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Requests for permission or further information should be addressed to:

Healthy Symptoms inc, 9438 US Highway 19, Port Richey, Florida 34668.

Published by Healthy Symptoms inc,

9438 US Highway 19, Port Richey, Florida 34668

Phone: (800) 220-3130

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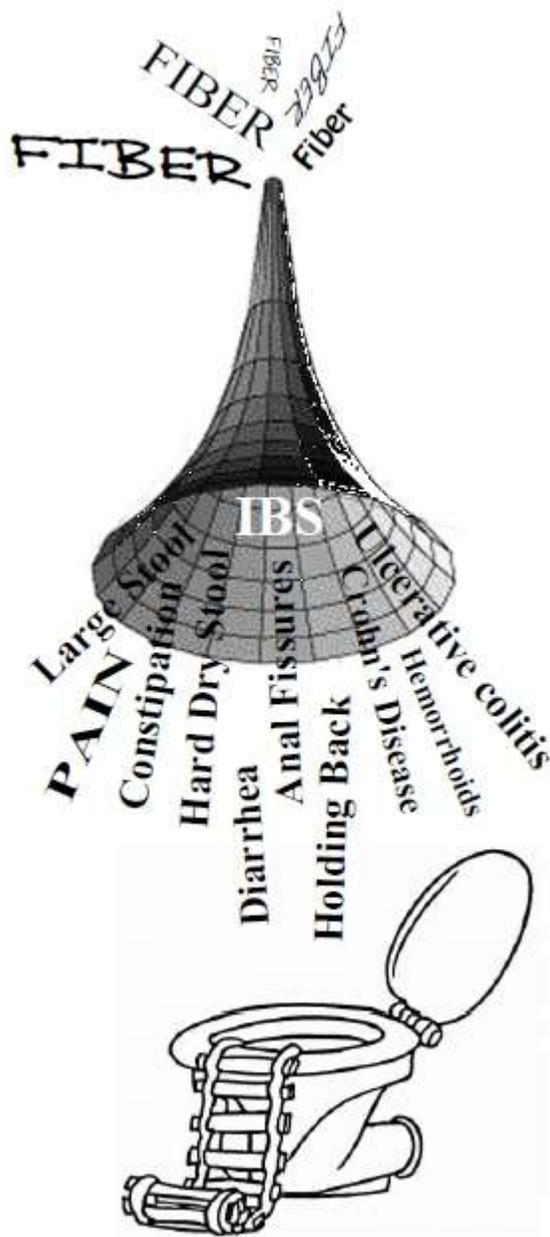
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Healthy Intestinal Living Colorectal Reboot  
The Easy, Healthy Alternative to Permanent Colorectal Damage

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## Introduction

**E**veryone has hopes and dreams, some complex and some simple. Maybe somewhere in there is the hope that what ever is causing these problems with your digestive system and such is fixable.

As an IBS sufferer I hoped and wished for 15 years that my pain was a simple problem, just a stomach ache, not serious, just something I ate.

The truth is, it was a little more complicated then that. But my story should not be overly important to your decision to get better. After all I am just some business owner in some small town that suffered for 15 years with IBS and now wrote this book.

But I will tell you this: I believe fiber can be very dangerous and among the top causation's of colorectal disorders. And I hope I can set you on the path of truth and knowledge. Or at least recovery.

After hearing my findings on fiber, you may be like others I've talked with,

that answer with a big "OH!"

I also hear quite allot, "fiber is in fruits, veggies, cereal, bread... everywhere." And my answer is yes! But only in the last 100 years, and more like the last 25 years. Fiber is in everything. Coffee, ice cream, snacks and cheese. It has dozens of names and seems as though it is the darling of health. But don't believe everything that is being sold to you.

As humans, we are used to getting small amounts of fiber but not the massive 19 - 38g that the USDA says we need. And the worst part is they are telling us that we don't get enough fiber. Just turn on the TV, listen to the radio, etc., there is a fiber campaign going on in this country. Fiber is big money.

So I ask, why fiber?

Lets all ask, why fiber? There is one major problem with that. Who do you ask? Everyone is pushing fiber. From Dr Oz, to the major multinational, conglomerate food companies. (the last I heard, there are only a few big companies that control 80% of food production?)

And I don't mean to insult you, but profits are more important then, well, anything, including your health.

