

## Is Colon Cancer Screening Just a Scam?

**Taking Care of Colon Problems**

**Healthy Food for Healthy Poop**

**Help for High Blood Sugar from Nature**



# Home Cures That Work

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This is not a topic one discusses in polite company: getting a colonoscopy. Are you one of those that has stubbornly resisted the desperate pleas of doctors to submit to a colonoscopy? Turns out you might be in good company!

Dr. Saunders will validate your doubts to what degree a colonoscopy can reduce the risk of colon cancer – it is quite small. It is not quite the magic bullet many thought it was.

For some, a colonoscopy might offer the kind of reassurance they need to navigate in the world. To make a complete decision, read Dr. Saunders recommendations on what to do instead of colon screening: be showing your gut some love with more fermented foods, more fiber, certain nutrients — and some sun!

It is hard to enjoy life when your digestive system is in distress. For this reason, and for your overall health, it is important to ensure your stools are healthy and regular. Comfortable bowel movements can be achieved by watching what you eat and drink. Remember, what comes out reflects what goes in. Certain foods can back you up, while others can get your bowels moving fast. So, if you happen to be suffering from a bout of constipation (which is never fun), you'll want to add some poop-provoking foods into your meal plan to get things rolling again.

Strategic diet choices can also help you hit your A1C goal. We have some alternative and promising therapies to step up your high blood sugar treatment plan. Check out these expert-approved picks that offer bonus health perks in this month's issue of Home Cures That Work — for YOU!

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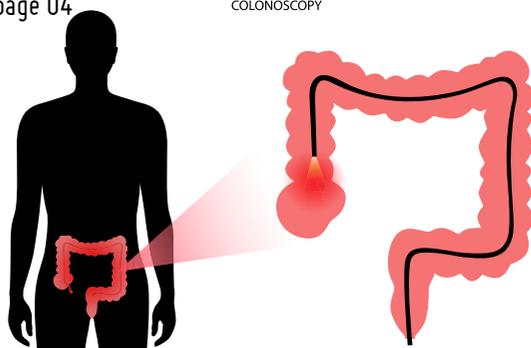
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For your health,

Cheryl Ravey, Editor  
Home Cures That Work

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COLONOSCOPY



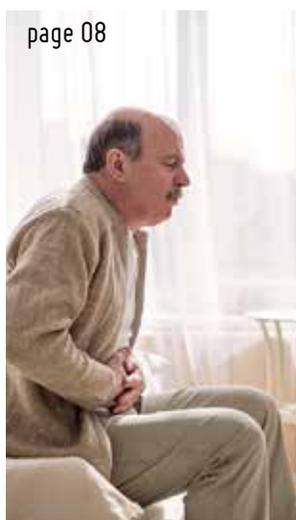
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# IS COLON CANCER SCREENING JUST A SCAM?

by Scott Saunders, M.D.

**W**henever you see lots of advertising, or hear something frequently, it means there is ample money in it. Thus, screening for cancer is important. All stress how essential it is to search for cancers. The idea is to find a cancer when it is small, and then be able to remove it entirely before it spreads all over the body. Screening for colon cancer is especially promoted. People are being pushed and even bullied into getting a colonoscopy. The risks and benefits are not discussed, or if it is an option, but rather forced into the procedure.

So, I would like to present you with what a doctor should give you to make a wise decision for yourself.

## What is a Colonoscopy?

A colonoscopy is putting a long fiber optic camera through the anus into the rectum for the doctor to visually see the colon. It requires a cleanse called a “bowel prep” to make sure the colon is “squeaky-clean.” This allows the doctor to see the lining of the colon, and any polyps that might be there. If there are any “suspicious lesions,” the doctor can remove them or do a biopsy and send them to the pathologist to determine if there is cancer.

When doctors recommend colonoscopy, they generally quote the benefits without acknowledging the risks, so we will address the risks.

## COLONOSCOPY RISKS

Colonoscopy does not see all lesions because not all are apparent. A good colonoscopist will miss about 30% of the lesions. Some miss over 60%! Colonoscopy is thus an incomplete test.[1] This leads to about 9% of those screened by a colonoscopy developing colorectal cancer in the ten years before their next test.[2] That’s about equivalent to the general population.

