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***“Every tissue is fed by the bloodstream, which is supplied by the intestines. When the intestines are dirty... so are the organs and tissues. It is the intestines that must be cared for first”
Dr Bernard Jensen (1955)***

Everyone responds to treatments quicker and more effectively if the colon is sorted out first. The colon is intimately related to every cell in the body.

When food cannot digest it ferments forming gasses and alcohols. The gas build-up creates pressure, forcing digestive juices to reflux, and alcohols which are formed in the fermentation process cause erosion, inflammation, and ulcerations of the mucosal lining.

Contributing Factors:

Low Stomach Acid (heartburn)

Many people with digestive ailments are under the misconception that they are **OVER producing stomach acid**, but in fact, they are often **not producing ENOUGH stomach acid**. The body's natural ability to produce stomach acid/hydrochloric acid (HCl) is affected by certain factors like stress, nutrient deficiency, and ageing.

A normal stomach acid level creates a pH of 1.5 to 2.5. But **as we age, the parietal cells in the stomach lining produce less Betaine Hydrochloric acid**. Half of the people over the age of 60 have hypochlorhydria (low stomach acid), and by the age of 85, 80% of the healthy people tested, had low stomach acid. Low levels of zinc and **vitamins B1 and B6** can also contribute to low levels of stomach acid. The use of acid-blocking medications increases stomach pH to 3.5 or higher. Stomach acid is necessary for the absorption of many minerals. **Stomach acid provides our first defence against food poisoning, h Pylori, parasites and other infections**. Without adequate acid, we leave ourselves open to decreased immune resistance. The symptoms of hypo-acidity often mimic those of hyper-acidity (in the stomach).

Hypochlorhydria (low stomach acidity) has been associated with many common health problems. Adequate HCl is necessary for the absorption of vitamin B12 from food. Several minerals require an acidic environment for absorption, including iron, calcium, magnesium, zinc, and copper. Stomach Acid is critical for the breakdown of protein bonds in the stomach, and poor acid content in the stomach causes indigestion.

Common Symptoms of Hypochlorhydria: (low stomach acidity)

- Bloating, belching, burning & flatulence immediately after meals.
- A sense of fullness after eating.
- Indigestion, diarrhoea, or constipation.
- Multiple food allergies.
- Nausea after taking supplements.
- Itching around the rectum.
- Weak, peeling and cracking fingernails.
- Dilated blood vessels in the cheeks & nose (in non-alcoholics).
- Acne.
- Iron deficiency.
- Chronic candida infection.
- Upper digestive tract gassiness.

Stomach acid is essential to detoxification. An absence of stomach acid inhibits the liver from releasing bile, which compromises bile flow and may adversely affect the entire liver and lymphatic system from releasing stored toxins.

Whilst the vast majority of patients with stomach symptoms are candidates for HCl acid supplementation, not all can tolerate HCl, and it can elicit unpleasant heartburn symptoms, or even worse. (This is rare) Start patients on a single supplement in the middle of their lunch, not dinner lest there is a problem that keeps them up all night and has them gradually increase their dose to the desired level over several days. It may be best NOT to use HCl acid in the morning when the body's energy tends to be better, and it is not needed so much.

Stress - emotional, physical, or mental

Digestion is dramatically impacted by stress. The body produces adrenaline and cortisol in reaction to stress. This is what is commonly termed the natural fight or flight reaction. Extreme stress causes the body to overproduce cortisol to counter these higher stress levels. Excessive cortisol hinders sleep patterns, digestion, and metabolism, resulting in digestive disorders and weight gain. **The body's adrenaline response increases the heart rate and redirects blood from the digestive system to the muscular system.** These results in an accumulation of undigested food and the build-up of damaging gasses and alcohol.

Other Causes

Alcohol abuse and long-term use of non-steroidal anti-inflammatory drugs and pain medication, heavy meals eaten after 19h00 and poor food combination are causes of digestive disorders and damage to the mucosal lining which inhibits the secretion of digestive juices.

Combining Food for Improved Digestion

Different food groups digest at different speeds and require different pH environments and enzymes.










Eat Proteins (Fish, meat, chicken, dairy, eggs, nuts, and seeds) with vegetables (broccoli, cabbage, cauliflower, avo, spinach, mushrooms, onions, garlic, butternut, lettuce, tomato, cucumber, peppers, etc.) Allow 4-6 hours after eating proteins before eating the next meal.

Eat Carbohydrates (Grains, bread, rice, crackers, cereal, pasta, potatoes, corn, oats, etc.) with vegetables (broccoli, cabbage, cauliflower, avocado, spinach, mushrooms, onions, garlic, carrot, butternut, lettuce, tomato, cucumber, peppers, etc.) Allow 2-3 hours after eating carbohydrates before eating a different meal.

