



Constipation & You

**Straight talk about the problem
nobody wants to talk about...**

- Why It Happens
- How To Prevent It
- What To Do When It Strikes



What Is Constipation?

Occasional constipation is not a disease.

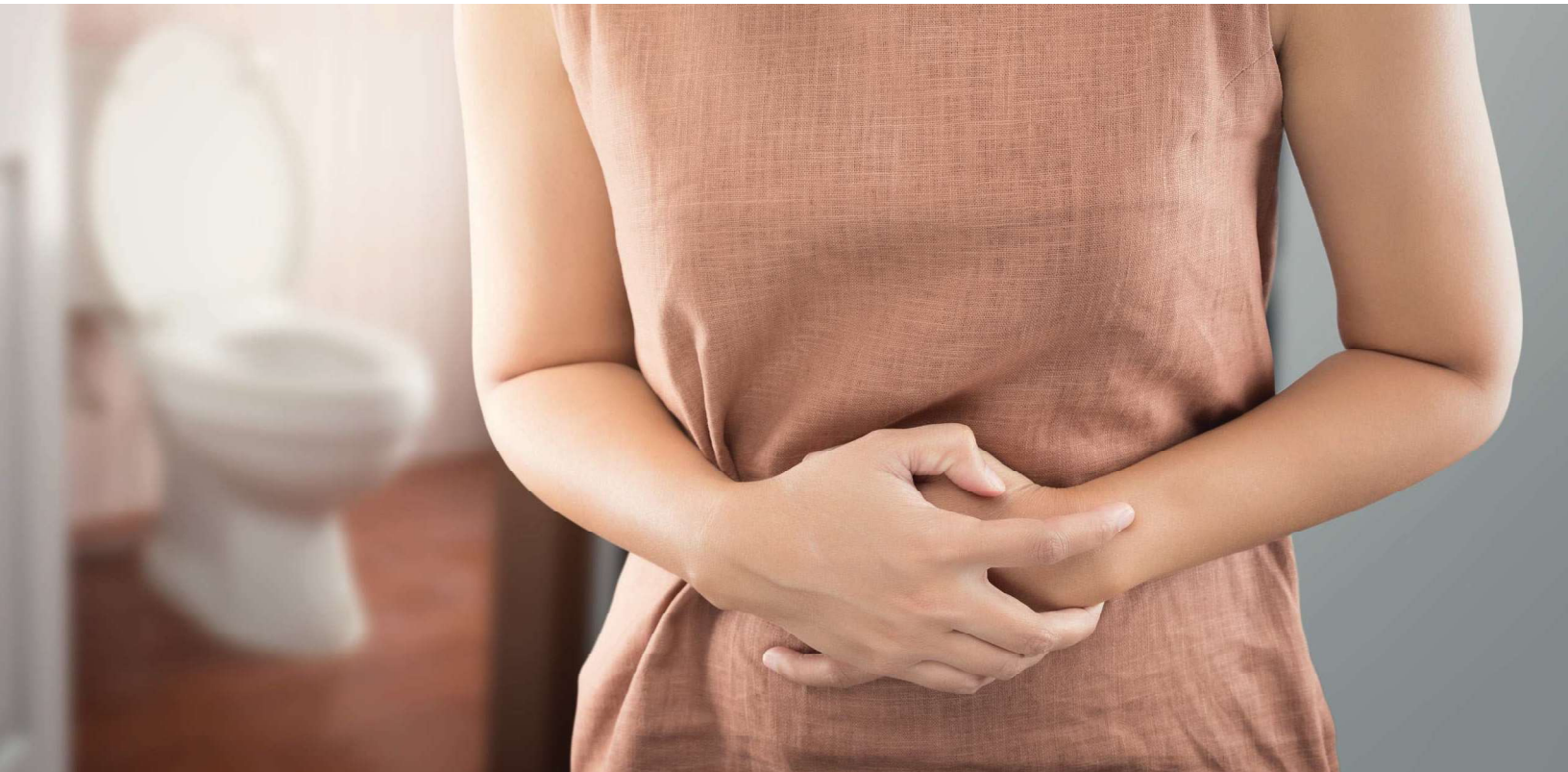
It is generally defined as having less than three bowel movements per week. Typically, a constipated stool is hard and difficult to pass and may be accompanied by bloating and discomfort. According to National Institutes of Health (“NIH”) National Digestive Diseases Information Clearinghouse:

- Occasional constipation affects almost everyone at one time or another.
- Many people think they are constipated when, in fact, their bowel movements are regular.
- The most common causes of constipation are poor diet and lack of exercise. Other causes of constipation include medications, irritable bowel syndrome, abuse of laxatives, and specific diseases.