There is only one prospective randomized trial comparing colonoscopy to doing nothing. Last year, The New England Journal of Medicine published a European trial of colonoscopy that showed an 18% decreased risk of dying from colon cancer in the population offered screening, but the overall death rate stayed the same. [3] There is no evidence that colon cancer screening will lower the overall mortality, so you should not be told, “It could save your life.”

What’s worse is that the procedure itself has risks. Serious complications include bleeding and perforation with infection in the abdomen, which seems to be around 28 per ten thousand colonoscopies performed.[4] The chances of harm from the procedure are not small. Serious bleeding can occur from removing a polyp, about 50 per ten thousand, depending on the study. And death from perforation is around 5 per ten thousand.[5] If you consider the low rate of colon cancer, these complications are significant.

It is important that you understand the numbers. Colon cancer is not a big cause of death. The overall odds of dying from colon cancer are one in ten thousand in the United States[6] It requires over a thousand screening colonoscopies to find one cancer. Moreover, three colon cancers are diagnosed for everyone who dies from the disease, so most are not deadly. The low rate (3.6 per ten thousand) of this cancer makes screening difficult. Therefore, the death

rate from colonoscopy is significantly higher than the death rate from colon cancer. Screening for colon cancer has not changed the death rate from colon cancer over the population. In fact, it’s increasing.

Other complications are not from the test, but from the bowel cleanse or anesthesia administered for the test. I have had several patients with bowel prep issues, including chronic diarrhea afterwards.

Thus, it may be riskier to do the test than to get the cancer. The bottom-line is there is risk to the procedure that is greater than the potential or tested benefits. If you are going to get a colonoscopy, you may need to determine if this is valuable. For example, if you have bleeding, colitis, hereditary polyposis, Lynch syndrome, obstruction, or some other colon abnormality, you may need a colonoscopy. Doing a diagnostic colonoscopy is useful because though the risks are still there, they are clearly worth the benefits. However, screening healthy people is riskier because there is so little benefit.

## OTHER HELPFUL TESTS

There is no good test that detects most colorectal cancers. Even though colonoscopy misses about 50% of cancers, it is still considered the standard of screening tests for colon cancers. However, there are other types of tests that might be appropriate. They include:

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### STOOL BLOOD TEST (FIT)

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This test looks for blood in the stool. If the test is positive, then do a colonoscopy. This is not at all accurate either for finding cancer you already have, nor to

determine that you don't have cancer. If it comes up positive, then you need a colonoscopy. But it is the most cost-effective test available, with a benefit equivalent to the other tests.

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#### FIT-DNA TEST

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The FIT-DNA test looks for altered DNA, which may indicate a cancer. Again, get a colonoscopy if it comes up positive. This test is almost as good as the FIT test because it is done every three years. The FIT is better and less expensive.[7] (This is the "Cologuard" test.)

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#### SIGMOIDOSCOPY

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A sigmoidoscopy is a shorter scope that only looks at the last third of your descending colon, or the sigmoid colon. Since most colon cancers are in this part, it has about the same decrease in colon cancer with significantly less risk.[8] I would prefer this over a colonoscopy not just because the risks are significantly lower, but also because the bowel prep is much easier (an enema) and it doesn't require sedation.

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#### VIRTUAL COLONOSCOPY

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This test uses a CT scan with contrast to generate images of the colon. This test doesn't see small lesions and is not able to do any biopsies. It misses about 50% of lesions, similar to a colonoscopy, but different ones.

Of all these options, I suspect that I would choose the FIT test for screening, and a sigmoidoscopy if there were anything positive. I would do a colonoscopy only, if necessary, for example, if there are

multiple polyps or the cause of bleeding is not found with sigmoidoscopy.

## What To Do Instead of Screening

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#### EXERCISE

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The strongest association to colorectal cancer is activity level. More activity means less death from colorectal cancer. [9] An analysis of 126 studies on cancer show decrease of 19% in those who are most physically active compared to the couch-potatoes, which is as good as any cancer screening. However, even this may not consider that those who are more physically active may have better diets and take their vitamins, so it may not be just activity.

