Colon

The intestine (or bowel) is the segment of the alimentary canal extending from the mouth via stomach to the anus and consists of two segments, the small intestine and the large intestine. While the small intestine plays a major role in absorbing nutrients from food, the large intestine plays a much smaller role. It stores waste, reclaims water, maintains water balance, absorbs certain vitamins (like vitamin K), and provides for flora-aided (mostly bacterial) fermentation. The colon is part of the large intestine, the final part of the digestive system.

Function

The functions of the colon and rectum are to:

- extract water, salt, vitamins and nutrients from indigestible food matter, processing food that was not digested in the small intestine and eliminating solid waste from the body.
- reabsorb fluids and process waste products from the body and prepare for its elimination.

Partly broken down or digested food moves from the small intestine into the colon. Digestion continues in the colon as bacteria break down some materials into smaller pieces. Water and some nutrients are absorbed (taken in) by the inner layer which lines the colon (also called epithelium). The liquid waste remaining in the colon is formed into semi-solid stool (also called feces).

The inner lining of the colon or mucosa also makes mucus so stool can move easily through the colon and rectum. As stool moves to the end of the colon, it becomes more solid. Stool leaves the colon and moves into the rectum. The rectum is a holding area for the stool. When the rectum is full, a signal is sent to the brain to push the stool out of the body through the anus.

Problems

When the colon does not function properly, it begins to absorb toxins instead of eliminating them, thereby causing problems like headaches, bloating, constipation, gas, weight gain, low energy, fatigue and chronic illnesses.

These problems can also be caused by undigested foods as most foods that we eat today are loaded with additives, preservatives and other chemicals that leads to buildup of mucus in the colon, producing toxins that poison the body. From the air we breathe and the water we drink, to the thousands of chemicals we come into contact with each day – it all takes its toll on the colon and, ultimately, on our overall health.

The colon plays host to a zoo of bacteria: over one hundred
trillion micro-organisms (bacteria) call the colon as their home. There are more micro-organisms in the colon than are contained within the skin, heart, bone, brain and the rest of the body’s cells combined. A proper balance of healthy bacteria must be maintained inside the colon to avoid being constantly plagued with digestive ailments.

**Symptoms of Colon problems**
- Fatigue
- Constipation
- Gas and bloating
- Diarrhea
- Frequent infections (colds, flu)
- Skin problems (acne, eczema)
- Depression
- Irritability
- Colitis
- Irritable bowel syndrome (IBS)
- PMS (premenstrual syndrome)
- Parasites, especially tapeworms
- Allergies
- Diverticulitis

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**Colon Cleanse**

Everybody is not lucky enough to have regular defecation in the morning. The number of bowel movements generally decreases with age. The most common pattern is one bowel movement a day but this pattern is seen in less than 50% of people. Moreover, most people are irregular and do not have any bowel movements every day or the same number of bowel movements each day.

Imagine that stools have accumulated inside the rectum. They may be in the form of a thin film as well, sticking to the walls of the colon. They hamper physical efficiency, causing a lot of discomfort, irritability, lethargy, bloating, flatulence and headaches etc. Cleansing the colon solves all these problems and greatly promotes total well-being of the body. Some of the techniques used for colon cleansing are given below.

**Cleanse by Colonic Irrigation**

It has been observed that enemas, the traditional method to cleanse the colon, do not have sufficient effect as faecal matter inside the colon and large intestine is hardly cleaned. A Colon Cleanse machine costing Rs. 50 lacs was invented. Many colonics were trained. We now have about 100 such machines in India. They charge approx. Rs. 2500/- for one Colon Cleanse session. Most of the patients have found it beneficial.

**Procedure**

The patient sits down on a special chair designed for the purpose at a 45° inclination. Her legs are spread at a 30° angle. A single use nozzle of about 1 cm diameter and 5 inches in length is inserted into the anus with some lubricant. Carbon filtered and UV–ray disinfected water is gently infused into the large bowel to soften and loosen the waste in the colon. This water is supplied at body temperature. Simultaneously, the colonic also uses a massager on abdomen to loosen hard faecal matter there.
A total of about 40 litres of water is pumped inside the colon in 45 minutes. The residue faecal matter comes out of the anus along the sides of the pipe. All patients feel fresh after Colon Cleanse. This process does not clean the small intestine because there is a valve between the two intestines which prevents matter from going back into the small intestine from the large intestine.