In most cases, simple tips will help relieve symptoms and prevent the recurrence of constipation, including:

- Eating a well-balanced, high-fiber diet that includes beans, bran, whole grains, fresh fruits, and vegetables.
 - Drinking plenty of liquids.
 - Exercising regularly.
 - Setting aside time after breakfast or dinner for undisturbed visits to the bathroom.
 - Not ignoring the urge to have a bowel movement.
- Normal bowel habits vary. Whenever a significant or prolonged change in bowel habits occurs, check with a doctor. Most people with mild constipation do not need laxatives. However, a doctor may recommend laxatives for a limited time for people with constipation.

Reference: NIH Publication No. 07-2754, July 2007



A soft stool is the key to **regular, comfortable** elimination.
There is no more effective stool softener than water.



Lifestyle Cause of Occasional Constipation

Dietary habits may be the most obvious contributor to constipation. Dehydration is a common problem. Diuretics may also cause dehydration. A diuretic makes the body take water from the blood and put it into urine. Sodas and alcoholic drinks are common diuretics. A lack of fiber may also contribute to constipation. Red meat, fried or sugary foods, dairy, and processed baked goods are high in calories but low in fiber. If these make up too large a portion of a diet, they crowd out high fiber foods such as whole grains, fruits, and vegetables.

Staying fit is important for warding off constipation, because the body contracts muscles in the lower abdomen and upper legs to assist with bowel movements. A lack of exercise will make these muscles too weak to be much help. Maintaining regular habits is also vital to intestinal health. Travel and changes in bowel routines can contribute to constipation. Heed the urge to have a bowel movement, because resisting this call is a common cause of constipation. Stress can be also a contributing factor.

Other Causes of Constipation

Constipation happens more often during certain stages of life. Infants and children may be more likely to suffer from bouts of constipation. Constipation is also more common among

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<http://www.webmd.com/digestive-disorders/digestive-diseases-constipation>

the elderly. Pregnant women may experience constipation due to hormonal changes and the pressure of the growing uterus on the intestines.

Certain drugs and supplements, as a side effect, can be a cause of constipation. When abused, laxatives may lead to constipation and laxative dependency. Pain medications, antidepressants, and narcotics may cause irregularity. Medications for Parkinson's disease and for high blood pressure may be linked, as are iron pills and antacids with aluminum or calcium.

Problems with the thyroid also may lead to constipation, as can problems of the nerves that connect to the large intestine. If the body loses too much salt through vomiting or diarrhea, irregularity can result. Sometimes hemorrhoids can cause anal sphincter muscle spasms which in turn causes constipation.

Life style factors such as diet, exercise, and routines affect constipation. Constipation happens more often during certain times of life. Certain drugs may contribute to constipation. When suffering from irregularly, try to eliminate certain causes of constipation.

Causes of Constipation

There are many causes of constipation. Lifestyle related causes of constipation include diet, exercise, and certain daily routines. Irregularity is more likely during certain stages of life. Some medications or conditions also may exacerbate constipation. Removing or changing habits, diet or activity may be an effective means to address several causes of constipation.

Constipation Remedies

Constipation remedies should address the cause not the symptom. The root of constipation typically begins with diet: too many sugary or fried foods, too much meat, caffeine or alcohol and too little fiber. We also may not drink enough water or get enough exercise. These constipation remedies, many of which are critical to daily regularity, involve lifestyle changes. That is not always easy for people. However, breaking the challenge into smaller steps usually helps. And there are a number of supplements or aids that can assist during the transition period.

