or static exercise like yoga. A good example of gentle aerobic exercise would be brisk walking and a good static exercise besides yoga would be chi gong.

Worth noting

Stress goes right to the colon. The colon will act in two extremes to stress. It will either tighten up so you have no movement (constipation) or it will be very, very loose

(diarrhea). Neither extreme is pleasurable so be sure to keep your stress low by exercising.