The medical community does not know why we have or how we develop many colorectal diseases.

I don't want to blame the medical community, they are trained by big pharma. No matter who's fault this is, it doesn't matter. And really, you have so little to lose cutting out some real crap from your diet. You may find that a colorectal reboot was just what turns you around.

So when they tell you, fiber, fiber, fiber it absolutely can't be to cure you.

Lets pretend for a moment that some Federal ABC Agency said "stop excessive fiber intake." And the statistics for colorectal diseases show a significant drop in new cases.

There is a vested interest in you not getting well. The industrial medical complex has billions invested. Cancer, heart, diabetes, colorectal, etc.,. If you had a business that did very well selling something, you would not look for a reason to stop making money.

Now before you get uppity let me say that doctors, heck everyone, is trained to believe that fiber is good. So it isn't like some big conspiracy. I am not here to change the world. As I said earlier I am an ex IBS sufferer that spent the last 4 years of my life understanding why I was sick. What I found is the subject of this book.

The information in this book if you haven't already figured it out, is my opinion, and is completely different, opposite, of the fiber hucksters and the industrial medical complex. This book answers the "why" questions that no one else seems willing to tackle.

We all know humans are omnivorous. In the past we could for a while subsist on a vegetarian diet. But today we can live very well on a vegetarian diet because today's vegetarian understands the immense cornucopia of foods

they must eat to properly nourish the body. Much more than tofu, veggies and fruit. But excessive fiber is almost completely new to humans. It took big business to create big machines to grind, cook and convert an animal food into feed for human consumption. We raise animals to chew the grass rather than chew grass in the field ourselves. Animals can handle the grasses. The simple fact that humans don't have digestive enzymes to breakdown fiber, should speak volumes to you?

I wish you the best.

Chapter 1

## **How I discovered the big fiber lie**

**W**hile colorectal disorders (such as hemorrhoids) are not heavily publicized in the media, it is estimated that up to 89% of the population will suffer from a hemorrhoid sometime in their life.

In America alone, Irritable Bowel Syndrome is known to afflict 15 percent or more of the population. More than 2.5 million doctor visits per year are made by patients who complain of constipation. According to some estimates, over 50 million people in America suffer from some kind of bowel problem, which are often related to an unhealthy colon.

Unfortunately, the causes and cures are also little known to the general public; so many people needlessly suffer, when relief from colorectal disease is quite possible.

It is for these reasons (and my own personal journey) that I decided to write this book and make it available to other people. I have included everything I found out over my years of research.

This information explains how I got relief from, and discovered the cause of: large stool, small hard stool, Pediatric constipation, Diverticular disease, Ulcerative colitis / Crohn's disease, Anal fissures, Hemorrhoidal disease, Irritable bowel syndrome, chronic constipation and other colorectal problems.

The major discovery that I came across relates to fiber! But, not the way you think!

You see, there is a big myth that is pushed around by the medical world, and the media, and it causes more problems than it actually helps.

No, I'm not eating more fiber. In fact, I'm cutting most of the fiber from my diet and only eating a maximum of 3g natural fiber a day.

I will tell you why I believe fiber is very dangerous and how it causes many illnesses.

Now, I know what you are thinking.... Fiber is great! Fiber is recommended by EVERYONE!

Without fiber I would not be regular. The TV commercials sell fiber, so it must be healthy.

That is how I used to think, before I got sick and stayed sick for 15 years. I hope you read my story, and then form your own opinion. I am sure I will not convince everyone, but if there is a chance you can stop or reverse your colorectal illness's by reading this book, isn't that worth a few hours of your time?

I always bounced back and forth with my weight. In my 30's I was over weight by at least 70 pounds. I like most people desperately wanted to lose weight. I would go from a size 30 waist all the way to a size 38-40-42. As a child I was also heavier then other children, and the other children would let me know as often as possible.

You only need to look at how most overweight people are treated, scorned, and laughed at, to realize that it's not fun to have weight issues. But, like most I found it much easier to put weight on than lose it.

After many years of not caring about what I ate, eating whatever I wanted and constantly getting sick with stomach aches and toilet explosions, I figured it was time to get healthy or at least start a diet, again. I came across the Atkins diet and temporary weight loss.