Diet Changes

In her book *Healthy Healing, A Guide to Self-Healing for Everyone*, Dr. Linda Page notes:

"The rewards of a regular, energetic life are worth it. A high fiber, low fat diet, with lots of fresh foods helps cure and prevent colon problems, including constipation. Even a gentle, gradual change from low fiber foods helps almost immediately. In fact, some experts believe that a gradual change is preferred to a drastic change. Progress can be felt fairly quickly but if constipation is a problem, it may take three to six months to rebuild tissue elasticity with good systol/disastol action."

Step one of Dr. Page's constipation remedies plan involves high fiber from fresh vegetables and fruits,

cultured foods to encourage enzyme production and high ph (alkalizing) foods to prevent irritation. She suggests 6- 8 glasses of healthy liquids daily, avoiding milk and other dairy beverages.

Supplement and Medications

Be judicious with antacids that contain aluminum or products that kill friendly bacteria. Friendly bacteria are needed to break down foods for absorption. Whatever does not get absorbed ends up in the colon. Poorly absorbed calcium supplements can also clog up the colon. Use ones shown to be better absorbed, such as AdvaCAL™. Some medications (such as antidepressants) can discourage regularity. Check with your doctor before making any changes.

Good Bowel Habits

Most health experts recommend never holding or delaying a bowel movement. Consider setting aside a certain time of day for elimination, to establish a routine. To help establish a pattern, supplements such as H2Go™ can work with your system, without creating high level dependency risk that many laxatives have constipation remedies.

Ultimately, a good diet, active lifestyle and well-chosen supplements/medications can be the best of all constipation remedies.

Lifestyle

Start with a 30 minute walk daily. Increase your duration or frequency over time, based on how you feel and guidance from a health professional. Yoga or weight bearing exercises can help, and improve your bone health as well. The Mayo Clinic lists a number of "alternative" constipation remedies for children, which can also be applied to adults.

- **Relaxation strategies.** Slow, deep breaths may help release your pelvic floor muscles and overcome anxiety related to bowel movements.

- **Mental imagery.** Thinking about a favorite place or imagining an easy, comfortable bowel movement may reduce anxiety about having a bowel movement.

- **Massage.** Gently massaging your abdomen may relax the muscles that support the bladder and intestines, helping to promote bowel activity.

- **Acupuncture.** This traditional Chinese medicine involves the insertion and manipulation of fine needles into various parts of the body. The therapy may help promote more frequent bowel movements.

Relieving Constipation

There are many approaches to relieving constipation. Pharmaceuticals, herbs, foods, and supplements all have their benefits and risks. Choose an option for relieving constipation based on the track record of that option. Whether you plan on relieving constipation with a supplement, an herb, or a pharmaceutical, make sure you understand possible risks of each.

Pharmaceuticals for Relieving Constipation

Pharmaceuticals such as OsmoPrep® eliminate waste from the colon. Pharmaceutical preparations can be stimulant laxatives, stool softeners, or osmotic laxatives. Stimulant laxatives activate the nerves and muscles of the large intestine. This causes the colon to push stool out of the body. Stool softeners hold onto water from the fluids that a person drinks. This water makes the stool more pliable so that it leaves the colon more readily. Osmotic laxatives are similar to stool softeners. They drive osmosis to bring water from the tissue of the colon into the stool to make the stool more malleable.

Herbs and Foods for Relieving Constipation

Herbs and foods such as rhubarb have natural laxative properties. Herbs and foods for relieving constipation can be bulk forming agents, lubricants, stimulants, stool softeners, or osmotic agents. High fiber foods are typically bulk forming agents. Bulk forming agents work with the body's natural reflex for evacuating a full colon. They increase the volume of stool, which stretches the colon. When the colon is stretched, it contracts to move the stool along. Lubricants make the inside of the large intestine more slippery so that waste can glide through it. Safflower oil is such a lubricant.

Lubricants tend to be dense in calories. If a meal includes lubricants, remember to cut calories from other parts of the meal to maintain a balanced diet. The mechanisms of action of natural stimulant products, stool softeners, and osmotic agents can be similar to the mechanisms of action of synthetic compounds.