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#### DIET

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(There is a lot of conflicting information because of the difficulties of doing research on diet. The following is the best I can find.) Eating a high vegetable diet with fish (pescavegetarian) may decrease the risk of colon cancer by as much as 43%.[10]

One study showed that high vegetable with low meat consumption compared to high meat and low vegetable consumption was associated with 8 times lower rate of colon cancer.[11] Interestingly, taking meat away from those who ate it seemed to be more protective than adding vegetables. Another study showed that it wasn't just any meat, but processed meats like salami and hot dogs, may be related to colon cancer.[12] They further found that the marker for cancer "wasn't associated with diets high

in chicken or fish. It also wasn't associated with other lifestyle factors such as smoking, high body mass index, or high alcohol consumption."

So, what is the best diet? Probably the one that works best for you, to prevent constipation or inflammation. Some people don't tolerate tomatoes, for example, and should avoid them. And, though milk is associated with a lower rate of colon cancer (see 17) it can cause constipation or diarrhea in some people.

That said, there is one dietary intervention that clearly decreases colorectal cancer risk, and is even an effective treatment for those who already have it.[13] [14] Fasting. Fasting means "empty stomach." This is not eating small amounts, drinking juice, broth, or even water. It means nothing in the mouth (including chewing gum). Intermittent fasting has a wonderful effect on the prevention of cancer. The benefits accrue the longer a fast is maintained. Intermittent fasting is a great way to prevent cancer of the colon.[15] Some ideas to consider for how long to fast:

- Eat 2 meals per day: 7:00am and 3:00pm gives you a 16 hour fast and keeps a perfect circadian rhythm. If you do this 5 days per week, it gives you some room for social eating.
- Fast 3 days every month, drinking water only when you are thirsty.
- Fast for seven days twice per year with only water when you are thirsty.

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#### VITAMIN D

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There is good evidence that the level of vitamin D is associated with lower risk of dying from colorectal cancer.[16] One study indicated high vitamin D intake from food offered a 50% lower risk from

colorectal cancer in people under 50.[17] Even if the numbers are a little off, I think getting enough vitamin D is helpful.

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## SELENIUM

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Several studies have shown that high selenium diets are associated with lower risk of colorectal cancer. One interventional study showed a 61% lower risk. [18] These used high-selenium yeast because that is an organic form that is easily absorbed. Do not take too much – about 200mcg per day is adequate – because high selenium can cause cancer as well.