The Atkins diet was hard to stick with but I actually felt better while using the diet principles, and I rarely had bowel discomfort. But, as most diets come and go, so did this one. I couldn't stay with it.

As fast as my stomach and bowel problems appeared to clear up, my irregularity started all over again. One day or for weeks at a time, I would have what I classified as perfect bowel movements. Then all of a sudden I would get sharp pains in my stomach. I would try to go, but I would sit and sit.

It was like a cork closing a bottle. After straining, pushing, squeezing and generally turning red until veins popped from my head I would release the cork, only to have multiple diarrhea sessions.

Then it seemed that for a week or two, I would be very irregular. This went on for fifteen years, back and forth.

I know this may be too much information for some of you, but I hope that seeing my serious condition and then how I cured myself, can inspire you to use this book to help yourself with your colorectal problems.

It took me 15 years of pain to finally say something to my doctor. Without asking many questions he wrote me a prescription for IBS. I don't know if I am normal or crazy but I don't take pills if they don't cure me. I don't trust big-Pharma, after all don't you see the same attorney commercials I see? If you have taken XX medication and suffered death, then you may be eligible for compensation.

Over the last 23 years, over 2.5 million people died from the direct use of prescribed pharmaceuticals.

These were actually the expected deaths!

I asked the doctor, will these IBS pills cure me? (already knowing the answer) The doctor told me that they would help with my symptoms but would not cure the IBS.

I asked what the underlying problem was, and his prompt response "it could be any number of factors". Well then why would I want to cover up the symptoms? After convincing him I absolutely would NOT take these pills, he gave me a bit of advice that would put me on this path.

He told me to cut certain categories of food completely out of my diet for two weeks at a time. In other words, I was to stop eating flours and breads and cakes and cookies etc.. because I may have an allergy to gluten. Then try other foods groups etc. Over the next few years I tried removing many food groups from my diet. Some things seemed to help,

such as when I gave up soda. At first, it seemed as if I was allergic to soda. But the problems returned as they did with everything else I tried.

Later in the book, I will tell you about the real reason behind food allergy's and how vitamin and mineral deficiency can bring untold havoc to our body.

As I studied, I found some very interesting information on other cultures that don't have the colorectal problems we suffer. The Japanese people have little fiber in there diet!

And they are known for being some of the healthiest people in the world.

And it turned out the Atkins diet had very little fiber also.

In Japan the average fiber intake has declined over the years, until about the 1970's total fiber intake was 12.5 g/day, compared to 3 times that in America for morning breakfast cereal.

Unfortunately modern Japan, as well as all modern industrialized nations, now have much of the same processed food diet that causes colorectal distress, heart attack and cancer.

I realized that taking categories out of my diet seemed to have helped for a bit, but then I realized, I was always getting fiber no matter what category of food I removed. As such, I had to study fiber and understand where it comes from, how it gets into our food and why everyone is claiming we NEED more fiber. Thankfully, my long search did eventually bring me to finding a number of very important principles that erased my disorder in no time.

Inside this book, you see the simplistic changes I made - which will help you to understand why you have a colorectal disorder, and why the things you have tried in the past have not worked.

We will look at the menacing role that excess dietary fiber plays in your health and nutrition. The book will also look at the serious issues surrounding Potassium and other mineral deficiencies, and how this effects colorectal disorders and all working processes of the human body.

In life it is very easy to build bad habits, we get way too much of one thing while not getting enough of another.

As a quick glimpse in to chapter 6, I learned that by far the largest number of deaths and permanent crippling disabilities from potassium deficiency occur in western nations. I thought it was quite a coincidence that all these modern industrialized nations follow a highly processed, low fat, high fiber diet that is very low in vitamins, minerals and natural enzymes.

You will later find that this is not a coincidence, and that there is a real reason behind the link.

During all this, the book delves deep into the many myths and lies that most people never question, and will conflict with conventional health-wisdom.

Please remember, that the information presented here is also based on my personal experience, and those of other people suffering with colorectal disorders. I am not a doctor and I am not offering medical advice. If you are sick you should see a doctor. But if you can change a few things about your diet you may find the relief your looking for. Many of the myths that are exposed in this book related to bulk forming laxatives, fiber, large stools, dysbacteriosis, constipation, IBS, and a number of other important issues can be life changing.

