

What is the difference between a traditional colonic and a colon detox program. Which is better and why? The best way to understand the significant differences between these two approaches is to look at the big picture -- Intestinal Health -- and in doing so, the answers to many related questions such as "which I prefer and why" and "what makes a formula effective" become clear.

There is an old saying that "death begins in the colon." This is an oversimplification to be sure but more accurate than not. In fact, the road to health begins with intestinal cleansing and detoxification -- no matter what the disease or problem.

Healthy Intestines

Unfortunately, most people confine their understanding of intestinal cleansing to its effect on fecal matter. And even though it is true that cleansing programs do draw old fecal matter out of the colon, limiting the discussion to fecal matter misses the big picture and obscures the differences between colonics and colon detox programs.

Understand, the intestinal tract is essentially a continuous tube from the mouth to the anus, and each part of the tube has a specific function to perform. Among these are:

Digestion -- transferring the nutritional value of that food into the body.

- Processing the waste from that food and eliminating it from the body.
- Serving as a drainpipe for waste produced as a result of metabolic functions within the body itself.
- Serving as a drain for toxic substances absorbed through our lungs and skin, etc.
- Functioning as a first line of defense in the body's immune system by serving as a home to beneficial bacteria that identify and eliminate viruses and unhealthy bacteria ingested with our food.

What can go wrong if the system is backed-up?

Physically, the colon is simply not designed to store large amounts of old fecal matter. Stores of old fecal matter are not only breeding grounds for harmful bacteria and dangerous parasites, but the extra garbage causes the colon to distend and expand. This causes the walls of the colon to thin out (like blowing up a balloon more and more). As the walls extend out, they press on and compress other organs in the abdominal cavity.

Consider that a sluggish bowel can retain kilo's of old toxic and poisonous fecal matter (5-10kg is not unusual, and up to 30kg pounds has actually been reported). It should be noted that doctors rarely see this accumulated matter during colonoscopies because patients are given purgatives to clean out their intestinal tracts before the colonoscopies, thus removing the evidence -- but they do see the effects, the herniations of the colon also known as diverticuli.

In fact, a clean colon is essential in our detox pipeline. The liver is the main detoxifying organ of the body; it works by filtering out and/or neutralizing dangerous drug residues and poisons from the blood and then passing them out of the body through the colon via the bile duct. But if the colon is plugged, it's like flushing a toilet clogged with toilet paper; everything backs up. The net result is sickness and disease. In fact, you can't even begin to cleanse and repair other body systems until you clean out the colon so that the toxic material will have a clean pathway out of the body.

Again, the net result of a backed-up system is sickness and disease including:

- Constipation and the attendant symptoms of self-toxication.
- Diverticular disease (herniations of the colon).
- Hemorrhoids.
- Irritable Bowel Syndrome.
- Ulcerative Colitis.
- Crohn's Disease.
- Colon/Rectal Cancer.
- Other Related Diseases including: diabetes, Gall Stones, Kidney Stones, Gout, Hypertension, Varicose Veins, Rheumatoid Arthritis, Psoriasis, and Obesity.
- Other cleansing treatments (i.e. liver cleanse) are not as effective if the colon isn't clean.

How can I tell if the system is backed up enough to require a treatment?

A normal bowel movement is soft and unformed. It should break apart when it hits the water -- or at least when flushed. This is not to be confused with diarrhoea, which is characterized by water.

There has been a great misconception among the public and most medical professionals about how often a normal healthy person should move their bowels. For years, doctors have thought that anywhere between one bowel movement a day and one a week was normal. What we have learned is that it is normal, and necessary, to have one bowel movement a day for each major meal (as opposed to a snack) you ate the day before. If you eat three major meals, you should have three bowel movements the next day. If you don't, you're not alone. In fact the average frequency of stool passage is just over 3 bowel movements per week .

Individuals with colonic inertia (a condition of the colon when muscles do not work properly, causing constipation) often do not pass a stool for 7-10 days at a time.

The key issue, of course, (aside from organic disease) is lack of fiber in your diet -- the more fiber, the faster the transit time of waste through the intestinal tract . Even with all the attention fiber gets in relation to healthy evacuation, it is still absent from many daily meals. So let's look what you're eating in terms of transit time:

A beef patty, white flour roll, and french fries have virtually zero fiber -- thus slow transit time.

What's pizza made of? White flour and cheese. White flour and water is used to make wallpaper paste. And cheese (casein), at one time, was the primary ingredient in glue. Ergo, when you eat pizza, you're eating wallpaper paste and Elmer's Glue -- a real stick to your "ribs" kind of meal.

If your diet consists of a lot of slow transit time food, then you are essentially clogging your pipes. Once nutrients are absorbed from food, there is no reason to keep the waste in your body. In fact, the longer food stays in your intestines, the more it rots, causing long-term disruptions and toxicity.

