July 2013

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for POOP

Healthy Food for Healthy Poop

Good Poop = Good Health

What is a Healthy Stool and How to Prevent Constipation

3 Tips for Curing Constipation

A Waste of Time

HomeCures That Work

For Poop

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Understanding A Healthy Stool and How to Prevent Constipation

By Dr. Scott Saunders

Most who have been around elderly people know that bowels are a large issue. While I was a Medical Student, I was working at the VA hospital in Los Angeles and I walked into the pulmonary ward only to find that my patient was snapping at me. I commented that he seemed unhappy. "Mark my words, Doc," he said, "If you see a grumpy old man, then there can be only two reasons: either he's constipated or his woman's giving him trouble!" I knew he didn't have a woman so... "You got it!" he blurted out. "Now, what are we going to do about it?"

Constipation

Most people think constipation means not being able to have a bowel movement regularly, but really it refers primarily to the consistency of the stool. If you go every day, but have hard stool it can still be called constipation. There are many aspects of what goes into your mouth that affects the consistency of your bowel movements, which is very important. Constipation can lead many health problems, like:

1. Diverticulosis – out-pouching of the lining of the colon.
2. Diverticulitis – inflammation or infection of diverticula.
3. Lazy colon – difficulty passing stool.
4. Polyps – bumps, or tumors, that form on the lining of the colon that may bleed or become cancerous.
5. Internal hemorrhoids – enlarged veins high up in the rectum that can break open and bleed.

6. External hemorrhoids – enlarged veins near the anus that are painful, itching, or burning.
7. Anal fissures – breaks in the skin of the anus that cause pain
8. Cancer – rectal or sigmoid cancers are the most common colon cancers.

So, constipation is not a small thing! It's so important for everyone to understand the stool and how to prevent the complications listed above. We'll discuss how:

BACTERIA

Your stool is as much as 70% bacteria, by weight. The large majority of these are in the colon and will have a big effect on your stool consistency. While there are probably over 500 species of bacteria, we look for only a few of them to see if the colon is healthy. There are many reasons to protect your good bacteria.

For example, when people take antibiotics they kill many of the normal bacteria and allow unhealthy bacteria and yeast to grow. Candida, from yeast, is a very common health problem causing not just local symptoms of gas, bloating, pain, cramps, diarrhea, and constipation, but systemic problems of pain, fatigue, and weakness as well.

After antibiotic treatment, the good bacteria often grow back and restore normalcy to the colon, but sometimes it can become a chronic problem. In the worst cases of resistant C. difficile infection, for example, a hospital might do a fecal transplant by putting a tube down the throat into the intestines of the patient and running in stool from a normal person. Mostly, we do the same thing with PROBIOTICS, but these are grown in factories instead of other people's colons.

Probiotics have many other benefits:

1. Produce vitamins
2. Aid digestion
3. Increase absorption of nutrients
4. Stop inflammation
5. Prevent infections
6. Help you to have normal bowel movements

The rule for having good bacteria in the bowels is to feed them good food. Remember, you're not just eating for one, but for over a trillion! The food they like is called PREBIOTICS, and consists primarily of fiber that we normally don't digest. These are soluble fibers like fructooligosaccharides, and inulin, that and are found in fruit, vegetables and whole grains.

One of the big problems with processed foods is that the fiber is taken out and fed to animals, while the humans are eating only the starches and simple sugars. Starch and simple sugars feed bacteria that cause inflammation, infection, diarrhea, and constipation.

Artificial sweeteners are also bad for the colon. Bacteria are killed by certain artificial sweeteners that take it up as if it were a usable form of energy, but they can't use it. Thus, they don't reproduce, and they die. This is only one good reason (out of many) to avoid artificial sweeteners.

Even your vitamin pills can cause health problems! When studying nutrients, researchers found that one reason for poor absorption of a nutrient was the proliferation of bacteria that used the vitamins or minerals that the person was taking. Thus, the bacteria were growing more, but the person wasn't getting adequate levels of nutrition. The best way to avoid this is to take nutrients on an intermittent basis, every other day, or a week on-week off basis seems to be best.

The following is a good list of how to take care of your good stool bacteria:

1. If you must take an antibiotic for an infection, take a good probiotic as well for at least 30 days after finishing the antibiotic.
2. Avoid all processed sugar and starch.
3. Avoid all artificial sweeteners.
4. Eat plenty of fruit and vegetables.
5. Don't take your vitamins every day, take them twice a week, or alternate weeks: one on, one off.

FIBER

The single most important thing we can do for stool health is to eat fiber because it:

1. Grows good bacteria
2. Decreases inflammation
3. Prevents infection
4. Stops and reverses hemorrhoids
5. Prevents polyps and cancer
6. Keeps the bowels clean

There is no appreciable amounts of fiber in meat, poultry, chicken, eggs, or milk products such as yogurt, cheese, or milk. Also, all "white" foods are processed, such as white rice, white flour, or white sugar, and have very little fiber left. Thus, all these kinds of foods may contribute to constipation and poor bowel movement health.

Fiber is found in all whole plants.