Following this, you will understand how to be careful about the foods that you put into your body. As I explained earlier, this is something that I experimented with, after visiting my doctor, and I found that I was able to isolate certain foods causing issues. As such, you will find out that there are certain foods you should eat to help with digestion and there are foods you should avoid. The issue of pre and probiotics is also covered, since intestinal flora is vitally important to a functioning intestinal system. Next, you will learn that many disorders are related, which will help you to overcome many problems at once. For example, what do Pediatric constipation, Diverticular disease, Ulcerative colitis and Crohn's disease, Anal fissures, Hemorrhoidal disease, Irritable bowel syndrome and chronic constipation, have in common? You may still be surprised to find out the answer is excess fiber in the modern diet. Now you can learn how diet, avoiding destructive foods, digestive processes and natural treatments will overcome hemorrhoids and a host of other colorectal disorders, and you can do the same as I did in this no-nonsense, straight talking book.

## Chapter 2

# Fiber

**T**his chapter will cover the truths about excess fiber and the illnesses that are linked directly to its consumption. This section of the book will be very enlightening for most people. It will explore the role of dietary fiber, and how it affects the life and health of the human body. If you currently eat a small amount of fiber then it shouldn't affect you negatively (as long as the food is natural/unprocessed food such as veggies, legumes and fruit in moderation). However, large amounts of fiber in your diet have very harmful effects on the body, this chapter will discuss those effects and the illnesses that are linked directly to its consumption.

I would like to make it clear that very small amounts of natural fiber will not obstruct your intestines or lead to diarrhea and or constipation in most people, as the majority of fiber will be fermented in the large intestine by your intestinal flora. The left-overs will not bulk up your stools enough to cause any damage from "roughage".

However, this information is not what most people in the western world are used to hearing - instead they are instructed to consume large amounts of fiber in their diet. Even government bodies, such as the USDA urge people to consume large dosages of fiber daily, as it is considered healthy even though some studies show it is not. The figures below will show just how much fiber is recommended and how pervasive the big fiber lie really is.

### Government recommendations

The government recommends from 19grams to 25g for children aged 1-8 years old. For children from 9-18 years old, the recommendation is up to 38g. For adults from 19 years old to 70 years old, the recommended amount of fiber is from 21 grams to 38g the recommendations are from the Food and Nutrition Board, which is a division of the Institute of Medicine of the National Academies. This is the body that creates the guidelines for the U.S. Government.

All of these figures represent very large amounts of fiber, which have adverse effects

on health, and can lead to serious illnesses.

### What you are not told about fiber

Fiber causes many problems that are never recognized or understood by the government agencies, nutritionists or even doctors. It is important to know that humans have only consumed all this fiber for a short time in our history. Until recently, it was only eaten in very small amounts mostly from unprocessed natural foods. Fiber is not a natural or evolutionary food eaten by humans.

When the sugars and starches from your meal are broken down in the small intestine, the fiber part is unable to be processed, as the human body does not have the necessary enzymes needed. It is only via machine processing that humans can consume these large amounts of fiber. This shows how unnatural it is for the human body. There are two types of fiber (soluble and insoluble). Soluble fiber, if over eaten will cause osmotic diarrhea, as it soaks up water and holds the water inside the large intestine. Insoluble fiber is able to absorb digestive juices, which means it will expand four or five times its original size.

It is this expansion inside the intestine, which leads to intestinal obstruction and the other conditions discussed later in the chapter. Just imagine the size of your intestine, and then think about something 4 or 5 times too big trying to get passed through it - this is what fiber creates in your colon.

Fiber is also known to hinder digestion, and is known to be a major cause of indigestion, GERD, heartburn, gastritis and ulcers. Fiber is also known to obstruct the small intestine, causing problems of flow throughout the entire length of the intestine. As the intestines are responsible for the assimilation of nutrients, fiber related inflammatory disease causes malnutrition, and acute deficiency of vitamins and minerals, an inflamed intestine can not efficiently absorb vitamins and minerals.

Children are very likely to have issues with fiber, as their digestive organs are much smaller than those of adults.

On another note, fiber is also a major cause of gas and flatulence. This is due to the gases generated during fibers fermentation within the large intestine. Fiber will increase the size and weight of the stools, and causes mechanical damage to the colorectal organs. You will experience damage and it will lead to constipation, which will bring on even more damage.