Supplements for Relieving Constipation

Supplements such as Metamucil Psyllium Fiber® relieve constipation in many ways. They can be lubricants, stimulants, stool softeners, osmotic or hyperosmotic agents. Like osmotics, hyperosmotics bring water into the stool through osmosis. They have advanced three dimensional configurations that allow them to bind to more water per mole of hyperosmotic agent. H2Go™ is a hyperosmotic. The magnesium in H2Go™ may hold onto more water molecules than a typical osmotic product. The innovative structure of H2Go™ makes it possible to raise the water content in a stool with a relatively low intake of magnesium.t*

Remedies for relieving constipation can be pharmaceuticals, herbs, foods, or supplements. These remedies should be evaluated based on their past performance and possible complications. The mechanism of action for constipation remedies may be more similar between categories of constipation remedies than within one category. Learn the details of any remedy for relieving constipation before consuming it.



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4. Linda Page's Healthy Healing 12th edition by Linda Page
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Natural Laxative Foods

Natural laxative foods from your local grocery store can be a first line remedy for constipation. Rhubarb, cabbage, carrots and kale all help with regularity. A bit of honey or molasses is fine for occasional constipation. Most natural laxative foods help by adding fiber to a diet. Insoluble fiber is primarily a bulk forming agent. Soluble fiber absorbs water, which allows it to act as a stool softener. Some natural laxative foods like thistle milk and flax seed oil soften stools through different mechanisms. Other natural laxative foods stimulate the bowels or act as a lubricant. Make sure to drink plenty of water with any constipation remedy. A proper diet is the best daily defense against constipation.

Adding Bulk and Softening Stool

Fiber in natural laxative foods adds bulk to stool and softens it. The increased volume of the stool induces the smooth muscles of the large intestine to push the stool along. Softer stool is more pliable and moves forward more easily. It takes 20 to 35 grams of daily fiber to maintain regularity. Unfortunately the average person only eats 10 to 15 grams of fiber each day. Some dietary adjustments in eating habits can add much needed fiber to meals.

Choose whole grains over refined grains. Whole grains still contain the bran of the grains, a major source of fiber. A serving of brown rice has 2.4 grams of fiber, while a serving of white rice has only 0.5 grams of fiber. Include legumes with meals. They are a good source of both fiber and protein. If gassiness is a concern, make sure to cook the beans properly and slowly increase the daily intake

of beans over time. Fresh fruits and vegetables are a reliable source of fiber. Apples, leafy greens, citrus fruits and prunes are particularly good. High fiber foods keep the bowels moving.

Stimulating and Lubricating Large Intestines

A few natural laxative foods work by stimulating peristalsis or lubricating the large intestine. Peristalsis is a wave of muscle contractions. It keeps food moving through the digestive system. Coffee, ginger and a few species of aloe will trigger peristalsis in the large intestine. Lubricants make it easier for waste to slide through the colon. Edible oils such as safflower, soybean oil lubricate the bowels. These oils are dense with calories, so be sure to cut calories elsewhere to maintain a balanced calorie count.

A healthy diet prevents constipation. It can even relieve irregularity after the fact. High fiber natural laxative foods work by making stool larger and more malleable. Stimulating natural laxative foods cause the muscles of the large intestine to contract. This pushes waste out of the body. Lubricating natural laxative foods allow waste to glide through the colon.

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Hard Stool Remedies

Those in need of a hard stool remedy can choose from synthetic or natural stool softeners. Hard stools can be uncomfortable to pass. They may cause constipation and straining during bowel movements. Straining during bowel movements may be problematic for cardiovascular health or hemorrhoids. Choose your hard stool remedy carefully. Synthetic versions, in some cases, should only be used occasionally. Other natural hard stool remedies can be used more frequently

Conditions Associated with Hard Stool

Constipation is defined as infrequent or absent bowel movements. It is usually associated with dry, hard stools. Bowel movements are sometimes painful and require straining as a result of constipation. Constipation can be both a cause and a result of hard stool. When constipation causes waste to remain in the large intestine for longer periods, a larger portion of water is absorbed from it. This makes the stool drier and harder. A harder stool is more difficult to pass through the large intestine, which is why hard stool can lead to constipation.