Consider that disruption in the pH of intestinal fluids causes ulcers and disturbs the balance of mucous. In his book *Tissue Cleansing Through Bowel Management*, Doctor Bernard Jensen, DC, ND, Ph.D., shared:

"One autopsy revealed a colon to be 9 inches in diameter with a passage through it no larger than a pencil. The rest was caked up layer upon layer of encrusted fecal material. This accumulation can have the consistency of truck tire rubber. It's that hard and black. Another autopsy revealed a stagnant colon to weigh in at an incredible 40 pounds."

Dr. Jensen describes the problem associated with mucoid plaque (thickened intestinal mucous) as: "The heavy mucous coating in the colon thickens and becomes a host of putrefaction. The blood capillaries to the colon begin to pick up the toxins, poisons and noxious debris as it seeps through the bowel wall. All tissues and organs of the body are now taking on toxic substances. Here is the beginning of true auto-intoxication on a physiological level."

Thankfully, the story does not end there. Modern awareness of the impact intestinal health has on overall health has created a choice in treatment options. This leads me to the question of the day:

What Is the Difference Between a Colonic and a Colon Detox Program?

The Enema

During an enema, water is inserted into the rectum through a tube causing the emptying of the lower bowel. Enemas are useful for a quick fix -- particularly when "temporarily" backed up. However, they only flush loose faecal matter in the lower part of the colon.

The Colonic

A colonic is a type of enema that injects large amounts of water under controlled pressure through the rectum high into the colon for cleansing purposes. Some treatments add things to the water such as peroxide or even herbs. Think of the colonic as a powered enema. It still only captures loose faecal matter, but goes higher into the colon and is more thorough. The bottom line is that colonics do work to flush loose waste and sediment from rectum and lower intestine but they:

- can actually weaken muscles over time.
- don't draw from bowel pockets.
- don't draw from tissue.
- flush all bacteria -- the good as well as the bad.
- can disrupt natural pH balance.
- it doesn't happen often, but there are documented cases where inadequately disinfected or sterilized irrigation machines have been linked to bacterial contamination.

If you are so inclined, periodic colonics are not a bad thing. They can definitely improve your health and sense of well being. *Regular colonics, on the other hand, may be too much of a good thing.*

The Colon Detoxification Program

An effective colon detoxification program necessitates a two-pronged approach.

A colon correction formula
A colon detoxifier

Colon Correction

A good herbal intestinal corrective provides both cleansing and healing to the entire gastro-intestinal system. It stimulates peristalsis (the muscular movement of the colon). It halts putrefaction and disinfects, soothes, and heals the mucous membrane lining of your entire digestive tract. Entirely herbal, with no harsh, habit-forming chemicals, an effective activating formula will also help improve digestion, relieve gas and cramps, increase the flow of bile (which in turn cleans the gall bladder, bile ducts, and liver), destroy *Candida albicans* overgrowth and promote a healthy intestinal flora, destroy and expel intestinal parasites, and increase gastro-intestinal circulation. The herbs used in this type of formula are also antibacterial, antiviral and antifungal.

Colon Detoxification

In contrast with the colon corrective formula, a good detoxifier is cleansing and soothing. It is used periodically in conjunction with the corrective. The detoxifier formula is a strong purifier and intestinal vacuum. It draws old faecal matter off the walls of your colon and out of any bowel pockets. It also works to draw out poisons, toxins, heavy metals such as mercury and lead, and even remove radioactive material such as strontium 90. A good detoxifier will also remove over 2,000 known drug residues. Its natural mucilaginous properties will soften old hardened faecal matter for easy removal and also provide an excellent remedy for any inflammation or irritation in the stomach and intestines. This formula is helpful in irritable bowel syndrome, diverticular disease, and haemorrhoids. And on top of everything else, a good detoxifier will usually eliminate the effects of food poisoning or stomach flu in 20-40 minutes.

The colon detoxifier program's two-pronged approach also:

- Helps bring the colon back to life by stimulating the muscle movement of the colon.
- Encourages matter to move forward through the system.
- Halts putrefaction.
- Disinfects.
- Soothes and promotes the healing of the mucous membrane lining of the entire digestive tract.
- Helps stimulate the body to begin the healing and repair of herniated areas.
- Increases the flow of bile to help clean the gall bladder, bile ducts, and liver.
- Promotes healthy intestinal flora.
- Destroys and expels parasites.
- Destroys *Candida albicans* overgrowth.

- Maintains regularity.
- Decreases straining.
- Speeds up the transit time of faeces through the large intestine.

Yeah, but!

Okay, the colon detox program is not all roses and sunshine; you may experience some gas and bloating. But think about it for a moment. If you were to start a car that had been sitting idle in the garage for years, you wouldn't expect it to start right up. You might have to crank it over several times. It might blow some smoke and backfire several times, maybe even shoot some flames out the exhaust pipe -- but then settle down and begin to purr.

Your bowel is no different.

Gas and bloating are the smoking and backfiring of the bowel. Work through it. Once you have rebuilt your bowel function, your intestinal tract will begin to purr like a well-tuned engine. You may also experience muscular movement, along with occasional cramping and aching, but these effects are minimal if you use a properly designed formula.