Eat Fruit alone or leave it alone. Allow 30 min to 1 hour before eating the next meal.

Be mindful of how you feel immediately after a meal or a while later. Bloating, gas and burping, heartburn and discomfort are all warning signs.

Eating Recommendations:

-  Eat slowly.
-  Eat sitting down.
-  Eat in moderation.
-  Eat when relaxed.
-  Chew your food thoroughly (20-40 chews per bite).
-  1 cup of water is acceptable with a meal (no juice, coffee, tea or fizzy).
-  Eat at a comfortable pace and stay conscious of the process.
-  Do not overeat; leave one-third of your stomach empty to aid digestion.
-  Sit quietly for a few minutes after finishing your meal.

Avoid:

- Extremely hot or cold food.
- Exercise immediately after a meal.
- Excessive alcohol, carbonated(fizzy) and caffeinated cool drinks, citrus juices, coffee, and tea.
- Excessive intake of caffeine increases the production of stress hormones. Stress hormones cause your heart to beat faster and boost your energy by redirecting the blood supply away from the digestive system to the muscles. Caffeine also acts as a diuretic which can lead to dehydration, which in turn can contribute to constipation, high blood pressure, headache and fatigue.
- Junk food - Food with low nutritional value. Food containing high levels of calories from sugar and fat with less protein, vitamins and minerals.
- Starch "baddies": They cause sugar to spike rapidly and then fall sharply. This is linked to a higher risk of diabetes, heart disease and weight gain.
- Nightshade vegetables such as potatoes, tomatoes, peppers and eggplant contain SOLANINE.** This substance may increase the leakiness of the intestines and affect the gastrointestinal microbiota, indirectly increasing inflammation.

Constipation

Constipation is infrequent or incomplete bowel movements, characterised by stools that are hard, dry and difficult to pass due to slow transit times through the intestinal tract. Transit time is the time that elapses between ingestion of food and excretion of it in the form of stool. The optimal transit time is 12 - 24 hours. Some people carry up to 7 kg of impacted waste material in the colon with them for 50 hours or more.

Causes of Constipation:

- Insufficient fibre, Magnesium deficiency,
- Insufficient levels of digestive enzymes (hydrochloric acid, pancreatic enzymes, bile salts)
- Loss of body salts through vomiting or diarrhoea, Dehydration - needs more water.
- Too much saturated or trans-fat and salt in the diet.
- Lack of exercise.
- Ignoring the urge to defecate.
- Travel and changing time zones.
- Advanced age.
- Prolonged bed rest.
- Extreme stress/depression.
- Pregnancy - hormonal & mechanical problems.
- Growths, scarring or inflammation in the colon or rectum.
- Surgery (e.g., hysterectomy or back surgery)
- Excessive use of laxatives or enemas. (Use these as emergency tools, not daily).
- Side effects of some medications.
- Dysbiosis (imbalance in bowel bacteria)
- Allergies.
- Gluten and dairy intolerances.
- A diet of processed refined food and sugar.

Problems Caused by constipation:

Nourishment is needed for the nerves, cells, and tissues of the colon walls else it will starve and the digestive and nourishing processes and functions cannot be completed. The colon **becomes clogged up**, which prevents the absorption and use of nutrients. An accumulation of poop becomes the breeding ground for pathogenic and putrefactive bacteria and provides an opportunity for **decay** and fermentation to take place. Highly **poisonous** gas forms as a result. The blood capillaries pick up the toxins and then all tissues and organs become infected by the toxic substances, developing colon diseases and health problems.

- Go to the bathroom in the morning. It's the time that your body detoxes. A good time to let go of the waste(POO) is between 5 and 12 am.
- Take a book and sit with your feet up in a squatting position to put the colon in the proper position for elimination, relax and wait. Get up earlier to make poop time if you need to.

- Respond to the 'call': Don't hold back, as it diminishes its function if elimination impulses are ignored too often. Respond to the peristaltic rhythm to create a healthy pattern.