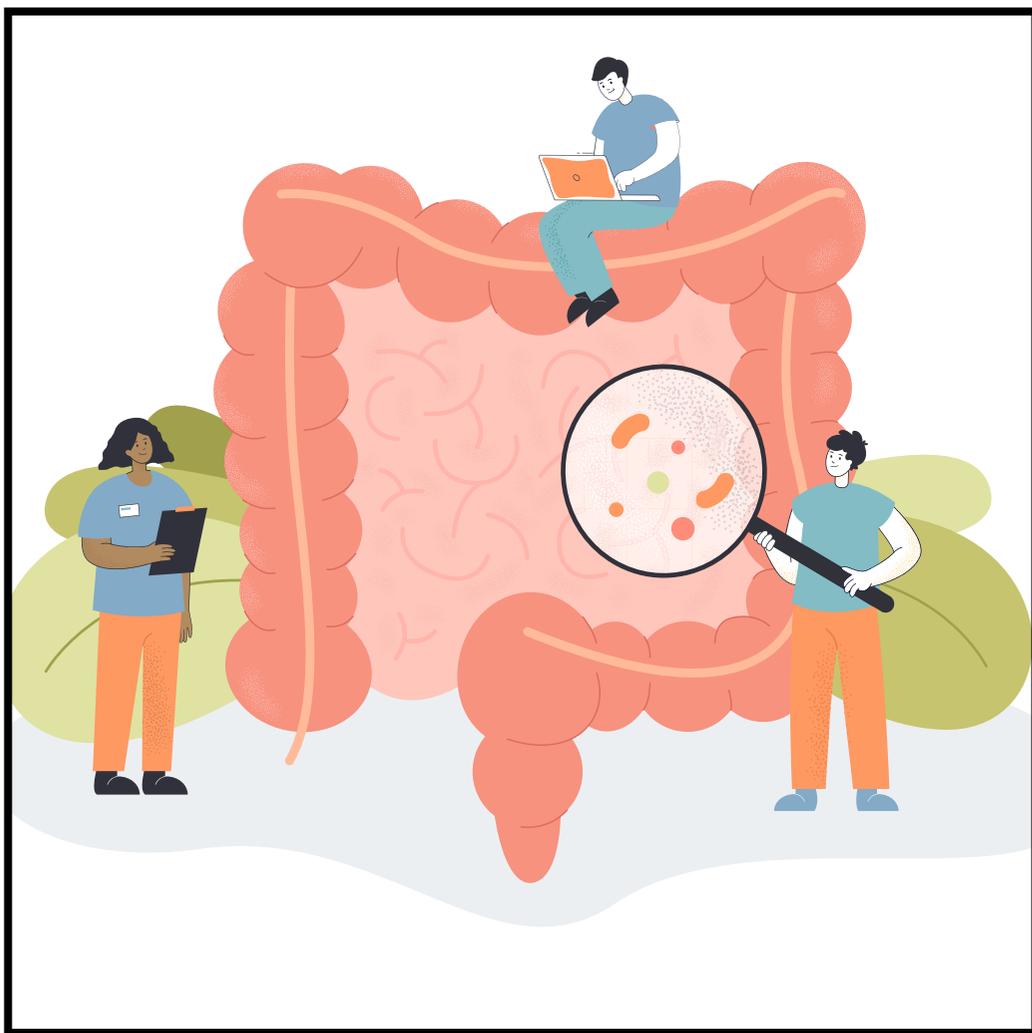
## Recommendations

- FIT stool blood test annually
- Exercise regularly
- High fiber diet
- Avoid processed meats
- Fast periodically
- Vitamin D3 10,000 IU per day
- Selenium 200mcg per day

These measures are not only to screen for a cancer you already have, but rather to prevent you from ever getting it. Protecting your colon is by FAR better than finding a cancer early. The numbers are clearly better for exercise, diet, fasting and nutrition than for screening tests. Again, if you are screening for cancer, you are looking for one that is already there. It is so much better to avoid it entirely.



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# Taking Care of Colon Problems

by Scott Saunders, M.D.

## Strategies to Keep Your Colon Healthy

**T**he colon is the least appreciated organ of the body – until it doesn't work! People with colon problems can be miserable. The symptoms of colon trouble can include a wide variety of issues:

- Constipation
- Diarrhea
- Pain
- Depression
- And even cancer

If you've been wondering how to care for your colon, this is the article for you!

The colon is the large intestine. It is the waste dump for everything we eat. The

small bowel absorbs all the nutrients from our food. Whatever is left over goes to the colon where the waste ferments through multiple types of bacteria.

In the colon we have our main store of bacteria – trillions of them!

In fact, we have ten times more bacteria in our colon than we have cells in our whole body!

The types and amounts of bacteria we possess in our colon are essential to life. Even though they are residents of the colon, bacteria are very much a part of us, and in some ways make us what we are. They may determine our:

- Body weight[1]
- Moods[2]

- Inflammation[3]
- Hormone status[4]
- And, of course, bowel habits

When we were babies in the womb we were sterile. Our first exposure to bacteria came from the birth canal, which supplied our intestines with bacteria needed to digest milk. People who are born by caesarian section don't pick up the bacteria from their mother's colon. Instead, their intestines start growing bacteria obtained from the skin. These bacteria don't help digest food and can even cause inflammation over one's entire lifetime!