- Beans, peas, and lentils are especially high in fiber.

It's important to vary the types of fiber you eat so you can avoid over-growth of a specific type of bacteria. It isn't hard.

- Just eat a variety of fresh or cooked vegetables, fruit, and whole grains.
- Include nuts, seeds, beans, peas, and lentils.

There is so much available today that we don't need to eat the same foods all the time.

Ideally, humans should be getting about 30 grams of fiber per day. This is based on diets that don't contain processed foods, or large amounts of meat, poultry, fish, and dairy. See the fiber chart for an idea of how to achieve this. If a person is serious about getting this much fiber, they often lose weight, feel better, and have more normal stools.

Over the years I have noticed that all the "grumpy old men" that have come to my office really are either constipated or had relationship problems. I advised them to eat more fiber, take a probiotic, and drink more water. The way to judge is to have soft stool, one to three times per day. These changes have led to normal stool, and happier people.

Would you eat 30 grams of fiber per day if you could? Every bit of fiber counts! How would you add fiber to your diet?

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Good Poop = Good Health

By Amanda Box

People may think I'm nuts for asking, but one of the most important questions on my health evaluation form is, "How many bowel movements do you have per day?" I also ask about stool color, consistency, and size. TMI, you may say? I beg to differ.

Bowel health is of utmost importance. I believe it to be one of the greatest determining factors to whole body health. Unfortunately, most people want to leave their bathroom visits in the bathroom and rarely talk about the state of their poop. They find it embarrassing and think it shouldn't be talked about. You would be surprised how many people believe that having 2-3 bowel movements a week is normal! That is anything but normal! That, in fact, is a sign that something is wrong, and can actually lead you down the road of many toward different health issues. You should care about your poop!

Keeping it Regular

I'm sure you're no stranger to hearing about regularity. In attempts to promote their products, cereal and fiber supplement companies have bombarded the media with it's importance for maintaing healthy bowels. For that, I am thankful.

It is important to make sure you poop regularly. The problem, though, is confusion about what it means to be truly "regular." Like I mentioned before, some people believe that pooping a few times a week is regular! Regular actually should be, in fact, daily. And more specifically, regular is about three times a day.

Think about it. Humans were designed to eat and then poop. Any mother will tell you that within a matter of 20 minutes after feeding their baby, they poop. What goes in has to go out. And if it doesn't go out within a reasonable amount of time, problems can result.

Our poop is essentially toxic waste. It contains billions of bacteria — hence the stench! Once our food is processed, broken down, and turned into poop, it should exit our body within 24 hours. When this toxic waste is in the body too long, we begin to poison ourselves internally!

A good way to tell if your body is getting rid of waste in a timely manner is to eat a cup of corn. If you don't see corn in your poop within 24 hours of consuming it, then you may have a sluggish colon or you are seriously "backed up."

There are several ways to jumpstart your colon to work properly. These methods also help to flush out old accumulated toxic fecal matter. Getting out old toxic poop will leave you feeling cleaner, lighter — and will even improve your mental clarity!

1. Colon Cleansing (pill form)

The easiest way to facilitate cleansing the colon is to take natural herbs and supplements

With it's growing popularity, there are a plethora of colon cleansing kits on the market today. Be wary of pills that contain senna or cascara sagrada. These two herbs, though natural, work on the colon's nervous system and can increase dependence.

I personally recommend the brand Renew Life's Colon Cleanse formula. It contains healthy fiber and safe herbs to increase your bowel movements and move that toxic poop out of your body!

2. Colonic Hydrotherapy (colonics)

A true colonic is performed by a certified colon hydrotherapist. Warm water is gently diffused into the colon through a tube that is gently inserted in your anus. Your poop is then washed out through another tube. It is painless and gentle and not near as "gross" as you might imagine.

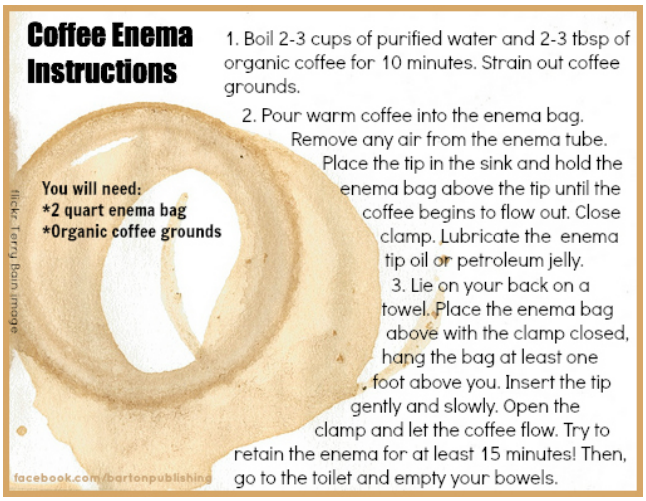
Hyrdrotherapists are professionals and they deal with poop all day, every day. There is no need to feel embarrassed or apprehensive. When I had my first colonic, my therapist quickly put me at ease and I had a very pleasant experience. I recommend at least 2 sessions, with a day in between, to flush out your old accumulated waste.