Women can have more issues with fiber as the reproductive organs take up space in the abdominal cavity, and they must deal with the menstruation process. Any enlargement of the colon causes severe issues and pain. Also women tend to be more diet aware and will typically eat "healthier" than men, in today's world that means more fiber.

It should also be noted that people taking supplemental fiber (to try to reduce cholesterol levels, loose weight, fight constipation), will develop a range of digestive disorders. The following issues are directly linked to the consumption of fiber in the diet:

## Fiber and bloating

Fiber causes bloating from fermentation inside the intestines, which then creates gases. Bloating is also caused due to the acidity from the intestinal inflammation. The impact of the gases and the way that the inflammation causes the intestines to expand and balloon up.

## Fiber and gas

The intestines are filled with intestinal flora, (or should be) and these bacteria are important for regular healthy functioning and digestion. It is a component of mucus, known as a mucin, which provides bacteria with the nutrients that they need to thrive. However, there are issues caused when both soluble and insoluble fiber reaches the lower intestine, which causes the bacteria to ferment everything in the intestine, and then multiply over and over again.

The fermentation process comes with huge amounts of gas. If you don't experience gas after eating fiber, then it shows that your intestines are lacking normal bacteria, this shows that you are probably affected with dysbacteriosis (which is discussed in detail in later chapters of the book). But don't worry this can be reversed rather quickly.

## Fiber and stomach cramps

The correct term to use is abdominal cramps. The pain is actually felt in the abdominal region, coming from inflammation and a build up of gases, acidity and intestinal obstruction.

## Fiber and vomiting

Many people don't realize that fiber can cause both vomiting and nausea. These things occur as the fiber comes together in the stomach. This will stimulate the receptors that cause the vomiting center of the brain to be activated. It is the fiber that lumps together which blocks the path between the stomach and the duodenum, and will cause vomiting due to the overloaded stomach, or because it takes so long for the stomach to empty.

Should you have inflammatory stomach disease or ulcers, it is very probable there is a link to fiber related vomiting and nausea. This is because you are more sensitive than other individuals.

## Fiber and rectal bleeding

Fiber is known as a bulking agent by doctors and nutritionists, as it makes your stools bulky and often wet. However, it is because the anal canal is small and narrow that when the large stools pass through, the delicate lining can be damaged, which will cause bleeding.

It is the size of the large stools, and the straining that is needed to pass them, which leads to the formation of a hemorrhoid, anal fissures and other serious disease, lacerations

in the anal canal are very difficult to heal, once they are formed. However, there is even more danger from the prospect of ulcerative colitis. This is caused by the long-term contact of undigested fiber and excess fecal matter in contact with the colorectal mucosal membrane.

It should be noted that ulcerative colitis increases the risk of colorectal cancer by 3,200%. It is thought that the way fiber interacts in the body, and the connection with the large stools, is what causes precancerous polyps.

### Fiber and unrelieved constipation

It is the large stools (from too much fiber), which cannot be passed. There are many people who are affected, especially children, seniors and those who are affected with a hemorrhoid or anal fissures. The size of the meal, if low in fiber has very little to do with the actual size of the bowel movement. (see chapter 3, Everything You Never Wanted To Know About Stools)

You need to resolve the excess fiber situation as quickly as possible, so that it does not lead to fecal impaction or worse. With more and more impacted stools (most people do not realize they have impacted stools), diverticular disease (expanding the colorectal wall) can be caused. Other serious conditions that can be created include megacolon (permanent stretching of the colorectal walls) and the movement of content from the intestines to the abdominals (which can be fatal in some cases).

### Fiber and healthy people

Fiber might not seem to cause you problems right away. If you are healthy, there will be a delayed response to it. For sometime you might not have any adverse effects, as many people are able to burn off the calories from carbohydrates. Also, with healthy individuals, the intestines are still healthy and can process the fiber even when creating larger stools. However, the more fiber that you consume over time, the less likely you are to remain healthy.

### Where is fiber found?

There are many foods that have fiber that you might not be aware of. Look at that prepackaged food label, do you see an ingredient listed as "cellulose?" Cellulose is fundamentally wood pulp, and it's used widely in prepackaged foods as a filler, stabilizer, and or to boost "fiber" content. Cellulose is also used to improve the texture of many items and drinks such as milkshakes. If your nutrition facts label lists "dietary fiber," chances are the product contains cellulose. Cellulose provides structure and strength to cell walls of plants and provides fiber in our diets. Although some animals can digest cellulose, humans cannot. Cellulose falls into the category of indigestible carbohydrates known as dietary fiber.