One researcher concluded:

"Concurrent with the trend of increasing [Caesarean Delivery], there has been an

epidemic of both autoimmune diseases such as type 1 diabetes, Crohn's disease, and multiple sclerosis and allergic diseases, such as asthma, allergic rhinitis, and atopic dermatitis.[5]"

## The Wrong Bacteria in Your Colon Can Make You Fat!

Additionally, those who are born by C-section are more susceptible to metabolic diseases and obesity.[6] Multiple studies in rats and humans have shown that bacteria in the colon have a large effect on obesity. One study used mice that had intestinal bypass surgery. Those mice that had the surgery now developed different bacteria. When that bacteria was given to obese mice, they lost weight without the bypass surgery. Essentially, bacteria from a thin mouse caused an obese mouse to lose weight.[7]

Humans also experience weight gain or loss associated with their gut flora. In one study, humans with higher levels of a certain bacteria, *M. smithii*, were much more likely to be overweight than those with low levels.[8]

## Wrong Colon Bacteria Can Cause Arthritis

Studies on the types of bacteria in the colon suggest that arthritis can be caused or worsened by our bacteria. One study suggested that a single organism can make the difference between having

arthritis - or not.[9] The organisms that cause inflammation grow on simple sugars and starches. On the other hand, those bacteria that grow on prebiotics create butyrate. Butyrate acts as an energy source for cells lining the colon and reduce an inflammatory response.

Prebiotics are the fiber found in fruit and vegetables. They have certain fibrous carbohydrates that nourish the good bacteria to help them to grow.

God gave us quite the gift when it comes to prebiotic foods because there are many that have just the right "ingredients" to improve gut function without us having to do anything else but eat them! The top most nutrient-dense prebiotic foods are:

- Asparagus
- Bananas
- Onions
- Garlic
- Cabbage
- Beans
- Artichokes
- Root vegetables
- Apples

Prebiotic foods are like fuel for good bacteria. They escape digestion in our small intestine but continue to the colon where the "good" bacteria digest them. These bacteria make butyrate, which prevents inflammation, such as arthritis.

Because of these bacterial studies, many have proposed fecal transplants to treat arthritis and obesity, instead of surgery and drugs.

## What is a Fecal Transplant?

It is just as it sounds. Stool from one person is given to another person to change the bacteria in their colon. When this procedure first started, the diluted donor stool was put through a tube that went from the nose into the small intestine. However, standard procedure today is done by way of an enema. Doctors who do this procedure will use a colonoscope to get the bacteria all the way through the colon.

The purpose of a fecal transplant is to populate the colon with good bacteria and give it more biodiversity.

People with only a few types of colon bacteria have many more problems with their bowels and bodies.

We not only need lots of bacteria, but a diverse population of bacteria growing together in harmony. Research shows that this procedure can remedy many different problems such as drug resistance, chronic diarrhea, arthritis, obesity, and diabetes.

## Probiotic Supplements

Because of this research, many advocate that we take probiotic pills that contain certain amounts of good bacteria.

Until the modern era, humans (and all animals for that matter) ate food laced with bacteria. Dung fertilized the soil, allowing colon bacteria on the growing food. People ate food that easily fermented and contained live bacteria. These are foods such as sauerkraut,

natto (fermented soybeans), miso (another type of fermented soybeans), yogurt, kefir, and cheeses of all kinds. Also, without refrigeration, food grew bacteria quickly.

Traditional cultures did not know all these important reasons to eat cultured foods. However, they definitely knew that fermented food lasted longer, tasted better and made them feel better. We would be wise to remember techniques our ancestors have left us about probiotics to help the colon!

By contrast, today, we take great measures to prevent bacteria from getting into our food. For a longer shelf-life, food is:

- Pasteurized
- Radiated
- Gassed
- Sprayed with chemicals
- Refrigerated
- Frozen

Milk that has not been pasteurized lasts only a few days, even refrigerated. Whereas, pasteurized milk lasts for weeks. And ultra-pasteurized milk lasts for months without even being refrigerated! Many think they may be getting some bacteria in yogurt or cheese. But most dairy products are also heated to prolong their shelf-life. Canned kimchi and sauerkraut are heated so they contain little or no bacteria. While there are benefits to decreasing bacteria in food, such as less food poisoning, there is a downside, as well. We don't get many probiotics anymore.

The bacteria in your colon are like a

fingerprint. Your native gut flora have been present since birth. They are uniquely you. They don't like other bacteria coming in and growing so they usually kick them out. If you thought you could take a probiotic for a short time to get it to grow inside the colon, guess again! Probiotics do not become established members of your gut ecosystem. When you stop taking them, their numbers dwindle quickly. That specific probiotic strain level declines and eventually disappears. Within a couple of days to weeks, you're back to your old self again.