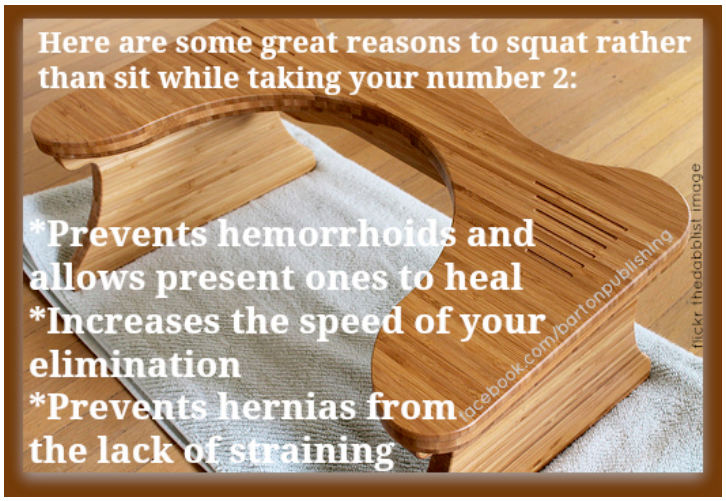
3. Enemas

For those of you who want similar results from a colonic but at the convenience of your home, you might consider a coffee enema. Coffee? You ask?! Well, coffee has benefits that water alone does not. The caffeine contained in the coffee is absorbed through the colon wall and by the liver. This caffeine surge encourages the liver to dump it's toxin filled bile, which in turn gets flushed out of your body.Coffee also contains compounds that activate glutathione s-transferase. This enzyme is one of the body's most powerful detoxifiers and can remove thousands of toxic waste elements from your bloodstream! So, using coffee instead of water in an enema not only cleanses the colon, but also the liver.

Most people love the feeling they get after a coffee enema. It is a great option for headache and migraine relief, as well!

For those of you interested in trying a coffee enema, here are the instructions from the Gerson Cancer Treatment Institute. They recommend regular coffee enemas as part of their cancer treatment protocols in order to facilitate detoxification.





Coffee Enema Instructions

First, you will need:

- 2 quart enema bag
- Organic coffee grounds

Place 2-3 cups of purified water and 2-3 tbsp of organic coffee on the stove to boil. Boil for 10 minutes and allow to cool to the touch. Strain out the coffee grounds. Your coffee is now ready to be used in the enema. Make sure the coffee is warm, not room temperature or cold. There is nothing worse than a cold enema!

Pour the warm coffee into the enema bag. Remove any air from the enema tube by grasping the hose and unclamping the clasp. Place the tip in the sink. Hold up the enema bag above the tip until the coffee begins to flow out. Then close the clamp. Lubricate the enema tip with a small amount of oil or petroleum jelly.

Taking the Enema

The position preferred by most people is to lie on one's back on a towel, on the bathroom floor or in the bathtub.

Place the enema bag above with the clamp closed, hang the bag at least one foot above you. Insert the tip gently and slowly. Move it around until it goes all the way in. Now, open the clamp. The coffee may take a few seconds to begin flowing. Make sure you are completely relaxed.

If you start to cramp, then close the hose clamp, turn from side to side and take a few deep breaths. The cramp will usually pass quickly. When all the liquid is inside, close the clamp and slowly remove the tube.

Try to retain the enema for at least 15 minutes! After 15 minutes or so, go to the toilet and empty your bowels.

4. Number 2 Positions

There are a number of contributing factors to constipation and irregularity. Some of the more common causes of irregular bowel movements include:

- Lack of adequate fiber in the diet
- Food allergies and sensitivities
- Lack of healthy probiotic bacteria in the gut
- Dehydration
- "Holding it" too often
- Lack of exercise
- Pharmaceutical drugs (pain killers, antidepressants, blood pressure, and allergy medication)

However, many people are unaware that the position we assume when taking a number 2, can make a huge difference in how often and how easy it is for us to "drop a dookie." Toilets are one of the worst inventions of all time. Yes, they may be more sanitary than an outhouse or a hole in the ground, but mankind was never meant to sit while taking a dump!

If you travel to Asia, as I have, most countries have something called "squatty potties." These potties look like toilets in the floor. The nice versions even flush. However, instead of sitting on them, you put your feet on each side and squat!

Squatting is the body's natural position for pooping and is how people have taken poops since the beginning of time! Modern toilets, or thrones, weren't invented until the 1800s! We sat on thrones while the "natives" squatted. Although it may have made us feel more superior, the natives surely had healthier bowel movements!

When we sit on a toilet, our bodies have to strain and push to poop. I've often heard our intestines being compared to a kinked water hose when we poop on a toilet. However, when we squat, our body essentially straightens out that bend in the hose making pooping a breeze!

Here are some other great reasons to squat rather than sit while taking your number 2. Squatting:

- Prevents hemorrhoids and allows present ones to heal
- Increases the speed of your elimination
- Prevents hernias from the lack of straining

I know what you're thinking! "How on earth are you supposed to squat when all you have in your home are modern toilets?" I don't expect you to actually install squatty potties in your home. And, No, you don't have to crawl on top of your toilet and squat. It requires way too much balance because toilet seats are designed for your butts, not your feet! Although, I know people who have done it.