Lack of exercise and insufficient fluid intake can also contribute to constipation. Certain medications have constipation as a side effect. Constipation is most often treated with diet adjustments, life style changes and laxatives.

Cardiovascular conditions are common in elderly Americans. Straining during bowel movements can be serious for people with existing heart concerns. The pressure in the thorax from the straining lowers blood circulation to the heart, brain and the periphery of the body. Constipation is associated with higher incidences of transient ischemic episodes and coronary insufficiency.

Hemorrhoids occur when the veins around the lower rectum or anus become inflamed and swollen. They can result from straining during bowel movements and from other causes. Internal hemorrhoids are inside the anus while external hemorrhoids are under the skin around the anus. Most of the time, hemorrhoids go away in a few days and are not dangerous; however they can be uncomfortable for those suffering from them. A protruding hemorrhoid or a thrombosed external hemorrhoid can be painful. Treatments for hemorrhoids include sitting in a warm bath a few times each day, applying hemorrhoidal creams, or using hemorrhoidal suppositories. Once the hemorrhoids disappear, it is necessary to address any constipation a patient has to prevent them from returning.



Choosing A Hard Stool Remedy

Fiber is a dietary solution to hard stool, but not all types of fiber act as stool softeners. Soluble fiber will soften stool, because it readily brings water into the stool. Beans, blueberries, grapes, peaches, figs, apricots, prunes and cranberries all provide soluble fiber. Carrots, cabbage, citrus fruits, apples, beets, okra, dried peas and ripe bananas are good sources of pectin, a type of soluble fiber. Always remember to drink plenty of water along with fiber.

Some supplements can act as a hard stool remedy. Thistle milk (*Silybum marianum*) is indigenous to Europe. Extracts from thistle milk are reputed to increase the amount of bile released into the digestive system. Bile breaks up fats in food and makes stool softer. Mineral oil also acts as a stool softener, but mineral oil reduces the absorption of fat-soluble vitamins as a side effect. Aloe is believed to come from Sudan and the Arabian Peninsula. *Aloe barbadensis*, *Aloe capensis*, and *Aloe vera* are all used as supplements. Compounds from aloe inhibit the large intestine from absorbing water from its lumen. This means more water stays in the stool,

making it a reliable hard stool remedy. H2Go®, a hyperosmotic natural supplement, may complement hard stool remedies, by increasing water in the colon.*

A difficult to pass stool can contribute to a range of health concerns. It is associated with constipation, cardiovascular stress and hemorrhoids. Soluble fiber is one hard stool remedy. Other stool softeners include thistle milk, mineral oil and aloe. Patients should carefully weigh the pros and cons of any hard stool remedy regardless of whether it is natural or synthetic.

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Magnesium

Magnesium can act as a natural stool softener. Magnesium osmotics draw water into the stool from the surrounding tissues through osmosis. The additional water makes the stool suppler so that it can readily move out of the body. Unlike regular osmotics, hyperosmotics such as H2Go® can bind sufficient quantities of water molecules to the stool using a lower concentration of the solute. H2Go® particles feature an enlarged surface area of magnesium, to hold onto water molecules. Because each magnesium atom can bind with more water molecules, it is possible for H2Go® to work with a much lower intake of magnesium.

Pectin, a Soluble Fiber

Dietary fiber is not broken up by the digestive system. It travels to the large intestine undigested. Soluble fiber is a type of fiber that dissolves in water. Soluble fiber will hold onto water from a meal, thus making the stool softer and easier to pass. It is important to drink plenty of water along with dietary fiber. Pectin is a type of soluble fiber. It is a component of the matrix that cements adjacent plant cells together. Pectin is an important ingredient in fruit jellies and jams. One homemade recipe for pectin starts with Granny Smith apples. The first step is cutting whole, washed granny apples into eighths without peeling or coring them. The apple slices are then simmered. The fluid is strained with cheesecloth and allowed to cool overnight. The next day, this liquid is reduced by half through boiling. The reduced liquid is rich pectin for making homemade jellies and jams.

