

## CERTIFIED COLON HEALTH ONLINE COURSE - SESSION 2:

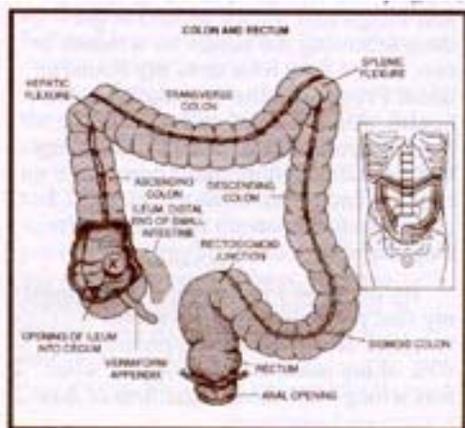
- **Why is it Important to have a Healthy Colon?**
- **Functions of the Colon**
- **The Colon's Role in Health and Disease**

### Why is it Important to have a Healthy Colon?

The colon, along with the skin, kidneys, and lungs, is a major organ for eliminating bodily waste. The healthy function of the colon is essential for good digestion and the proper absorption of nutrients. If bowel movements are not consistent, waste products and toxins are not eliminated in a regular manner, and health can be compromised.

### Functions of the Colon

The functions of the colon are, principally, to absorb water (and also a small amount of mineral salts) from the digested material passing through the colon and to concentrate indigestible waste for expulsion as feces.



When the intestinal contents enter the colon, digestion has been completed and the material is in the form of a liquid. As this liquid passes through the colon, the water and salts it contains are absorbed into the blood vessels in the submucous coat. By the time the intestinal contents pass out of the colon into the rectum, almost all the water has been absorbed and the contents are in the form of feces.

### The Colon's Role in Health and Disease

The colon (large intestine, rectum, and anus) is a key component of the gastrointestinal (GI) system, the largest system in the body. The length of the gastrointestinal tract is between twenty-eight and thirty feet, with a surface area of nearly six thousand square feet.

The proper functioning of the colon is essential to overall health. When the colon is unable to function efficiently, an accumulation of toxins can build up in the lymph, bloodstream, and intestines. Its proper function is dependent on:

- **A whole foods diet**  
Especially recommended are such high-fiber foods as grains, legumes, vegetables, and fruit.
- **A balance of favorable bacteria**  
A healthy GI tract contains nearly sixty varieties of bacteria or microflora which aid digestion, promote the manufacturing of vital nutrients, help to maintain proper pH (acid-base) balance, and keep harmful bacteria in check.
- **Healthy colonic mucosa**  
The mucosa, or surface cell layer lining the intestines, allows for the passage of nutrients into the bloodstream, secretes hormones and lubricants, and prevents the absorption of toxins.
- **Proper muscle tone**  
Approximately fifteen contractive movements occur in the colon per minute. Known as peristalsis, this action moves food through the intestinal tract and helps to maximize absorption of valuable liquid and nutrients, while eliminating the stool.
- **Timely evacuation of waste**  
Regular bowel movement and elimination prevents the buildup of toxic substances that result from putrefaction and excessive fermentation. Bowel movements should be thorough and frequent, two or three daily, to prevent toxic residues and by-products from forming or remaining in the body.