However, many companies are coming out with stools that slide under your toilet. You put your feet on the stool while you sit on the toilet and it puts your body in a natural squatting-like position! They are super easy to use and are very inexpensive! Even those who have regular daily bowel movements have reported better results. Many said they felt lighter and that they were getting "everything out."

I recommend these for everyone, not just those who suffer from constipation. They are excellent for children too and can help with potty training! You can purchase one HERE.

Yes, working out and eating right are extremely important. But making sure you have regular bowel movements should also be part of everyone's health regime. Pooping regularly is important and shouldn't be overlooked. If you are not having daily bowel movements, consider a colonic, coffee enema, or colon cleansing supplement to jump start your bowels. And take the time to invest in a proper potty stool to facilitate easy more efficient poops, helping you feel lighter, cleaner, and more energetic. Good pooping habits really do equal good health!

Swallow a few spoonfuls of yogurt and poop perfectly? Give me a break...What helps you "GO" like you are supposed to?

Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at http://amandabox.blogspot.com/ for contact info.

Healthy Food for Healthy Poop

By Amanda Box

We all know what goes in has to come out. But, it's actually a lot more complicated than that. What you put into your body can either create a healthy digestive tract and benefit your body in many positive ways, or it can encourage the complete opposite.

Many times we may not even realize something is wrong with our digestive system until the poop speaks! Blood in the stool, hard stools, and chronic diarrhea can alert people that something is

seriously wrong. However, even if you don't have obvious signs of dysfunction, your poop may not be normal.

So, what does a normal poop look like?

- Medium brown color
- Soft, yet still formed
- Around 12 inches total passed per day
- Easy to pass without pushing or straining

A healthy intestinal tract means your poop must have ALL of the above qualities — not just one or two. If your poop doesn't have all 4 of these qualities, then you're digestive tract is out of whack!

Certain foods can create an absolute toxic dump inside your digestive system. Your gut will plague you with these possible side-effects from a faulty digestive system filled with toxic sludge from the wrong types of food:

- Gas
- Bloating
- Constipation
- IBS
- Crohn's Disease
- Ulcerative Colitis
- Systemic Candida
- Depression

Your food is fuel and medicine for your body and your digestive system is a beautiful but delicate system for making sure your food benefit is maximized.

Beyond Just Poop

Interestingly enough, your intestinal tract is responsible for so much more than just processing food and turning it into poop. Your intestinal tract is central to your health, containing 70% of your immune system! Therefore, the health of your intestinal tract can determine the health of the rest of your body!

Doctors and scientist are also now referring to the intestinal tract as "The second brain!" Your intestines have their own very intuitive nervous system that is closely connected with your emotions.

- For example, this is why you may have diarrhea when you are nervous.
- You also produce more serotonin (your "feel good" neurotransmitter) in your gut than you do in your brain! The state of your intestines directly affects your state of mind — and vice versa!

Having healthy poop truly is a reflection of whole health!

Cleaning up Your Dumps

Cleaning up the intestinal tract can be like cleaning up a toxic waste dump. No need to worry! You are definitely not alone. It is unfortunately quite rare to find someone with a healthy, normally functioning digestive system. I believe the majority of these problems are the result of:

- Processed and fast foods
- Antibiotics
- Prescription drugs
- Lack of cultured and fermented foods
- Lack of adequate fiber in the diet
- Dehydration

Incorporating the right foods into your diet and eliminating unhealthy, processed and fast foods can clean up your dump! Here are what I believe are the top 3 foods in creating healthy poop, healthy digestion, and therefore a healthy whole body!!

#1 Healthy Food for Healthy Poop: Cha-Cha-Chia!

We have all heard of the infamous Chia pets, but who would have ever guessed that this sprouting seed could be an amazing health food! Chia seeds are my absolute favorite source of healthy dietary fiber.

Fiber is very important in sweeping the colon walls of toxic debris and undigested particles. It also provides bulk for your poop to form properly. Most over-the-counter fibers, like psyllium, contain absolutely no other nutritional benefits. The wonderful thing about chia is that it has many other health benefits beyond just fiber. The nutritional benefits of chia include:

- *Omega-3 fatty acids:* Chia is the highest plant source of omega-3 fatty acids, which reduce inflammation, promote brain health, and lower cholesterol!
- *Antioxidants:* Chia seeds are rich in antioxidants, which fight free radicals in the body. Free radicals cause everything from premature aging to cancer.
- *Minerals:* Chia is high in calcium, magnesium, phosphorus, and manganese. Interestingly, these are all minerals very important for bone formation and they are all naturally occurring in one food item!

Overall, chia seeds supports effective treatment in immediate problems of digestion. With's its nutrition enhancement, chia encourages proper elimination by reducing digestive transit time and removing toxins as it passes through the digestive tract.

