



Health Hints



Be Kind To Your Colon

by Dr. James M. Brodsky
(NAPSA)—When you take action to rid your body of excess sugar and fats, your digestive system is better able to handle major health problems.

One of the primary organs playing an active role in the body's ability to oversee the elimination of toxic build-up is the colon. A clean colon, that has a healthy balance of intestinal flora, may be the body's first line of defense. When your body is healthy, it has the natural ability to eliminate toxins you're exposed to every day. Harmful substances such as bacteria, pesticides, food additives, environmental pollutants and chemicals are filtered by an internal detoxification process and eliminated through your intestines.

The human body, however, can only tolerate so much. Colon cleansing can be one of the most important steps in detoxification.

Exposure to toxins and environmental pollutants in the air, food and water, poor diet, lack of adequate fiber, excessive alcohol and caffeine, high stress, lack of exercise and overuse of antibiotics and prescription medications can lead to the breakdown of the internal organs and detoxification process and become the start of serious health problems.

An even greater cause for concern is colon cancer. In the United States, it has become the second most common form of cancer death. Furthermore, a diet high in saturated fat and cholesterol can lead to coronary heart disease.

Traditional healing systems such as Ayurveda, Chinese herbal medicine and Western herbalism have always regarded internal cleansing as an integral



Modern lifestyles can be demanding and stressful. Be good to your body with sound nutrition, daily exercise and sufficient sleep.

part of maintaining good health. According to traditional Eastern medicine, the need for cleansing can manifest itself when people are confronted with symptoms of fatigue, inadequate digestion, heartburn, bloating, constipation, sinus congestion, skin disorders, joint pain, headaches and more.

Fiber is essential to protect intestinal health. The American Cancer Society recommends eating 20 to 35 grams of fiber daily. Fiber keeps our digestive tract from getting clogged and keeps the colon clean. Fiber also helps reduce the "bad" cholesterol or Low-Density Lipoproteins (LDL), while having no significant effect on High-Density Lipoproteins (HDL), or "good" cholesterol.

Soluble fiber from foods or dietary supplements such as psyllium

husk, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Three independent studies, from the University of Kentucky, George Washington University and the University of Massachusetts, found low-fat diets that included psyllium had a greater cholesterol-lowering effect than low fat diets without psyllium. In 1997, the Federal Drug Administration added an amendment to the health claim regulations allowing the association between psyllium in a low saturated fat and cholesterol diet with lowering the risk of coronary heart disease.

Psyllium helps absorb toxins in the colon and moves waste through the system. It soothes the lining of the intestines and makes it easier to eliminate toxins. A clean colon inhibits harmful bacteria from surviving in the system.

An informative booklet about the importance of maintaining a healthy diet and colon has been developed by Health Plus, Inc., the leading manufacturer of body cleansing products containing psyllium. The booklet, and a free sample of Colon Cleanse, is available by calling (800) 822-6225 or visiting the Web site at www.healthplusinc.com.

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