This is why we need a constant supply of good bacteria, or probiotics, from our food. However, since we don't get much from food, we often supplement with probiotic pills. For some people, taking probiotics can make a huge difference in:

- How the colon functions
- How you feel
- Your mental state
- Inflammation in your body
- Boosting your immune system

Because of individual differences, those who start off with good bacteria have less need for probiotic supplementation.

The way to determine the health of your gut flora is to take probiotic supplements to see if they make a difference in your body. And it isn't necessary to take them every day. Most of the time, once per week is enough to keep the good bacteria in the colon. I recommend probiotics to be rotated on and off, long term. Rotate the strains you are using every three months and take a few months off each year. (Fasting is maintenance.)

## How to Change Your Gut Bacteria

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### FEED THE GOOD

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You can influence how bacteria grow in your colon by what you feed them. If you feed bacteria with a diet of simple sugars, starches, and proteins, then you will grow bacteria that produce chemicals that cause inflammation. However, if you feed bacteria fiber, then bacteria will flourish that make chemicals to suppress inflammation. This is one of the ways diet affects your whole body.

A diet that feeds good bacteria includes:

- Vegetables
- Fruit
- Fermented foods
- Fasting

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### STARVE THE BAD

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We have many patients who regularly clean out their colon with enemas and "colonics." Some have noticed that their bowels function better after a colonic. It seems that we need to clean out the colon periodically to keep it functioning well. This is true, but there is another way. We don't have to fill the colon with water, coffee, or other liquid to clean it out. The body was created with a natural mechanism to clean house.

Bacteria in the colon grow very fast. For example, one E. coli bacteria will divide into two every hour or so. If you take a single one and give it all the food it needs and take away the waste

it produces, the colony will be bigger than the whole Earth in only 48 hours. Of course, there are so many factors that prevent this from happening in our colons. The point is that if you feed bacteria, they will grow.

Periodic fasting causes the relative types and amounts of bacteria to change. Those that live on fiber will tend to grow more bacteria than those that live on simple sugars. This means that our colon will preferentially select the bacteria that lower inflammation and keep our bowels functioning. Similarly, our colon will suppress those that cause inflammation, depression, and cancer.

## Taking a Peek Inside the Colon

I had a patient with an itchy rash at the base of her thumb that wouldn't go away. We tried creams and gels, and all sorts of concoctions on it, but nothing worked. One day, she was with her acupuncturist and mentioned the rash on her hand. The acupuncturist took a look and mentioned that the base of the thumb is the colon in Chinese medicine. She suggested having her colon looked at, even though she was only in her 30s. The patient went to a gastroenterologist and struggled to convince him she needed a screening colonoscopy. But, she got one and the doctor found a small cancer. It hadn't spread so they just removed the tumor. Before she even healed from the surgery the rash on her hand disappeared!

Colonoscopies are praised for how

important they are in preventing cancer. However, colonoscopies are only important for a select group of people: those with colon cancer risk. It doesn't hurt to test if you have any of the following:

Chronic diarrhea

Chronic constipation

Blood in the stool

Pain on the left side of the abdomen

I do not recommend that anyone get a colonoscopy just to have a look. The risks outweigh the benefits. There are a good number of people who get punctures in the wall of the colon from the procedure. This allows bacteria into the abdomen and causes disastrous, and even deadly infections.

Some prefer screening at age 50 with a "virtual colonoscopy," which is a CT scan. This has a few risks such as radiation, but nothing life-threatening. But I don't even think this is necessary. Neither of these tests for cancer are conclusive; they may detect about half of colon cancers. I still believe the best way to avoid colon cancer is prevention.

## Preventing Colon Cancer

It seems that the colon is sensitive to inflammation. Chronic inflammation in the colon will cause polyps and growths that can become cancerous. There have been several studies to show that those who take anti-inflammatories such as

Ibuprofen and Diclofenac have less colon cancer. But these medications also run the risk of life-threatening bleeding from stomach ulcers. A better way to decrease inflammation is by diet and probiotics, as discussed above. My recommendations include the dietary guidelines above, plus adding vitamin D and selenium, which have been shown to decrease the rate of cancer.

