

GUT HEALTH

2020

"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.

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 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 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 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

Symptoms:

- Irregular bowel movements.
- Diarrhoea caused by an impacted colon
- Headache,
- Nausea,
- Loss of appetite,
- Abdominal discomfort / fullness,
- Bloating
- General feeling of malaise,
- Lower back pain,
- Rectal discomfort

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 absorption and use of nutrients. An accumulation of poop becomes the breeding ground for pathogenic and putrefactive bacteria and provides 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.

THE PERFECT POOP...

Should be well shaped and consistent in contour, pass easily, be light brown, smell natural and float without needing several attempts to flush.

When it is:

- Dark and sink = sign of dehydration or longer transit time
- White and wont flush = sign of excess fats
- Diarrhoea or loose stools = body's attempt to get rid of toxins at all costs, food intolerance/allergy, stomach bug
- Recognition of food particles = indication of insufficient enzymes, poor chewing and too short a transit time
- Pebbles = chronic constipation/dehydration and indication that gall bladder is dysfunctional

Testing Transit Times

This is a SELF - TEST to determine bowel or intestinal transit times. Swallow 5 - 10 tablets or 5 ml charcoal powder with water. Write down the time it is taken and the time when the stool is black. Ideally this would be 12 - 24 hours. Longer indicates an excessive bowel transit time. After 78 hours or never indicates a toxic bowel. If you continue to see black for several days, this is a sign of a sluggish bowel.

Much less than this is also not good because the food is not staying in the digestive system long enough for proper digestion. (it can also be a food allergy or parasites and worms)

Instead of using charcoal, eat beetroot (e.g. as a salad) and note the times when eaten and a red colour in the stools appear.

WHEN AND HOW

- Go to the bathroom in the morning. Your body detoxes between 5 and 12 am. Let go of the waste.
- 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 wholefood diet of mainly fresh fruits, vegetables, whole grains, and good quality protein. Include whole grain millet, rye, yellow maize and brown rice in your diet. Limit meat products to once a day. Refined carbohydrates, bread, all baked products made with refined flours should be limited or avoided. Add fibre slowly to diet as too fast causes gas and bloating. Eat a variety of different foods. Eat fermented foods (sauerkraut, kefir, kombucha, kimchi,) Eat prebiotic foods - Vegetables, fruit, legumes, grains and nuts.
- **Water:** Drink 300 ml 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 beathing to relax & get back into the NOW).
- **Posture:** A stooped or relaxed posture weakens the abdominal muscles causing congestion of the liver and all other abdominal organs.
- **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 paralyses the splanchnic nerves, making normal rhythmical bowel movements hard. Limit meat products to once a day. Refined carbohydrates, bread, all baked products made with refined flours, saturated fats and sugar should be limited or avoided.
- **Supplements we recommend:**
 - Herbal Fiberblend is an excellent herbal colon cleanser with soluble & insoluble fibres and 17 herbs for everyday use. It is available in a powder or capsule form.
 - Digestive enzymes – to help digest and assimilate nutrients.
 - Essential fatty acids (EFA's) lubricate the digestive tract - Also reduces inflammation in gastrointestinal tract. (take one tablespoon flax oil in yogurt or with another protein). Remember to take antioxidants (Vitamins A, C, E and Minerals Zinc and selenium or multivitamin) with the oils.
 - 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 bi-annually.
 - Apple cider vinegar, 1 tablespoon in water.
 - Half a lemon squeezed in a cup of water.
 - Do not put boiling water on vinegar or lemon or honey! It DESTROYS everything. Lukewarm to warm is better.
 - Aloe vera (SUPERFOOD AND GUT HEALER)
 - BROTH
 - Livertone (nutrition, digestive enzymes and liver health)
 - Anti-fungal herbs
 - Coloperm (repairs gut lining)
 - Siberian pine nut oil (ulcers) etc etc etc.
 - Go to www.emagenes.co.za for more info.

It is not only about **WHAT** we eat but also **HOW** we eat!

- Eat in a quiet, settled, comfortable environment
- Never eat when you are upset
- Always sit down to eat
- Eat only when you feel hungry
- Minimize ice cold foods and beverages
- Finish chewing and swallowing what is in your mouth before taking another bite
- Eat at a comfortable pace; stay conscious of the process
- Listen to your appetite: digest the previous meal before starting the next one
- Do not overeat; leave one third of your stomach empty to aid digestion
- Eat freshly prepared foods: lightly cooked foods are preferable to raw or over cooked food
- Sit quietly for a few minutes after finishing your meal.... Deepak chopra

Stomach problems (indigestion, burps, heartburn, ulcers...)

Mostly comes from colon problems.

80 % of people on anti-acids do not need them.

If you are constipated your colon is full (compact) and it affects your stomach badly.

Allergies originate in the *small intestines*.

Because of leaky gut syndrome (permeable gut) indigestible protein goes into the blood.

Your body makes histamine, that causes inflammation, phlegm, eczema and migraine.

How will you know if you have a food intolerance/allergy?

If you have the following symptoms:

- Lower abdominal bloating
- Loose stools or diarrhoea
- Belch or burp after meals
- Headaches one hour after eating
- Crave certain food
- Abdominal cramps and pain
- Excessive appetite

FOOD INTOLERANCES

- Avoid the foods that inhibit a response in your nervous system (gluten, dairy, medical drugs, colourings, preservatives and excess sugar)
- Emotional responses to food can set up a stress response that makes the food intolerant, e.g. Childhood memories and food.
- Reduce food intolerances by rotating your foods. (particularly dairy and eggs)
- You will crave and be addicted to your favourite food that you are intolerant to.

SIBO – small intestinal bacterial overgrowth - an intestinal problem that very little people get to. If you struggle to get the results you expect with your colon, look into this issue.

It can take months or years for a problem, that took years to develop, to be corrected. You can only develop proper elimination, if you also rebuild damaged tissues with a balanced wholefood diet.

Emagenes

health shop

Loch Logan, Waterfront

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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.