Fiber is so pervasive that it is even found within cheese, many shredded cheeses are coated with cellulose to repel moisture, drinks, sauces, ice cream, snacks, etc.. There are also many names that sound obscure, but they contain fiber. For example, fiber is

found in pectin, guar gum, ?glucans, agaragar, carrageen, hemicellulose, lignin, polylos, psyllium, polydextrose, resistant dextrin, inulin, lignin, oligofructose, fructooligosaccharides, and resistant starch to name a few.

The names listed above are all made in the factory from wood pulp, cotton, seaweed, skins, tubers, seeds, husks, and other high-yield plants that can't be consumed by humans, unless they are highly processed.

Really, the only way to avoid fiber is to check the food labels very carefully. If you don't know the name of the ingredient, then you should avoid it. As such, it's best to eat real food that is unprocessed.

Let's now look at the most common and most serious illnesses that may be caused by fiber in the diet. All of the colorectal disorders listed below are based on an over consumption of fiber, and you will find relief if you start to eliminate fiber from your diet. Diverticular disease (diverticulosis)

Fiber will increase the size of the stool in the large intestine (which is far bigger than the intestine can manage) this disease will be formed over time. This is due to the intestinal wall being expanded to cope with the large amount of material in the intestine. This CANNOT happen from non fibrous meals or over eating. Our stomach is designed to stretch. Our bodies can process foods and break them down. We can not break down fiber. Fiber passes through our body intact. The intestinal wall being expanded causes pouches along the intestines that are pushed out like an over stuffed sausage.

Irritable bowel syndrome

The undigested fiber, and the way that it causes problems in the large intestine (by expanding) together with the acidity from fermentation by the "good" intestinal flora is what causes the irritation of the mucosa lining inside the colon. This is why the term irritable bowel is used.

For most people, they can reverse the symptoms of IBS within a few days if they only remove fiber from their diet. If they then go back to eating fiber, the symptoms and pain will return (as soon as the fiber reaches the large intestine).

Ulcerative colitis dysbacteriosis and fermentation-related acidity have negative effects on the intestinal mucosa and its protective properties. This can then lead to ulcers on the intestinal walls. On top of this, ulcers take time to heal and this is made worse by a deficiency in vitamin K (which helps the blood to clot) (see malnutrition below), which is caused by dysbacteriosis.

In order to reverse the condition, again it is the process of removing fiber from your diet. This will help to bring the good bacteria back to the large intestine, which will help to reverse the condition.

What is dysbacteriosis?

The absence of "good" intestinal flora. Common symptoms and complications of dysbacteriosis include fever, nausea, diarrhea, high blood pressure, intestinal obstruction, abdominal pain, fatigue, weakness, weight increase and headaches.

Crohn's disease

Enteritis is the inflammation of the small intestine. When this goes on for a long time, enteritis can move into a condition known as Crohn's disease. Intestinal obstruction can occur when the mucosal inflammation gets very severe.

The symptoms can happen during the entire length of the small or large intestine.

However, the most common area of clogging (with undigested fiber) is the bottom section of the ileum.

The ileum is also the place that bacterial fermentation takes place and where fecal reflux is most likely to occur. Studies show that the number of cases has increased in the western world over the last few decades. This increase matches the increase in the consumption of indigestible fiber.

Symptoms may include:

**Diarrhea.** The inflammation that occurs in Crohn's disease causes cells in the affected areas of your intestine to secrete large amounts of water and salt. Because the colon can't completely absorb this excess fluid, you develop diarrhea. Intensified intestinal cramping also can contribute to loose stools. Diarrhea is a common problem for people with Crohn's.

**Abdominal pain and cramping.** Inflammation and ulceration may cause the walls of portions of your bowel to swell and eventually thicken with scar tissue. This affects the normal movement of contents through your digestive tract and may lead to pain and cramping. More-serious cases include nausea, vomiting and severe pain.

**Blood in your stool.** As food moves through your digestive tract it may cause inflamed tissue to bleed bright red blood in the toilet bowl or darker blood mixed with your stool.