## We Care About Your Colon

Caring for your colon is not difficult. It includes diet, probiotics, and a few supplements. The majority of colon problems can be prevented or resolved with these few simple steps:

- Vitamin D3 50,000 IU once per week
- Selenium 200 mcg up to 1 mg per week
- Probiotics 100 billion once per week – change brands frequently
- Eat a diet high in fiber and low in sugars and proteins
- Fast periodically, one to two days per month with water only

As the "yuckiest" of all organs, the colon earns little respect. However, take continual care of this lowly organ to live a long, healthy, and happy life!



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# Healthy Food for Healthy Poop



**W**E 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!





# HELP FOR HIGH BLOOD SUGAR FROM NATURE

**W**HILE MEDICATION MAY be what your body thinks it needs right now to control your blood sugar, it is not a natural, sustainable answer for insulin control. Thankfully, you can gain independence from medication with natural remedies – specifically supplements.

Dr. Ryan Bradley is a researcher at the natural medicine high blood sugar clinic of Bastyr University and has seen hundreds of patients restore their bodies to natural health by reducing their insulin medication with a slow and steady process of integrating natural supplements.

Some patients have even completely removed their need for pharmaceutical dependence.

Though it may seem overwhelming to consider the many supplements available to you, here are 7 that will get you started down the right path. Don't forget to work with and speak to your health practitioner before starting any supplemental regime.

## Chromium

Chromium is a great supplement to start with because it improves your body's own

insulin production. As a result of taking chromium, you may require lower doses of medication, including insulin and sulfonylureas. While two or three decades ago, Americans were getting plenty of chromium, studies show that today's population isn't getting nearly enough, and [a chromium supplement is the best way for your body to increase its insulin sensitivity.](#)

## Ginko Biloba

This supplement, which acts as a blood thinning agent, was found to drop

hemoglobin A1c by half a percentage point in a 2006 study. In general, it helps diabetics by increasing blood flow to the limbs and the eyes. However, it's imperative that you speak with a health professional if you are taking other blood thinning medications to avoid any complications.

## Calcium & Vitamin D

Why both calcium and vitamin D, you may wonder? It's important to note that one or the other will not be effective on its own – the combination of both calcium and vitamin D is what makes this so effective for diabetes patients. A combined daily intake of calcium and vitamin D can decrease high blood sugar by 33%. Vitamin D alone can help your suffering beta cells, but when combined with calcium, you are likely to see a dramatic reduction in rising blood sugar levels.

## Acetyl L-Carnitine

This natural supplement does two very important things for a high blood sugar patient – it helps reduce insulin resistance, as well as reducing your body fat so you can improve insulin sensitivity. Its

fat burning properties make it a favorite among holistic health specialists. Acetyl L-Carnitine can also reduce nerve pain in diabetics.

## Magnesium

Magnesium is not just important for those suffering from high blood sugar – it's necessary for over 300 bodily reactions on any given day. However, its benefits are especially important for those with high blood sugar; [magnesium regulates blood sugar levels, heart rhythm and blood pressure. It also improves immune function and bone health.](#)

## Cinnamon

Many professionals believe cinnamon to be a valuable asset to high blood sugar patients. Not only does it improve your body's ability to metabolize glucose, but reduces the risk of free radical and oxidative damage that often happens to cells when blood sugar levels are consistently high. While you can aim for 3 to 6 grams of cinnamon from your kitchen cupboard a day, [supplement form is often a better option.](#)

## Alpha-Lipoic Acid

Oxidation plays an integral role in cell damage. This process leaves unstable cells that are not properly processing insulin, which can then become chronically inflamed. However, alpha-lipoic acid helps restore insulin function by removing glucose and delivering it to the cells before they become inflamed.

These are only some of the supplements available to you; and each one helps with a particular function of a body suffering from high blood sugar. A slow and steady integration of supplements can be just what your body needs to kick pharmaceutical dependence to the curb and move forward with a long, healthy and vibrant life.

It's time to think differently about high blood sugar and experience a natural remedy. Find out how to eliminate high blood sugar naturally with our Barton's [Best Blood Sugar Plan.](#)





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## OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.