It is recommended that one does not eat heavy foods for two hours prior to the session.

**Colon Cleanse at Home**

Colon Cleanse by a colonic is good but it has two practical difficulties:

- The patient has to leave home and go to a colonic.
- Administration fee of around Rs. 2500/- per session is rather high.

To overcome these problems, we have devised a simple method that can be done in your own house.

Hold a hand shower having running water near anus. The shower is not inserted inside the anus but the pressure of the water is sufficient for it to enter the large intestine. Soon it builds up pressure inside and most of the faecal matter, including old accumulated junk that has been lying inside the intestine is thrown out. The resultant freshness is unbelievable.

Regarding the frequency of this procedure, like all my other cleanses I suggest that you do it once. Subsequently, decide for yourself about the best frequency for you. It is safe to do it once a week. However, doing it daily may remove some of the beneficial bacteria that help in the digestion of food from the intestine.

I discussed this process with a doctor who practices Colon Cleansing in Mumbai. I asked him about the ramifications of my experiment. He had the following observations to make about using a regular jet spray to do this at home:

1. The water being sprayed inside is not at the same body temperature.
   
   *I confirmed that this is hardly inconvenient in view of the large benefits involved.*

2. He suggested that using regular tap water may transmit some infection, which may damage the walls of the intestine.
   
   *I told him that we use tap water for rinsing our mouths after brushing teeth. We also eat salads containing raw vegetables washed in regular water, without suffering any ill effects.*

3. He asked me whether I have experimented with it on myself.
   
   *I confirmed that I had, whereupon he admitted that doing this type of Colon Cleanse at home is very good for everyone because it takes only 5 minutes, involves no cost and is very convenient and safe. However, he requested me to keep this matter off the records and not to publicise it as it may harm his financial prospects.*
**Enema**

Another option is to take an enema, in which a liquid is passed through a tube into the rectum to stimulate bowel movements. Constipation linked to a painful anal disorder may be relieved with a soothing ointment. Enema can be taken by the patient himself from the comfort of his/her home, preferably without any external help.

**Benefits**

Colon Cleanse is beneficial in helping to restore good health by:

- Clearing the colon of old hardened waste material and harmful toxins
- Reducing absorption of toxins via healthy mucosa
- Strengthening peristaltic (natural muscular contraction) activity in the colon
- Promoting normal and regular bowel movements
- Providing a favourable environment for bacteria and micro flora for digestion

1. Some of the toxins that are present in the colon make the body unable to metabolise food and fat, increasing food cravings, abdominal gas and chronic fatigue resulting in obesity. Colon Cleanse along with an appropriate diet and exercise program helps us to fight obesity and reduce weight by:
   - Reduced fat deposition in the body due to good hydration
   - Improved tissue metabolism due to hydration leading to better lipid metabolism
   - Enhanced energy level and toned muscles resulting in overall fitness

2. Colon Cleanse rejuvenates our entire system by enhancing anti-oxidant activity in the body thereby slowing the aging process considerably.

Cleansing and nourishing are two equally important factors in the health equation. Keeping your colon clean in turn keeps your tissues clean and allows your cells to rebuild and have a healthy glowing skin as the secret to beautiful skin is a healthy colon.
## Frequently Asked Questions