#2 Healthy Food for Healthy Poop: Gelatin

Surprisingly, gelatin is a wonderful health food for the digestive system. Unfortunately, combining gelatin with sugar to make artificially colored Jello, doesn't count. Pure gelatin comes from the connective tissue of beef and is packed full of collagen, protein, and amino acids. It is very soothing and restorative to the digestive tract and is great for those suffering with inflammatory bowel diseases or leaky gut syndrome. It also binds with water in the intestinal tract helping to move your poop through the colon. I am a big fan of foods that serve more than one healthy purpose and gelatin, like chia, has many other wonderful qualities. Gelatin serves to benefit the body in many ways.

- *Promotes Bone and Joint Health:* It's high levels of amino acids and collagen prevent degeneration of the joints.
- *Improves Skin:* Our skin is made up of collagen, which naturally decreases as we age. Collagen contained naturally in gelatin increases elasticity of the skin and prevents wrinkles.
- *Promotes Better Sleep:* High levels of the amino acid glycine is found gelatin. In clinical studies, glycine has been shown to promote better sleep and less daytime drowsiness.
- *Increases Weight Loss:* Gelatin promotes the production of the human growth hormone (HGH), which naturally increases the metabolism and promotes satiety.

You can consume healthy gelatin by making your own bone broths or by using regular unsweetened gelatin. You can stir powdered gelatin into most foods including your morning coffee. A fun snack for kids is to combine it with natural fruit juice, making your own healthy version of jello.

The most quality source I have found of pure, naturally sourced gelatin is Great Lakes. Gelatin is a great source of protein and can be substituted for your protein powder in delicious shakes. You can purchase it HERE.

#3 Healthy Food for Healthy Poop: Sauerkraut

I believe sauerkraut to be one of the most overlooked health foods on the market. It isn't difficult to find and is found on the shelves of nearly every grocery store. However, most people have no idea how absolutely fabulous sauerkraut is for your health!

True sauerkraut is a fermented food. You will want to be sure and read the label. If it contains vinegar, then it is not fermented and not true sauerkraut. However, sauerkraut made the old fashioned way is fermented and contains billions of healthy bacteria per jar! These healthy probiotic bacteria restore the microbial balance of the gut by preventing the overgrowth of toxic bacteria. It also is a great source of fiber which, as I mentioned before, helps to sweep the colon and keep your feces moving on out of the body.

Sauerkraut also contains:

- Vitamins B6, C, and folic acid
- Compounds called isothiocyanates, which have been shown in studies to prevent the growth of cancer!
- Antioxidants, which fight free radicals in the body

I recommend raw sauerkraut as a booster food to most of my clients and have had fantastic response from them with regards to not only improved elimination but also regarding the enjoyment of a new food in their regular routines.

Recipe: Gut Restoring Smoothies

I love any health food that is quick and easy to not only make, but consume. Being a working mom with 3 children, leaves little time for food prep in my life. However, smoothies are an all-in-one easy to make meal or snack that is packed with healthy foods.

This smoothie recipe substitutes your typical protein powder with gelatin. Gelatin is a great not only a fantastic source of protein, but it also soothes, protects, and restores the intestinal tract to health. I also include other gut health ingredients like fiber rich fruits, chia seeds, and probiotic rich yogurt.

If you want healthy poop and a healthy digestive tract, just drink one of these each morning and watch your bowels change for the better!

What you'll need:

- 1 cup of unflavored yogurt
- ½ cup coconut or almond milk (unsweetened)
- ½ cup frozen organic berries
- ¼ cup chia seeds
- 3 tbsp gelatin powder

Directions:

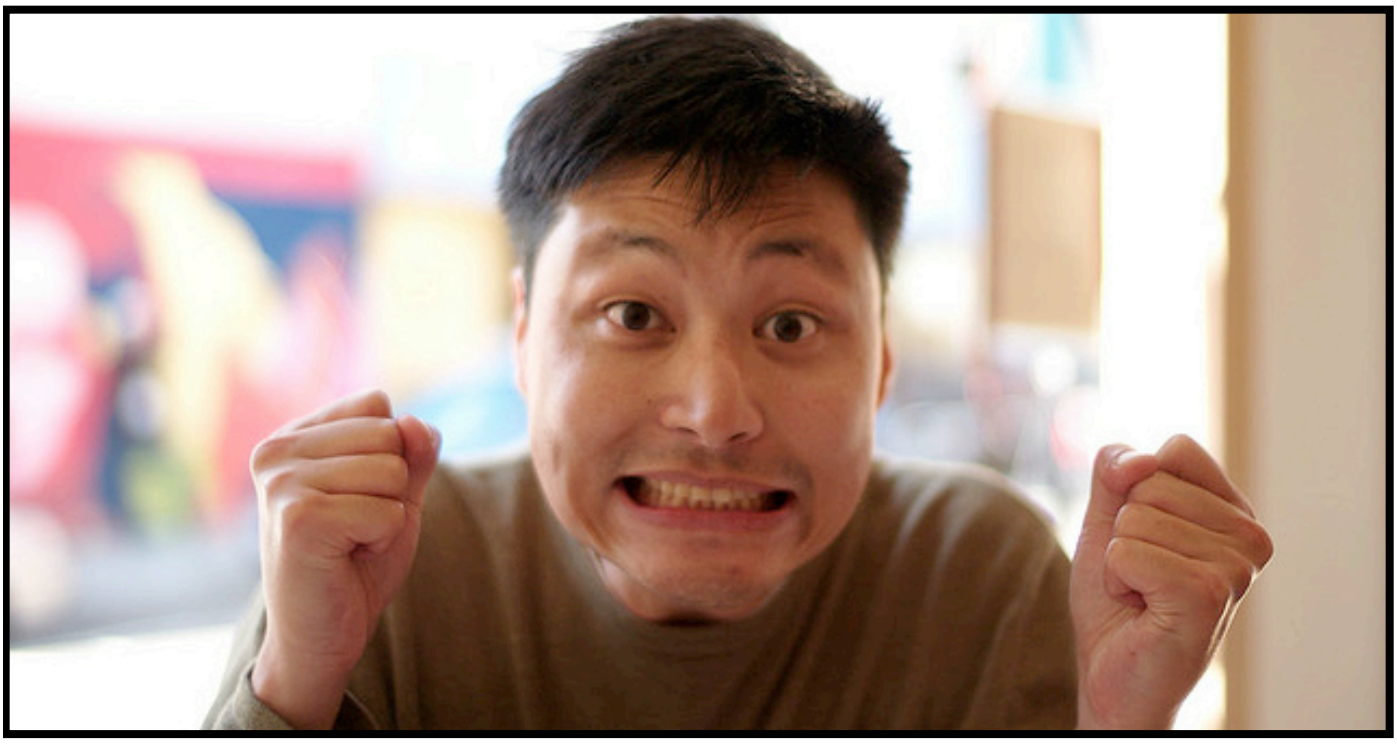
Blend the above ingredients in a blender until smooth. The gelatin can thicken over time, so don't wait to drink it!

Feel free to change it up and experiment with different flavors. Let your kids design their own flavors and they'll be much more likely to drink their creation. Making smoothies can be a fun and healthy experience for the whole family!

Remember, what you put in your body can make or break your digestive system and therefore the health of your entire body! If you take the time to eliminate unhealthy foods and start incorporating the three gut health foods I recommended, you will be surprised how your health will begin to take a turn for the best!

Make healthy poop a priority and begin your journey to digestive wellness today!

Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info:
http://amandabox.blogspot.com



A Waste of Time - Constipation

By Michael Tyrrell

Welcome back, friends! It's been a long day and it feels good to sit down. I'm pooped! Believe it or not, this month's topic actually is… POOP!

Honestly, I told our editor Cheryl that I thought it was a crappy subject — but doodie calls.

Haste makes waste, so I will take my time unpacking this delicate material. Since this is paperless, it could be a mess… so I'll just have to roll with it!

Now that I got that out of my system, we can finally move along.

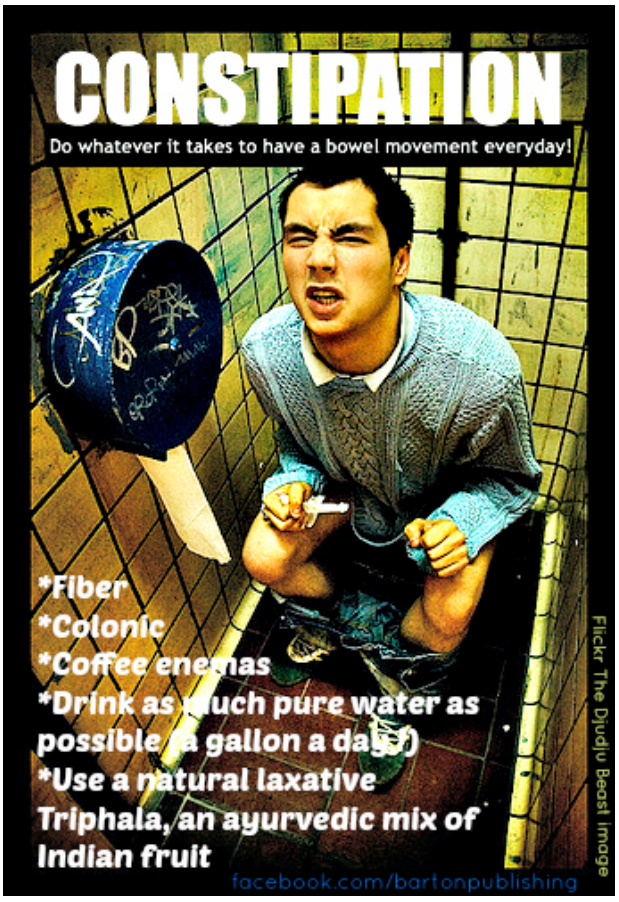
First Movement

No matter how refined, prim or proper one becomes, there is just no elegant way to discuss poop!

Of course, we can re-brand it with words such as, excrement, feces, stool or dung but in the end, it's still…poop!

Here are some cold hard facts.