Other Soluble Fibers

Soluble fiber is typically found in healthy and less processed foods. There are many types of soluble fiber. For example, barley contains beta glucan. This soluble fiber is found in pearl barley, not just whole grain barley. The gums in beans, seeds, barley, oats, and rice are another kind of soluble fiber. Gums are complex carbohydrates made by plants. They tend to be gelatinous when they are wet and hard when they dry. Gums evolved in plants to seal cuts and to combat animals that try to eat them. Psyllium is a third type of soluble fiber. Psyllium is

Natural Stool Softeners

Natural stool softeners can be found in all sorts of foods. Magnesium, in nuts, spinach and supplements, draws water to the colon, softening the waste. Soluble fibers, including pectin, are natural stool softeners, because they bind to the water that a person drinks. Pears, carrots, beets, cabbage, bananas, apples, and citrus fruits are high in pectin. Other soluble fibers are found in blueberries, cranberries, grapes, figs, peaches, beans, barley, and oats. The variety of fruits, veggies, nuts, grains and legumes that serve as natural stool softeners is surprisingly large.

extracted from the seeds of plants in the *Plantago* genus. India is a major producer and exporter of psyllium. Psyllium is valued for its mucilage. Psyllium mucilage absorbs water, expanding to 10 times its volume. Psyllium is frequently added to breakfast cereals to increase their fiber content. It is also sold separately as a supplement.

Magnesium and soluble fiber work as natural stool softeners. Soluble fiber helps raise the level of water in stool. The water comes from liquids that a person drinks. There are several kinds of soluble fiber. Pectin, beta glucan, gums, and psyllium are all soluble fibers in vegetarian foods. LanelInnovative encourages readers to eat healthy sources of soluble fiber. Reach for fruits, vegetables, whole grains, and beans to get the benefits of these natural stool softeners.

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From The Factory

Bisacodyl is one stool softener on the pharmacy shelf. It is used for constipation and to empty the colon before surgery or colon exams. It comes as a pill, as a suppository, or as an enema. Bisacodyl generally should not be taken more than once a day or for more than a week without consulting a doctor. Older adults, pregnant women, and nursing women may wish to talk to a doctor before taking bisacodyl. Possible side effects of bisacodyl include stomach cramps, upset stomach, diarrhea, stomach and intestinal irritation, and faintness. The suppository version may possibly cause irritation or burning in the rectum.

Docusate sodium is a salt that is used to soften stool. It has a positively charged sodium ion that bonds to a negatively charged sulfite group in the middle of a long carbon chain. This stool softener is used for occasional constipation. It generally should not be taken for more than 1 week without a doctor's direction. Docusate sodium may possibly cause stomach pain, diarrhea, and cramping. Taking liquid docusate sodium by mouth may possibly result in throat irritation. In rare cases, it may lead to rectal bleeding. Pregnant and nursing women may wish to check with a doctor before taking docusate sodium.

Mineral oil is a stool softener that helps with constipation. It should be taken on an empty stomach, because it is believed to interfere with the absorption of vitamins A, D, E, and K. It possibly can decrease the absorption of other medications or supplements that are taken within 2 hours of taking mineral oil. Patients generally should not take mineral oil for more than a week without first discussing it with a doctor. Pregnant women, nursing women, and people who suffer from nausea, vomiting, abdominal pains, rectal bleeding or difficulty swallowing may wish to speak with a doctor before taking mineral oil. The possible side effects of mineral oil may include anal leakage and

Stool Softeners Review

A stool softener is a laxative that draws water from consumed liquids into stool to make the stool more pliable. The flexible stool passes from the body with less effort. A stool softener can come from the factory or from the farm. Bisacodyl, docusate sodium, and mineral oil are all processed chemicals. Pectin is a stool softener found in some fruits and vegetables.

respiratory problems. Pectin is a soluble fiber found in pears, carrots, beets, cabbage, bananas, and citrus fruit. It is not broken down by the digestive system. When it reaches the colon it holds onto liquids from the meal, making it a natural stool softener.

