



## THE LARGE INTESTINES

**S**ee how the ileocecal valve is opening smoothly—we've given it an electrical signal—like using a remote control to open a garage door. We're sliding into the large intestine.

No need to hold your nose. It's not smelly in here. Making our way through the large intestine is the longest leg of our journey through the gut. This section of the tube is a lot shorter than the small intestine—only 3 to 5 feet long—but wider and not so many curves. We have more room to maneuver as the large intestine or colon is more than double the circumference of the small intestine.

Take a peek in that little sac before we start climbing the first section of the large intestine or ascending colon. That's the appendix. It's known to be a waste receptacle and collect toxins. When it gets overloaded, it can get quite painful. The appendix is part of the lymphatic system—the circulatory system that among other things collects and carries away the wastes from us cells. We'd rather you clean up your body so the

appendix and other lymph storage sites can continue to collect and dump their garbage.

Good thing we have help with this climb. Notice how this tube is a series of pouch-like sections. The natural peristaltic or vortexian movement in here slowly pushes us from section to section. We can relax and ride along. It shouldn't take us more than about 10 hours at the most to round the first major turn. Before Human did some housecleaning in here, it took us more than twice that long for this leg of the journey. Sometimes the mix was stuck in here for days! Once around the curve, we'll travel across the body in the transverse



**T**HE COLON CLEANSING TEAM.

section of the colon. We'll then round the second major turn and head down the descending colon. After zig-zagging continuously along the small intestine, this ride seems tame with only the two major curves.

Since we left the mouth several hours ago, most of the nutrients have been absorbed from this mix. So, what's left to do in here? The mucous lining on this tube is moist and alive with about 400 different microbes. Even the micro-organisms that have the potential to create disease are working in harmony. That's because there's enough good bacteria to keep them in check. All the micro-organisms serve a useful purpose in our Creator's grand scheme to keep Human running well. These microbes have started a tough job—digesting what wasn't digestible earlier in the tract. Cellulose or the tough fibers from vegetables and grains arrive here undigested—that's good. It's important we have enough fibrous material to form feces or bowel movements to carry along the waste products so we can eliminate them from the body. These busy microbes are working to produce enzymes that digest the cellulose or fiber that we need to sweep us along.

Let me tell you what it used to look like in here when we didn't have the fiber we needed to keep the waste material and parasites moving along. Excess mucous, an overload of yeasts and the raucous, less friendly microbes gradually created a sticky, glue-like coating on this lining. This coating was a welcome home for worms and other parasites. Rather than move on through and out with the bowel movement, the build-up on the walls gave them a toehold for their hooks. They found a cozy home to lay their eggs and raise their offspring. The coating got thicker and thicker. As the coating built-up, the shapes of the pouches changed. The channel in some pouches was no wider than a pencil! Took a long time to squeeze through those sections. Other pouches had ballooned out to accommodate the sludge stuck to the walls. In some pouches, the sludge weakened the lining to form little protruding sacs—great storage pockets for the mixture of mucous, pathogens and parasites! All the misshapen pouches kept slowing the journey more and more. All that extra weight made the transverse colon sag. Instead of a straight road across the body, we had a long detour—after slowly sliding down, the mix had to inch back up. It made for a long journey to get to the next curve and finally head down the descending colon. And, it made for a lot of extra weight. What Human thought was a big stomach was actually a colon packed with several pounds of sludge.

The natural mucous in this lining and the bacterial lawn provide a protective coating. They make an awesome team to keep you healthy. When we're allowed to keep it clean in here, the time to travel from the mouth and out the anus at the end of this tube should be no more than 24 to 48 hours. Human was surprised to learn that in native cultures in parts of the world where only natural, fresh food is available, the time from mouth to elimination is only 12 to 18 hours. They usually defecate after every meal. With a good diet, young children have two or three bowel movements a day too. Once they start school, though, many of

them hold onto their bowel movements—the constipation process begins. When Human was at the lowest ebb, it sometimes took a week to finish the trip from mouth to anus.

As a caution and a reminder of the havoc the potentially harmful microbes can create, here's their rap for you. You'll notice there's candida yeast in this group but not enough to overwhelm us:

WE LOVE IT WHEN ... YOU FEED US SUGAR AND CAFFEINE,  
 ALLOWS US TO CONTROL THE WHOLE BIG SCENE.  
 WE LOVE IT WHEN ... YOU ADD ALCOHOL AND DRUGS,  
 ADDICTIONS MAKE US A STRONG GANG OF THUGS,  
 WE LOVE IT WHEN ... WE SLURP SLOW-LEAKING MERCURY,  
 A CHANCE TO DANCE WILD AND MALICIOUSLY,  
 WE LOVE IT WHEN ... YOU SIP CHLORINE AND FLUORIDE,  
 NO NEED FOR US TO SLOW OURSELVES AND HIDE!  
 WE LOVE IT WHEN ... WE GET A DOSE OF PESTICIDES,  
 OVERTAKE THE GOOD GUYS WITH OUR WILD RIDES,  
 WE LOVE IT WHEN ... ANTIBIOTICS COME DIRECT,  
 LET'S US PARTY WILDLY AND UNCHECKED,  
 WE LOVE IT WHEN ... PROTEIN COMES UNDIGESTED,  
 CREATES HAVOC WITH THE GOOD GUYS BESTED,  
 WE LOVE IT WHEN ... YOU WORRY, STRAIN, STEW AND FRET,  
 GIVES US THE ODDS TO SURELY WIN THE BET.

Thanks for the warning!