1. The average American excretes approximately 12 oz. of stool every day. That is a whopping 360 pounds a year, per person!
2. Our poop is approximately ¾ water with the remaining ¼ being comprised of:
    - Dead bacteria
    - Indigestible substances such as:
        - Cellulose (or fiber)
        - Cholesterol (fats)
        - Inorganic tissue salts (like phosphate)
        - Live bacteria
        - Dead cells
        - Mucus
        - And trace amounts of protein…



Nothing redeemable here… no wonder we refer to it as waste (more on that later!).

1. Its good if it sinks, bad if it stinks. A healthy bowel movement should be fawn colored, sink quickly and have a slight odor. Smelly stools mean a slow transit time leading to putrefaction.
2. U.S News reports that 12 to 19% of American's — as many as 63 million people — suffer with constipation due to poor diet and lack of fiber.
3. The slang word "poop" came into use around 1900. It was derived from a middle-English word, poupen, which originally meant flatulence or fart.

Dear reader, although our bowel movements have become a “taboo” topic in daily conversation, nothing could be more natural or necessary.

How well would your automobile run if your exhaust pipe became plugged?

Like the human body, a well-tuned automobile burns its fuel efficiently. But, the consumed byproducts of the fuel MUST be eliminated properly or the performance suffers, spark plugs get “fouled” and eventually the car no longer functions as it once did.

Our inability to remove waste is commonly referred to as constipation and if it is not dealt with, will result in the body becoming toxic.

Second Movement

I am sure you have heard horror stories of people who died and the their autopsy revealed they had a large quantity of impacted fecal material lining their intestines.

- It was rumored that the actor John Wayne had 40 lbs. of impacted feces in his colon. Although that was never proven, he did die of colon cancer, which can be the result of such an impaction.
- Elvis Presley, the King Of Rock and Roll, was found to have 60 lbs. of fecal material present in his intestines when autopsied! Hard living, prescription drug abuse and a high fat grease laden diet certainly attributed to Elvis’s early death.

Common sense dictates that if it goes in and doesn’t eventually come out, then you are headed for trouble.

As is customary with our monthly Home Cures That Work publication, a full spectrum of healing modalities for each topic will be covered. With that being said, I will only make a few common sense suggestions concerning methods for removing excess fecal material.

- Colonic irrigation
- Drink as much pure water as possible (a gallon a day would be optimum).
- Use a natural laxative (try Triphala, an ayurvedic mix of Indian fruit available at your local health food store.)
- Coffee enemas
- Fiber, Fiber, Fiber (high fiber foods are best, especially flax seed)

Though there is no set rule, do whatever it takes to have a bowel movement everyday!

Think of this — everyday you go without having a bowel movement (poop du jour); you are carrying that waste around with you!!!

Turd (couldn’t resist!) Movement

Unfortunately, poop isn’t the only waste us humans carry around with us. Some of the most toxic sludge of all is trapped between our ears! That’s right, dear friends, “stinking thinking” is a cerebral impaction of worthless thoughts that can literally constipate the mind.

Remember, “As a man thinks, so he is.” Proverbs 23:7

If your mind is full of negativity, bitterness, arrogance, rejection, fear, anxiety, self-loathing or jealousy, chances are you are one miserable person. Because your thoughts stink, nobody wants to be around you for long!

Here is an amazing observation. For years, scientists, doctors, psychologists, priests, and spiritualists have argued about what part of the body is the "seat of emotions." One believes it's the heart, another the mind, another the liver, another the kidneys and still another, the intestines.

It sounds a bit like the "Five Blind Men And The Elephant" story to me!

- The first man runs into the elephant's side and says, "An elephant is like a wall."
- The second man with his arms wrapped around the elephant's leg says, "An elephant is like a pillar."
- The third man holding the elephant's trunk exclaims, "An elephant is like a snake."
- The fourth man holding the elephant's tail says, "You are all wrong! An elephant is like a rope."
- And the fifth man grabbing the elephant's ear says, "You are all mad! An elephant is like the sail of a ship."

After the five blind men spent the better part of the day arguing, they decided to consult the village wise man. After each man explained his perspective of what an elephant was like, the wise man folded his hands and said, "Each of you is correct and each of you is wrong. Each of you touched a different part of the elephant so if you share your experiences with one another you will have a far better grasp of what an elephant is truly like."

Here is the bottom line...an elephant is like an elephant...period. You, dear friend, are a human being with a complex system and your body is fearfully and wonderfully made by God!

If your intestines are toxic and impacted, then is causes toxins to back up into your system, which can affect the liver, kidneys, heart, brain etc. And the brain is so complex that chronic "stinking thinking" can make the body sick just as "unshakable faith" can heal it...

With that being said, does it really matter where the seat of emotions is?

We are far more than emotions. We are God's crowning achievement of creation this side of heaven and He desires, above all things, that we would prosper and be in good health — even as our souls (thought, will and emotions) prosper. A prosperous soul will lead to a divinely healthy body.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." 3 John 1:2

Forth (forward) Movement (Letting go)

Freedom is a choice… whether it is you that achieves it or another provides it, a choice is made regardless.

