



## What is the Colon?

The [colon](#) is **part of the body's digestive system**. The [colon](#), or large intestine, forms part of the end portion of the human gastrointestinal (GI) tract which extends from the mouth to the anus. The colon is about 5 feet long and begins at the end of the small intestine or small bowel, and ends where it joins the rectum. The [colon](#) is a vital organ; important to the health and proper cleansing of the body as it **expels waste material from the body**.

## Main Functions of the Colon

The main function of the [colon](#) is to **absorb water and minerals from the ingested foodstuffs** and to form and eliminate feces. The [colon](#) contains different types of bacteria to aid digestion, promote vital nutrient production, to maintain pH (acid-base) balance, and to **prevent the growth of harmful bacteria**. These good bacteria play a vital role in that they synthesize folic acid and valuable nutrients from foods during metabolism.

The small intestine is the primary site of digestion and absorption. It absorbs all the nutrients such as vitamins, minerals, proteins, carbohydrates and fats that you eat which are then transferred into the bloodstream. The **undigested food is passed into the large intestine** where water and nutrients from the food are reabsorbed and where the remaining waste is turned into stool. The waste passes from the [colon](#) and collects in the rectum at the end of the large intestine and leaves the body through the anus.

The process of digestion from ingestion to defecation normally takes 12 to 24 hours if the [colon](#) is fully functional and non-toxic. Because **the [colon](#) rids the body of waste**, it also cleanses the body. Poor health can be the result of poor detoxification. Irregular or infrequent bowel movements and constipation can result in toxic residues from the by-products of undigested foods accumulating.

If you have a [healthy colon](#), you should be having between 1 to 3 bowel movements per day, often shortly after a meal. Colonic irrigation procedures can sometimes help to flush out the colon and help the body to detox. However, the procedure should be done by a professional health care provider.

## Composition of the Colon

The [colon](#) consists of several segments:

- The cecum, the first portion of the colon, just after the small bowel
- The ascending colon

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- The transverse [colon](#) which absorbs fluids and salts
- The descending colon which holds the resulting waste
- The sigmoid colon, an S-shaped portion near the end of the colon
- The colon ends at the rectum, where stool is stored until it is released

## Diagnosing Colon Problems

Disorders related to the colon include:

- Colon cancer
- Constipation
- Hemorrhoids
- Colitis
- Irritable Bowel Syndrome
- Crohn's disease
- Diverticulosis
- Diverticulitis
- Ulcerative colitis

In addition, smaller health problems can also be attributed to **colon-related problems such as halitosis**, acne and spider veins.

The evaluation of colonic processes, and diagnosis of disorders, is usually performed with an endoscopic procedure known as a colonoscopy. Sometimes, x-rays or radiologic scans using dye within the bowel can help to make an accurate diagnosis prior to surgery.

## Help for Colon Problems

There are a wide variety of over-the-counter and prescription medications available to **treat disorders associated with the colon**. Antibiotics and anti-inflammatories such as Sulfasalazine, Asacol, Pentasa, Dipentum and corticosteroids reduce pain and inflammation. However, while these drugs may provide symptomatic relief, they may also suppress the immune system with negative side effects. In more severe cases, the [treatment of colon disorders](#) usually involves the **partial or total removal of the colon**. A surgical procedure such as a laparoscopy where the [colon](#) is removed may be necessary. After surgery, only clear liquids are ingested until normal bowel function resumes.

## Natural Remedies

Research has indicated that a combination of natural remedies, regular exercise and dietary changes can make a significant difference to the lives of **people suffering from digestion problems** and complaints. Natural remedies such as herbal and homeopathic remedies are gentle, yet effective - without the harmful side effects of conventional drugs.

Therapeutic herbs such as *Matricaria recutita* (German Chamomile) acts as an anti-inflammatory, with anti-spasmodic and calming properties, while *Filipendula ulmaria* (Meadowsweet) effectively **reduces the pain of digestive disorders** and ulcers. In addition, herbs such as *Ulmus fulva* (Slippery elm) also reduces digestive pain and ulcers, and *Sutherlandia frutescens* ('Cancer Bush') has been used as a powerful tonic to treat acute and chronic digestive complaints.

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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

# The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**ColoFlush**: Gently flush the colon and promote systemic health

ColoFlush is a 100% safe, non-addictive natural herbal remedy formulated by our team of experts in the field of natural medicine. ColoFlush **supports the healthy functioning of the digestive system** and **supports all organs** involved in the body's removal of solid waste.

ColoFlush can especially benefit those individuals who wish to **naturally rejuvenate their digestive systems**. The herbs used in ColoFlush promote healthy digestion and also act as an effective colonic tonic.

While some traditional herbs are not suitable for regular use due to their excessively strong purgative effects, ColoFlush uses herbs that are **strong enough to support flushing** out of the colon, yet gentle enough not to cause a loose,



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'crampy' stomach.

This convenient tablet also contains pure Psyllium husks. Due to the high fiber content of this herb, it swells inside the digestive tract and 'sweeps' the walls of the colon almost like a broom – removing impurities and toxins which may have accumulated over time.

**ColoFlush may be used regularly to cleanse and detoxify** the colon or be **used prior to routine colonic procedures** such as colonic irrigation.

[Learn more about ColoFlush](#)

Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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