Sodium lauryl sulphate from toothpaste and detergents damages this all-important mucous lining as well. When this lining is healthy, nutrients pass back and forth readily. Now that these potentially harmful microbes are kept in check and working in harmony with the friendly microbes, together they're performing two important functions. In addition to digesting fiber, they are also synthesizing vitamins—they're helping to nourish Human by producing vitamin K and some B vitamins.

The amount of water you drink is crucial to the action here in the large intestine. While most of the water is absorbed in the small intestine, we need enough to keep the colon working smoothly. Now that Human drinks plenty of purified water each day, we're quite happy. There's mineral action happening down here too and we need water for efficient mineral exchange. The microbes produce acidic waste products as they munch on the fiber and undigested materials. We need minerals to neutralize some of the acids so it doesn't get too acidic in here. As long as the lining is healthy, we can readily exchange minerals through these walls. I might add that it's the minerals that allow us to keep the ileocecal valve, the door

between the small and large intestines, working smoothly too.

There's an efficient system of tiny veins and lymph vessels attached to the outer wall of the large intestine to send vitamins and minerals to the liver. This system works well unless it gets plugged up in here. When that happened toxins leaked through the wall and got delivered to the liver instead of the nutrients. The disease process was sneaking silently along. No wonder Human felt so fatigued in those days.

We've finished climbing. That was easy. We're rounding the curve to head along the transverse colon. Most of the necessary water removal is complete, so we'll start to see the formation of the feces. The body expels toxins along with fiber, bacteria and mucous in the feces. We want to get these toxins out of the body so we don't reabsorb them. A healthy mucous membrane

is important all along the way—the mucous protects the cells in the walls of this tube, it binds the dehydrated material to form the feces and it acts as a lubricant to keep the feces moving along.

Are you wondering why I say we're in the large intestine one minute and then say colon the next? The large intestine is the complete package which includes the entry area or cecum with the appendix, the ascending colon, transverse colon, descending colon and a short section called the colon or sigmoid colon that will take us over to the rectum and eventually out the anus. Now that you know we still have several sections to go our journey.

Human had been constipated for years. In fact, Human didn't realize at least one bowel evacuation a day should be happening. Now Human usually has two evacuations a day. The first one is usually shortly after arising in the morning as that's the most active time for the large intestine. It gets rid of the material that has been moving along during sleep.

What did Human do to scrape off the accumulated grunge on these walls, restore the shape of the pouches and get the feces moving through here smoothly again? It took many, many months and patience. First Human had to get the bowels moving more regularly. That took drastic action. As a start, Human went to a therapist for colonics. A colonic is more in-depth than an enema as it washes several gallons of water in and out of the large intestine. With massaging, the water will reach all the way to the curve leading to the ascending colon. This is where a lot of sludge gets hung up so it can be important to reach this area. After initial colonics, Human started on a colon sweeping program. Human tried several of these to find

### CHECKING TRANSIT TIME

Ideas to see how long it takes from mouth to bowel movement:

1. Eat several beets in one meal. See how long it takes for a darker bowel movement that may leak a reddish color into the toilet water.
2. Swallow food-grade carbon capsules and check for the black color.

the one that worked best. Most colon cleansing programs contain bulk formers to scrape the grunge off the intestinal walls as well as herbal stimulants to push the bulk through. A delicate balance has to be achieved so the bowel keeps moving. Too much bulk can be constipating. If the herbal stimulants are too harsh, the walls are overly irritated—releasing only the surface coating rather than a deeper cleansing. Sometimes the cleanser contains herbs to kill parasites as well. The right blend of herbs in their whole or natural form provide healing as well as cleansing.

Human avoided advertised laxatives after learning they work by irritating the lining. They don't have any healing ingredients and don't promote a deep cleansing. They can be habit forming as well. Diarrhea doesn't clean the walls of the large intestine either. Diarrhea is a signal the lining is irritated. Only surface materials are expelled so the grunge and parasites built up on the walls hang in there despite frequent bowel movements.

Of course, the liver has to function well to keep the colon working well. We'll visit the liver on another trip. You'll notice as we move along with the developing feces there is no strong odor. As long as Human keeps the pathogens or disease-causing organisms in check, there won't be an unpleasant smell. If you've got lots of putrefactive or disease-causing bacteria and microbes, the odor gets really stinky. Human also had lots of gas when the putrefying bacteria partied in here. Human would get headaches when the gas was absorbed through the lining and circulated back to us cells. Other times, the gas would rumble and then roar out the anus. Embarrassed Human at times. Even Human tried to get away from the stink.

Another way Human gradually peeled the grunge off these walls was by drinking a salt-water solution. When the salt solution is the same proportion as the blood, both the water and the salt will wash right through instead of us cells absorbing them through the small intestines into the portal vein. After adding 2 teaspoons of sea salt or Celtic salt to one quart of warm water, Human drank this first thing in the morning on an empty stomach. A couple of times it didn't work so we absorbed it. Human adjusted the amount of sea salt until the proportion was right. Wow, then it flushed right through within an hour or two.

Here's another tip Human found helpful. Alas, modern toilets aren't designed to encourage a good bowel movement. Squatting is the natural position for the bowel to evacuate easily as this position relaxes the bowel. At home, Human has a low stool in the bathroom. A squatting position is created with the feet on a stool while sitting on the toilet. Raising the arms straight up while sitting on the toilet is another way to help relax the bowel.

We're about halfway through the large intestine. On the remainder of the journey, us cells want to let you know the steps Human took to keep this waste moving along ... and what a bowel movement should look like!

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