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<th>Q.1</th>
<th>I am going for a colonoscopy. Can I go for a Colon Cleanse prior to it?</th>
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<td>A.1</td>
<td>Of course. Your surgeon himself may advise for Colon Cleanse before the surgery. It helps the wound to heal in a better and faster manner. Colon Cleanse — also called a colonic or a colonic irrigation — improves health by removing toxins, promoting healthy intestinal bacteria, boosting your energy and enhancing immune system.</td>
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<th>Q.2</th>
<th>How can Colon Cleanse help my digestive health?</th>
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<td>A.2</td>
<td>Colon Cleanse is a gentle internal bath using warm, purified water that can help to eliminate stored fecal matter, gas, mucus and toxic substances from the colon. A practice dating from around 1500 B.C., it helps you detoxify and reshape the colon. Additional benefits can often be observed throughout the body in the form of cleaner skin, more energy and mental clarity, fewer headaches, improvement in circulation, immunity and weight problems and many other positive effects. Many people are referred to colonics by other alternative therapists including homeopaths, acupuncturists, herbalists etc since by detoxifying the system, these therapies tend to be more efficacious.</td>
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<th>Q.3</th>
<th>Is Colon Cleanse safe?</th>
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<td>A.3</td>
<td>It is completely safe. The water is introduced at a low gentle pressure, so there is no danger of bowel perforation. The majority of therapists use disposable equipment. Colon Cleanse, unlike the use of laxatives, is not habit forming and actually improves the health of the colon.</td>
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<th>Q.4</th>
<th>Will a Colon Cleanse smooth my bowel movement and digestion?</th>
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<td>A.4</td>
<td>Colon Cleanse is a powerful tool that gives you a head start in improving your diet, lifestyle and exercise regime. Not only that, a Colon Cleanse also improves your body, makes you feel younger and work more effectively with an increased energy level.</td>
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<th>Q.5</th>
<th>Does Colon Cleanse hurt?</th>
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<td>A.5</td>
<td>The procedure itself does not cause pain. At the start of the procedure, you may experience some uneasiness and a strange sensation and urge to relieve but most people get used to this feeling in the first few minutes and even find the colonic treatment relaxing and uplifting. The therapist may use massage, vibration therapies, reflexology and reiki, as well as other modalities to make your treatment comfortable and effective.</td>
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<th>Q.6</th>
<th>How many visits does a person needs for this treatment?</th>
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<td>A.6</td>
<td>It all depends on your condition and on the results of the first Colon Cleanse. If this condition has been building up for years, it is unlikely that it will disappear completely after 40-50 minutes of cleansing. In such cases, it may require a minimum of six visits to a colonic. Hence, the Colon Cleanse method suggested by me is far more convenient.</td>
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<th>Q.7</th>
<th>Can I lose weight after going Colon Cleanse?</th>
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| A.7 | You will definitely lose some weight. Most people feel lighter after a Colon Cleanse. Just bear in mind that you lose wastes only, not fat or cellulite. If you start eating less, increase your fiber intake, move or exercise more,
chew better and drink more water, then you will achieve a permanent weight loss.

Q. 8 Can I do a Colon Cleanse if I am having a period?

A. 8 You can have a colonic during your period. On the contrary, doing a Colon Cleanse during periods makes your “those” days easier. Please make sure you have a spare tampon or towel that you can use immediately after the treatment.

Q. 9 Can I do a colonic if I am pregnant?

A. 9 It is not recommendable at any time during pregnancy. Send mail to me and I shall advise precautions on a case to case basis.

Q. 11 Is Colon Cleanse safe to do at home?

A. 11 Yes, it is absolutely safe and there are no side effects.

Q. 12 How often does one needs to do this cleansing?

A. 12 The number of sessions will depend on individual needs of each patient. Most people on a standard Indian diet may require a series of six sessions initially for a through cleansing of the colon. After that an individualised monthly programme is recommended to keep the colon cleansed and toned.

Q. 13 How does the Colon Cleanse treatment compare to an enema?

A. 13 Colon Cleanse is a much more comfortable experience where the patient’s dignity and privacy is maintained at all times. Also unlike an enema, in a Colon Cleanse the entire length of the colon is cleansed. A single session is said to be equivalent to 10 enemas.

The mouth is a hollow cavity. It is the anterior part of alimentary canal. The alimentary canal is responsible for processing the food that we eat. The mouth is the beginning of the alimentary canal and the anus is at its end. The part in front of the teeth is called the vestibule, while the part behind is the mouth itself. Several sheets of muscle tissue are attached to the inner surface of the jawbone or mandible from the floor of the mouth. The cheeks are sufficiently flexible to allow the mouth to open and close from the sidewalls. The palate, a thin sheet of tissue which separates the mouth from the nasal cavity above forms the roof of the mouth. At the back, the mouth cavity joins with the pharynx (the cavity connecting the nose, mouth and larynx), while at the front it produces a range of sounds through the lips. Except the teeth, the entire inner surface of the mouth is lined by a mucous membrane. At the back, the membrane lines the gastrointestinal tract and at the front, the lips mark the transition from mucous membrane to skin.

Functions

Bounded by lips, cheeks, floor of the mouth and palate, the mouth also contains the teeth and tongue and receives secretions from the salivary glands. It performs three main functions:

- Digestion
- Breathing
- Speech

Digestion

The mouth is the place where food is taken in and the digestion