

## **Gut Health & Colon Cancer Explained**

While not a sexy organ, the colon facilitates both nutrition and the removal of dangerous toxins from the body. When the colon is unable to perform these functions effectively—or when the colon itself is ill—a number of serious health issues can arise. This includes colitis, ileitis, diverticulitis and—of course—colon cancer or colorectal cancer. Deteriorating colon health can reduce levels of healthy bacteria, such as lactobacillus acidophilus and bifidus bacterium, and increase levels of harmful bacteria, such as Candida albicans and various Clostridium species. At unhealthy levels, even these naturally occurring bacteria can release toxins into the colon that can have long-term effects on both our colon and our overall health. Bacterial overpopulation is common among even relatively healthy people. Microbial overpopulation can cause a large range of serious and damaging health problems. Systemic toxins, generated by the harmful bacteria, can reduce nutrient absorption, and even cause serious infections if your immune system has occasional or permanent weakness. Overpopulation of these unhealthy and parasitic bacteria in the colon can even cause structural damage to the layer of mucus coating the colon, which can lead to an abundance of problems such as ***accumulating waste in the colon, autoimmune diseases, food allergies, and leaky gut syndrome. Chemical sensitivity, fibromyalgia, irritable bowel, and Crohn's disease*** are all serious, long-term health concerns that can arise from continued unhealthy bacteria overpopulation in the colon.

### **Colon Cancer Facts:**

- Excluding skin cancers, colorectal cancer is the 3rd most commonly diagnosed cancer in the US.
- 1 in every 20 people will be diagnosed with colorectal cancer at some point in their lives.
- Only 50% of the people who should be getting regular screenings for colon cancer are receiving the exams they need (remember, Doctors can be great help for the diagnosis but often times are not equipped at helping us be aware of what God has for us in His medicine cabinet).
- When colorectal cancer is detected early the survival rate is over 90%. This number drops dramatically the later the cancer is detected.
- Polyps (the preliminary clump of cells that can eventually develop into cancer) can exist in the colon for over a decade before causing harm.

### **Risk factors:**

- **Older age.** Colon cancer can be diagnosed at any age, but a majority with colon cancer are older than 50. The rates of colon cancer in people younger than 50 have been increasing.
- **African-Americans** have a greater risk of colon cancer than do people of other races.
- **A personal history of colorectal cancer or polyps.** If you've already had colon cancer or noncancerous colon polyps, you have a greater risk of colon cancer in the future.
- **Inflammatory intestinal conditions.** Chronic inflammatory diseases of the colon, such as ulcerative colitis and Crohn's disease, can increase your risk of colon cancer.
- **Inherited syndromes that increase colon cancer risk.** Some gene mutations passed through generations of your family can increase your risk of colon cancer significantly. Only a small percentage of colon cancers are linked to inherited genes. The most common inherited syndromes that increase colon cancer risk are familial adenomatous polyposis (FAP) and Lynch syndrome, which is also known as hereditary nonpolyposis colorectal cancer (HNPCC).

- **Family history of colon cancer.** You're more likely to develop colon cancer if you have a blood relative who has had the disease. If more than one family member has colon cancer or rectal cancer, your risk is even greater.
- **Low-fiber, high-fat diet.** Colon cancer and rectal cancer may be associated with a typical Western diet, which is low in fiber and high in fat and calories. Research in this area has had mixed results. Some studies have found an increased risk of colon cancer in people who eat diets high in red meat and processed meat.
- **A sedentary lifestyle.** People who are inactive are more likely to develop colon cancer. Getting regular physical activity may reduce your risk of colon cancer.
- **Diabetes.** People with diabetes or insulin resistance have an increased risk of colon cancer.
- **Obesity.** People who are obese have an increased risk of colon cancer and an increased risk of dying of colon cancer when compared with people considered normal weight.
- **Smoking.** People who smoke may have an increased risk of colon cancer.
- **Alcohol.** Heavy use of alcohol increases your risk of colon cancer.
- **Radiation therapy for cancer.** Radiation therapy directed at the abdomen to treat previous cancers increases the risk of colon cancer.

#### **Symptoms:**

- A persistent change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool.
- Rectal bleeding or blood in your stool.
- Persistent abdominal discomfort, such as cramps, gas or pain.
- A feeling that your bowel does not empty completely.
- Weakness or fatigue.
- Unexplained weight loss.

#### **Natural Ways To Help:**

- **Ensure Adequate Fluid intake.** Dehydration can lead to several colon issues by causing beginning constipation. It is also helpful to consume water rich fruits and vegetables.
- **Get Lots of Fiber.** Fiber—both soluble and insoluble—helps the body maintain a regular digestive function by aiding the movement of waste products and improving the absorption of nutrients.
- **Take Supplements to Heal the Gut and Move the Bowels-** When **Ginger** is taken before a meal, it can help the stomach to more efficiently process food and digest it, which means it travels to the small intestine faster instead of sitting in the stomach and causing unpleasant symptoms like acid reflux. **Turmeric** addresses inflammatory responses in the intestines from disorders like Crohn's and IBD, which can affect nutrient absorption; decrease damage to the lining of the gut; protective against colorectal cancer; protective against acid reflux damage. The **Superior Bowel Delight** supplement will move the bowels through while nourishing the damaged soft tissue.