

## **Suggestions for Colon Problems**

**Indications** – constipation, sluggish appetite with low energy, skin eruptions, digestive disturbances, depression, mental confusion, gas, gastrointestinal irregularities, hay fever, arteriosclerosis, cancer, arthritis, hypertension, diabetes, malabsorption, autointoxication, irritable bowel, nutritional deficiency (even with nutritional supplementation), a toxic colon can be a causative factor for nearly any disease.

**Causes** – processed food diet, frequent diet of red meat, eating processed meats such as salami, parasites, protozoa, lead poisoning, arsenic poisoning, not drinking enough pure water, not exercising, lack of digestive enzymes, lack of fiber in diet

**Good foods** – emphasis on a whole food diet including fresh fruits and vegetables, legumes, oat bran, psyllium seeds, green leafy vegetables, salads, ground flax seeds, whole grains, breads and cereals, cabbage, carrots, apples, papaya, emphasis on raw fruits and vegetables, kefir, yogurt, lots of water and limit protein intake to 15-20% of diet, garlic

**Harmful foods**- white sugar, white flour, white rice, fried foods, coffee, black tea, colas, alcohol, tobacco, aspirin, chocolate, cocoa, dairy products

**Alternative treatment for colon therapy** – drink lots of water, do a colon cleanse, eat fiber foods, take magnesium 800 mg/day, add 2 tsp of ground flax seed or psyllium seed every morning to breakfast or glass of water, rhubarb root 2 capsules 500 mg 3 times/day, dandelion root 2 capsules 500 mg 3 times/day, yellow dock 2 capsules 500 mg 2 times/day, triphala, probiotics, aloe vera juice, calcium 1200 mg daily with meals at night, slippery elm

**Colon cleanse** – doing a minimum of a yearly colon cleanse is highly recommended in order to cleanse and detoxify the colon. A good cleanse will include both a powder and capsules with various ingredients including, cascara sagrada, senna, fennel, rhubarb, psyllium seeds, bentonite clay, zeolite and activated charcoal. Make sure to drink a minimum of 8-10 glasses of pure water daily while on a colon cleanse

**Constipation** – boil organic orange peels in water and drink juice, drink alfalfa tea, eat 2 tsp of ground flax or sesame seeds, eat bananas, eat thyme

**Homeopathic** – Abies Nigra, Aconitum Napellus, Senna, Ferrum Metallicum

**Emotion linked to colon** – holding emotions in stomach area, stress affects colon, can't "digest", can't "stomach" something

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.