The only bad decision is indecision you must decide to no longer empower "stinking thinking" and change your mind just like a mother must change her baby's poopy diaper!

Change is within your power.

"We are demolishing arguments and ideas, every high and mighty philosophy that pits itself against the knowledge of the one true God. We are taking prisoners of every thought, every emotion, and subduing them into obedience to the Anointed One." 2 Corinthians 10:5

It is imperative that you eliminate the toxic waste in your head —as well as your tail. Once it's gone, it's a dung deal!

"Yea doubtless, and I count ALL THINGS but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of ALL THINGS, and do count them but dung, that I may win Christ." Philippians 3:8

You have to let it all go! The apostle Paul rejected his former religious life along with all of his notable accomplishments, which he referred to those things as excrement…A WASTE OF TIME compared to the freedom he found in Christ Jesus his Lord!

Friend, you have no time to waste. If you are bound up, then it is time to let go of your constipated thinking, constipated diet and constipated decision making! Just let go and let God!

It's the only way to go.

I hope this article pushed you in the right direction and made you chuckle, as well. Here's to being "doodie free."

Who knows, maybe you'll start a movement!

Q. Have you seen the new movie, "Constipation?"
A. "It hasn't come out yet!"

Q. How come Tigger never had any friends?
A. "Because he hung around with Pooh."

Q. Did you know diarrhea is hereditary?
A. "It runs in your genes."

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3 Tips for Curing Constipation

By Yuri Elkain, BPHE, RHN

Constipation is one of the most common health complaints in our society. Constipation is completely controllable and stems from a number of factors including a poor diet (low fiber, low essential fatty acids), a lack of exercise, stress, and dehydration.

If left untreated, constipation leads to a host of other problems including parasite infestations, increased risk of colon cancer, weight gain, gut inflammation leading to leaky gut syndrome, and more.

Without regular bowel movements, we end up keeping rotting food, fecal matter, and toxins in our body where they can putrefy and create further toxic build-up inside the body. Think of like not being able to take out the trash in your home. Eventually, things would get pretty scary. Yuck!

Thus, getting regular and talking poop is serious business.

The Low-Down on Poop

What you poop and how often you poop is the result of what you eat. The body absorbs some of your food intake and the rest is sent to the colon to be eliminated (as poop). But your body cannot optimally absorb nutrients or remove waste without a healthy functioning colon and digestive system.

A healthy colon and digestive system, including the stomach, and large and small intestines, has certain features. The first feature is the presence of happy, healthy enzymes that break down food, move it through the body, and increase the amount of nutrients absorbed. The second important feature is the lack of sticky mucus or old, rotting, unprocessed food or fecal matter.

If your intestines, stomach, and colon don't have these two features, chances are, you will be backed up, constipated, and feeling tired and weak. Or, you might be fluctuating between constipation and diarhea, or fighting irritable bowel syndrome, or other health problems.

But what constitutes constipation? How often should you be pooping?
While everyone has a different body, with a unique physiology, it is still considered constipation if you poop less than once a day. I know that seems like a bit much. Western doctors only recommend pooping once a day to be healthy and some people even think it is fine if you go only (EEK!) three times a week.

But, as a sign of good health, you should passing healthy, non-strenuous poops at least twice, if not three times, per day. This indicates that your body is processing foods and moving them through and out of your body.

When food is moving through your body this efficiently, none of it is rotting in the colon for fungi or parasites to feed on. Food processed this quickly also is not irritating the intestinal walls, causing food to leak into the blood, and creating toxicity in a process called leaky gut syndrome. Leaky gut syndrome is a major health concern and may even be linked to lupus, asthma, and other allergic reactions.

So with that foundation, let's look at 3 ways to cure constipation once and for all. You might actually be surprised at how simple it is.

Drink More Water, Eat More Fibre, and Lubricate Your Gut

For your bowels to function properly, they need 3 specific nutrients - water, fiber, and essential fatty acids.

Water is necessary to move waste through your colon in much the same way that a water slide shoots kids from top to bottom. No water, very little flow.

Fiber is necessary as it provides bulk to your stool, while absorbing toxins and cholesterol to be eliminated. Fiber intake increases your body's need for water. The easiest way to ensure these 2 nutrients are balanced is by eating more fresh food like fruits and vegetables. These uncooked plant foods have high amounts of fiber and water, which would otherwise be minimized and lost, respectively, when cooked.

Finally, to lubricate the lining of your gut, allowing the easy passage of stool, essential fatty acids like omega-3s are needed. Flax oil, hemp oil, fish oil, and even monounsaturated fats like olive oil and avocados are great sources of these healthy fats that lubricate your gut.

In addition to these 3 simple tips for curing constipation for regular poops, getting regular physical activity, especially "bouncy" type of activities like walking, running, and rebounding are very helpful.

Disclaimer: The advice in this book is intended to supplement, not replace, the advice of a trained health professional. Consult your physician before beginning an exercise program, modifying your diet or altering medications. The publisher and author specifically disclaim any loss, risk or liability, which is incurred as a consequence of the use of information in this report.

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