Support your Colon Health with the following:

- Diet:** A variety of fresh fruits, vegetables, whole grains, and good-quality protein. Refined carbohydrates, bread, and all baked products made with refined flour should be limited or avoided. Add fibre slowly to your diet as too fast causes gas and bloating. Eat fermented foods (sauerkraut, kefir, kombucha, kimchi,) Eat prebiotic foods - Vegetables, fruit, legumes, grains, and nuts.
- Water:** Drink 300 ml of good quality, filtered water per 10 kg body weight per day.
- Exercise:** Daily body activities stimulate the intestines mechanically.
- Stress:** It is a major contributor to constipation and ill health and needs to be addressed effectively to enjoy health and vitality (do belly breathing to relax & get back into the NOW).
- Avoid/limit** alcohol, caffeine, chocolate, smoking tobacco and other narcotic drugs that cause chronic intestinal mucus, ulcers of the stomach and paralysis of the sympathetic nerves. Alcohol and caffeine dehydrate the system. Iron supplements can cause constipation. Tobacco paralyzes the splanchnic nerves, making normal rhythmical bowel movements hard.

Supplements we recommend:

- Herbal Fiberblend(AIM) is an excellent herbal colon cleanser with soluble & insoluble fibres and 17 herbs for everyday use. It is available in powder or capsule form. A great cleanser and healer.
- Digestive enzymes - to help digest and assimilate nutrients.
- Take 1 tablespoon cold pressed coconut oil morning\evening.
- Probiotics with multiple strains from 5 - 20 billion micro-organisms. Probiotics promote a healthy intestinal environment. They produce hydrogen peroxide, which is a potent antibiotic substance that prevents the proliferation of harmful bacteria and competes for implantation space on the intestinal wall. Also, use during and after antibiotic therapy.
- Deworm twice a year. (PARAHERB for 21 days).
- BONE BROTH
- Livertone** (nutrition, digestive enzymes, and liver/kidney health)
- Anti-fungal herbs (Origano oil caps/tincture)
- Siberian pine nut oil (ulcers) etc.
- Go to www.emagenes.co.za for more info.

SIBO

Small intestinal bacterial overgrowth - an intestinal problem that very few people get to. If you struggle to get the results you expect with your colon, investigate this issue.

This is not just a bacterial overgrowth but more so a bacterial location problem. SIBO sufferers have large amounts of bacteria in their small intestines that are normally found in the large intestine or colon. These bacteria create symptoms by producing either **methane or hydrogen**.

The role of bacteria is to eat carbohydrates or ferment carbs. When this excess of bacteria consumes these carbs, they turn them into acids and gas. The gas that is produced is what triggers symptoms of SIBO.

Malabsorption also occurs as the SIBO bacteria is now stealing your food.

COMMON SYMPTOMS

- 🌿 Bloating/abdominal gas
- 🌿 Flatulence, belching.
- 🌿 Abdominal pain, discomfort, or cramps.
- 🌿 Constipation, diarrhoea, or a mixture of the two.
- 🌿 Heartburn.
- 🌿 Nausea.
- 🌿 Malabsorption (anaemia).
- 🌿 Systematic symptoms: headache, joint/muscle pain, fatigue, rosacea.

CAUSES

- 🌿 **Food poisoning** from infectious agents paralyzes muscle and nerve connections and prevents the small intestine's cleaning mechanism.
- 🌿 There is a valve called the **ileocecal valve** that prevents bacteria that belongs in the colon from moving backwards into the small intestine. When this valve is not intact there can be a backflow of harmful bacteria from the colon back into the small intestine.
- 🌿 A decrease in hydrochloric acids
- 🌿 Inhibition of the **cleaning wave**: a cleansing mechanism of the small intestine that prevents bacterial overgrowth, this is a muscular activity that sweeps bacteria out of the small intestine. Anything that interferes with this muscular activity in the small intestine allows bacteria to stay there for longer than they should and it ends up multiplying. We should have approximately 9 of these cleansing waves a day.
- 🌿 An overgrowth of yeast and fungus

THE EFFECT OF SIBO

- 🌿 The bacteria interfere with our normal digestion and absorption of food and are associated with the damage of the lining of our small intestine –Leaky gut syndrome.
- 🌿 Bacteria consume some of your food which results in deficiencies in their favourite nutrients such as iron and B12.
- 🌿 Through the damaged lining of the small intestine, larger food particles go back into the bloodstream which causes the immune system to react; this can cause food allergies/ sensitivities.
- 🌿 Bacteria itself can also enter back into the bloodstream, the immune system's reaction to bacteria in their cell walls can cause chronic fatigue and body pain and can also burden the liver.
- 🌿 Bacteria excrete large amounts of acid.

Loving yourself will contribute greatly to healing your body, for love heals.

So how do you love yourself ?

I LOVE MYSELF THEREFORE, I TAKE LOVING CARE OF MY BODY. I LOVINGLY FEED IT NOURISHING FOODS AND BEVERAGES. I LOVINGLY GROOM IT AND DRESS IT, AND MY BODY LOVINGLY RESPOND TO ME WITH VIBRANT HEALTH AND ENERGY.

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Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.

Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.