**Ulcers.** Crohn's disease can cause sores or ulcers in your mouth similar to canker sores, as well as on the surface of the intestine that eventually become large ulcers, that can penetrate the intestinal walls.

**Reduced appetite/weight loss.** Abdominal pain and cramping and the inflammatory reaction in the wall of your bowel will affect both your appetite and your ability to digest and absorb food.

People with severe Crohn's disease may also experience:

Fever

Fatigue

Arthritis

Eye inflammation

Mouth sores

Skin disorders

Inflammation of the liver or bile ducts

Delayed growth or sexual development, in children

Chronic constipation

Fiber is dangerous for people as it causes an increase of stool size and weight in the colon. When stools are enlarged, it causes anorectal damage and even more severe

constipation than the patient is currently used to. If you are taking medications, the damage is even worse, as the medication increases the size of the stools even further (as the good bacteria, which breaks down the stools, are killed by almost every medication).

For healthier people, the onset of constipation takes longer, but with a diet of fiber, it is only a matter of time before condition is experienced.

### Anal fissures

Anal fissures are a tear in the skin lining of the anal passage, and are therefore very painful, especially when trying to have a bowel movement. The damage can be very difficult to heal, as every stool that is passed will increase the damage and create a new tear (or expand the current tear). It is the fiber in the diet, causing large and heavy stools that are the root cause of this problem, and the wounds will continue until the diet is changed and the stools become smaller and moist.

### Malnutrition

Your body goes through lots of hard work breaking food down into basic nutrients, simple sugars, amino acids, fatty acids, vitamins, and minerals, unfortunately this is a waste of time unless they get absorbed into the bloodstream. The final act of absorption normally takes place in the small intestine, unless the small intestine is inflamed. If you are suffering with inflammation of the small intestine the essential nutrients will not be absorbed. This condition is very difficult to overcome, unless all fiber is completely withdrawn, allowing your intestines time to heal.

## Chapter 3

# **Stools – Everything you never wanted to know.**

**B**owel movements are a natural human characteristic, and not something that is learned. In other words, it is something that is done unconsciously, just like breathing or sneezing. Many people never experience bowel issues, while there are others who suffer from serious issues most of their lives.

Some of the most serious issues that people deal with include constipation, irregular bowel movements, hemorrhoid and diverticulosis (di·ver·tic·u·lo·sis), which is a condition marked by small sacs or pouches in the walls of a hollow organ, such as the colon.

It should be understood that there are a number of characteristics that are seen in everyone with optimal bowel movements, such as:

Small stool size - for those with optimal bowel movements, stools are small, soft, and often not firmly put together. In the Bristol Stool Scale, they would be classified as type 4 to 6, about the thickness of the middle finger.

Strong urge to defecate - for healthy individuals, a strong urge signaling bowel movement will be experienced after a meal, or more than once per day.

Small amount of stools - generally, healthy individuals will have a stool weight of less than 150 grams per bowel movement. This unfortunately this is not the case for most of us since we are taught as children to ignore the call. It is taboo, unmentionable. So we save up for a convenient time, not realizing these bad habits can cause many illnesses and even death.

Easy bowel movement - defecation should be quick, easy and require no more effort than turning your head. There should be no pain or straining.

If you have read the list above and realize that your bowel movements are different, then you have an increased chance of colorectal disorders (from hemorrhoids to colon cancer).

This guide will teach you how to restore natural bowel movements (assuming the damage you've already acquired hasn't gone too far), how to prevent new damage, and, above all, how to protect yourself from even more serious problems.

While there is no specific definition of natural bowel movements, there are many definitions of unnatural bowel movements, which demonstrate the opposite state we should avoid. Such terms include hard stools, straining, constipation, irregularity and incomplete emptying.

In order to make the definition much easier, most doctors use the term "constipation" to cover the list given above, we will follow suit and use the term constipation throughout this chapter.

According to the American Heritage dictionary, the definition of constipation is: "difficult, incomplete, or infrequent evacuation of dry hardened feces from the bowels."

Constipation is the most common digestive complaint in the United States, and outnumbers all other chronic digestive conditions. However, there are many things that you can do to overcome this issue and restore natural bowel movements.

The Bristol stool chart is designed as a medical aid to classify human feces into different categories.

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