

Will Your Colon Or Liver Kill You?



By Dr. David E. Agwu

If you are one of the 44 million Americans who are uninsured, your responsibility is to find ways to remain healthy; any serious illness or chronic disease may devastate every aspect of your life. Ironically, health insurance is not health assurance since our traditional medical services are based, to a certain degree, on disease care rather than health care. The missing link, whether one is insured or uninsured, is the need to discover for oneself the fundamental or root causes of ill health and to take informed preventive action. The benefits are health, youth, and savings in time, cost, and frustrations.

The status of your digestive system including your stomach, small intestines, colon and associated organs such as the liver and kidneys, is one area of your health that is much neglected even by your health care provider. Yet, it is quite possible that the many of your health problems, diseases, premature aging, and sufferings originate from an unhealthy digestive system; constipation, need for laxatives, diarrhea, gas or excessive flatulence, frequent headaches, skin problems, lower back pain, fatigue, insomnia, irritability, swelling, bloating and indigestion, bad breath, sinus problems, food allergies, depression, memory loss, general aches and pains, lowered resistance to infections, yeast infections, heart burn, colitis, crohn's disease, irritable bowel syndrome, diverticulitis, overweight or obesity, and cancer of the colon to name only a few. Your digestive system was designed to extract nutrients from the food you eat and to collect and eliminate through the colon undesirable waste material. Unfortunately, instead of a waste management system, the colon has become for many a putrid, fowl, decaying, toxic, parasite and yeast infected sewage system.

What factors create an unhealthy colon or liver? In general, the type, quality, and content of the food you eat, the extent and type of pollutants in the environment, lifestyle, and nature of the non-food items you consume are some of the determinants.

The Standard American Diet (SAD) reflects the composition and type of food ingested in a technologically advanced and affluent society. Most of us eat soft, sweet, gooey, delicious, white flour rich, low fiber, nutrient deficient foods that form concentric circles of paste in our small intestine and colon. Over time, this material accumulates and mixes with mucous to form a "mucoid plaque" of decaying, putrid waste that impairs absorption and assimilation in the small intestine and home for parasites, yeast, and unfriendly bacteria in the colon. The SAD is deficient in vitamins, minerals, and antioxidants but loaded with pesticides, herbicides and pollutants because of prevalent agricultural practices. Animal husbandry introduces harmful steroids, hormones, and antibiotics into our foods, and processing of foods add unwanted preservatives, food coloring agents, and chemicals. In this fiber deficient SAD in which there is little or no water intake, the colon is slowed down and constipated and a stagnant cesspool of unwanted toxins accumulate, percolate and spread to every part of the body through the blood. Constipation combined with accumulated mucoid plaque of decaying fecal matter may increase the weight of the colon up to 30 pound, or in the case of John Wayne up to 64 pound, and accounting for some of protruding midsections in obese and overweight individuals. Clearly, it important to adopt a diet that is conducive to the elimination of waste products and the prevention of constipation and auto-intoxification.

Parasites and Yeast Infection: Worldwide, 900 million people

are infected with hookworm, and 4 to 15 per cent of the population in the southern United States are affected. Some one billion people are infected with roundworm and 500 million worldwide (10 - 15% of the population in the United States) are infected with pinworm. Lifestyles, the foods we eat, and contact introduce parasites, yeast, and unfriendly bacteria into our digestive systems. It is quite possible that we may be hosting, and are being robbed daily, a dinner party for some 300 parasites that reciprocate by dumping their waste products as toxins into our blood system. Our diets of refined white sugar, white flour and low fiber encourage the establishment of an unwanted yeast population. Unfriendly bacteria favored by our SAD tend to overpopulate and outnumber friendly bacteria which help to produce vitamins, minerals and butyric acid; products necessary for optimum health and colon cancer prevention.

The Liver: The liver is one of the largest organs in the body. It is truly the metabolic engine of the body performing more than 500 identified functions including cleaning up various by products of cellular and metabolic reactions. Considering our much polluted environment today, ingestion of processed modified foods, chemicals, endotoxins, exotoxins, and various medicines taken regularly by many people, it is no wonder that the liver is overloaded, overcome, exhausted, and in need of detoxification and regeneration. Many seniors consume multiple drugs, polypharmacy, on a daily basis contributing to impaired livers. Such medicines as used for lowering blood cholesterol and for fever and pain control which are consumed in excessive amounts present serious challenges and damage to the liver unless it is regularly detoxified. A good example for a compromised and unhealthy liver is alcohol induced hangover which indicates that many by-products of alcohol breakdown can no longer be effectively eliminated by a compromised unhealthy liver. Various liver diseases including hepatitis and cirrhosis are conditions which pose serious health threats.

What are some of the consequences of an unhealthy colon or liver? Many people are unaware that many of their illnesses originate from a compromised colon and/or liver. An unhealthy clogged up digestive system may result in indigestion, heartburn, impaired absorption and assimilation. If nutrients are not assimilated, the overall health and immune defenses of the body are impaired and many diseases and infections become prevalent. Constipation is an indication that dietary modification need to be made otherwise the blockage may result in an impairment of the entire digestive system including related organs such as the kidneys. It is surprising that people continue to eat despite being constipated and with infrequent waste elimination; where do they expect the food to go but towards the other end, the mouth. Some of the lethargy, fatigue, general malaise, and other serious health issues such as obesity, bacterial, yeast and viral infections, and colon cancer, the number two killer after heart disease, are definitely serious and often deadly health consequences.

What is a solution for an unhealthy colon or liver? First, if one has never undergone an herbal colon cleanse and liver detoxification program, this must be done as soon as possible and repeated every three months in the first year. Secondly, the SAD must be modified to include nutrient rich foods and higher levels of fiber. This must be a life long change. Thirdly, avoid laxatives and antacids which do not get to the root causes of the problem they are supposed to correct. Finally, do get more exercise and eliminate stress.

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