

ARE YOU FULL OF IT?

By Charlene Gullotta-Holland, B.S.

C.R.A.P. (Caffeine, Refined sugars, Alcohol/antibiotics, Pollutants/processed foods)

CRAP or constipation may be defined as infrequent or incomplete bowel movements that are often hard, dry and difficult to pass.

Conventional medical realms may consider it “normal” to have a healthy bowel movement as infrequently as three times per week. In most holistic practices the normal range of bowel movements to be one to three per day.

Unfortunately due to the poor eating habits of Americans, toxins in our air, soils, and water, our transit time for food to digest and become excreted has slowed dramatically. In fact the average transit from food in the mouth to waste out the other end takes an average of 72 hours. When waste transit time is slow, it decays and ferments producing poisonous chemicals that get reabsorbed into the body. This creates conditions for overgrowth of bad and putrefied bacteria that can have damaging effects on the entire body and increases health problems.

Studies suggest that constipation may indirectly cause estrogen to be reabsorbed. Elevated estrogens can give rise to various cancers. Colon cancer is highest in the U.S. as compared to the rest of the world.

Toxins created in the constipated bowel damage digestive enzymes that are vital for absorption of various nutrients. The walls of the colon may weaken and become herniated possibly creating diverticulosis.

Increased exposure to toxins in the colon will stress the gallbladder, pancreas and liver, and may increase gas formation and change in gas pressure, which can lead to esophageal damage from reflux (acid reflux disease). The average

person carries a load of 2 – 25 pounds of excess waste/toxins in the colon.

The extra load of toxins creates an overall strain on the entire immune system making the person vulnerable to a host of chronic and ongoing illness.

is actually a cause of constipation. Habitual use interferes with normal reflex of the intestines, and leads to loss of important nutrients and water.

While lack of dietary fiber is generally agreed upon as a major

cover up our “gut” feelings. Impaired digestion is a beginning of a series of problems that ultimately lead to chronic disease and needs to be addressed as to the cause. Covering it all up has put Americans at high risk of earlier onset of disease.

Excessive toxins in the water, air, soils and general environment (inside and out) has created an overload that our bodies can no longer efficiently fight off with out some help. The body needs assistance in detoxifying. (See the chart with this article)

Leonard Smith, MD, and a renowned general gastrointestinal and vascular surgeon quoted the following:

“In my own experience, constipation is one of the most common complaints of hospital patients; I have personally experienced colon hydrotherapy and believe it is an important therapy for anyone who cares about his/her health. Patients who try this therapy are amazed by the gentle and effective results they achieve.” He goes on to add, “I look forward to the day that colon hydrotherapy becomes a standard of care for the medical profession both in the hospital and outpatient setting.”

Do what you must to assist the body in elimination of the burden it now carries to keep you healthy and functioning at high levels for a longer healthy life. To sum up in the words of Dr. Paul Bragg, “Cleanse your body!”

WHAT TO DO TO HELP DETOXYFY THE BODY



✓ **AVOID the C.R.A.P. Caffeine, Refined sugar, Alcohol/Antibiotics, Pollutants/Processed foods.**

✓ **Eat a natural variety of wholesome foods.**

✓ **Drink plenty of water.**

✓ **Exercise regularly. Move your body and sweat a little.**

✓ **Take essential fatty acids (EFA) to lubricate the digestive tract.**

✓ **Take a probiotic (good bacteria) supplement daily to provide a strong immune system.**

✓ **Manage stress (try meditation, yoga, and various relaxation techniques).**

✓ **Use Colon Hydrotherapy to assist in cleansing the waste from the large intestine. Colon hydrotherapy also provides much needed hydration and can initiate peristalsis.**



Standard Medical Treatment:

Most mainstream allopathic views consider the cause of constipation to be merely a lack in fiber and commonly recommend the use of fiber supplements and an increase in dietary fiber. If you follow this standard advice, add bran fiber to your diet slowly, because adding bran fiber too rapidly can cause increased gas, bloating, and actually create constipation. The use of laxatives in the U.S. is astronomical. The overuse of laxatives

cause of constipation, some published studies show that a significant number of constipated people do not find relief from fiber supplementation.

Over consumption of caffeine inhibits water uptake in the colon, and therefore slows transit time of waste. Dehydration is one of the most overlooked causes of illness. Widespread use of over the counter and prescription drugs contributes to constipation. The most prescribed prescription medication is the “little purple pill” used to

About Charlene Gullotta-Holland

Charlene Gullotta-Holland is a certified colon hydrotherapist and the owner of A Gentle Cleanse. For more information contact A Gentle Cleanse at 407-2510.