From The Farm

Pectin is a soluble fiber found in pears, carrots, beets, cabbage, bananas, and citrus fruit. It is not broken down by the digestive system. When it reaches the colon it holds onto liquids from the meal, making it a natural stool softener.

Taking a stool softener can make it possible to get regular again. Stool softeners such as bisacodyl, docusate sodium, and mineral oil are synthetic, manufactured compounds. Pectin is a naturally occurring stool softener in several fruits and vegetables. Carefully investigate before picking any specific stool softener.

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Compare Occasional Constipation Remedies

Compare constipation remedies and you will find a wide, and confusing, range of options. Constipation remedies can be stimulants, bulk forming agents, stool softeners, osmotics or hyperosmotics. Each is generally effective for overnight constipation relief. There are differences in how they work, recommended length of time of use and side effects. Most are not recommended for daily intake.

Food naturally moves through the digestive system at a regular pace until it is eliminated from the body as waste. Most people void waste multiple times each week, but sometimes this process gets interrupted due to changes in lifestyle, diet or use of certain medications. Most constipation remedies are effective for this occasional irregularity.

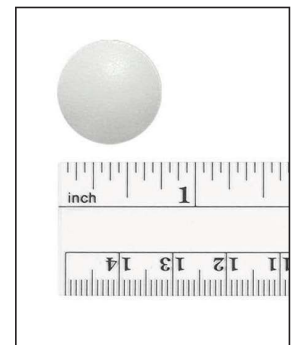
Comparing the mechanisms behind each class of constipation remedy shows the variety of options available. Stimulants, such as Natural Moves®, target the nerves and muscles associated with the

large intestine, inducing them to void the contents of the colon. If taken for a long time, stimulant laxatives may cause dependency. Bulk forming agents are less harsh than stimulants. Metamucil® and Fiber Choice® use fiber as a bulk forming agent. When bulk forming agents reach the colon, they contribute to the size of the waste there. The colon responds to this increased volume by contracting to eliminate the waste. Care must be taken to drink plenty of water with any bulk forming agent. If they are taken with insufficient water, bulk forming agents can actually make constipation worse. Stool softeners, like castor oil, make the stool moister. This extra fluid makes the waste in the colon softer. The softer stool passes out of the colon more easily. Magnesium or Magnesia products are osmotics. Osmotics draw water into the stool from the surrounding tissues through osmosis. The additional water makes the stool suppler so that it can readily move out of the body.

New Technology: Hyperosmotics

Hyperosmotics are very effective in bringing water to the waste through osmosis. Unlike regular osmotics, hyperosmotics such as H2Go™ can bind sufficient quantities of water molecules to the stool using a lower concentration of the solute. The geometry of H2Go™ particles maximizes the surface area of magnesium that is available to hold onto water molecules. Because each magnesium atom can bind with more water molecules, it's possible for H2Go™ to work with a much lower intake of magnesium compared to other constipation remedies. H2Go™ can also be used to maintain regularity without the high dependency risk of traditional laxatives. Recommended intake is 2 tablets daily.*

For occasional constipation, most any laxative can provide the necessary benefit. Some are gentler on the system than others. One can be used at low intake daily to maintain regularity. These are all important factors as you compare constipation remedies.



H2Go™ tablets are small and easy to swallow.

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Trademarks are owned by their respective companies



Laxative Dependence

Laxative Dependence is a risk for people who use stimulant laxatives for a long time. Cathartic colon is the name for physiological and anatomical changes caused by long term stimulant laxative use. Although some experts dispute the existence of cathartic colon, several reliable sources document the details

of this disorder. Cathartic colon is characterized by changes in the nerves and muscles of the large intestine. Cathartic colon leads to laxative dependence. Once laxative dependence sets in, it becomes difficult to have bowel movements without taking a laxative. A prudent consumer may consider other colon products instead of stimulants that can cause laxative dependence.

A Healthy Large Intestine

The large intestine is the last part of the digestive system. It starts at the exit of the small intestine and goes all the way to the anus. Layers of muscle wrapped around the large intestine push stool through it. The inner muscle layer is circular muscle and makes rings around the large intestine. The outer muscle layer is longitudinal muscle and runs along the length of the large intestine. The nerves associated with the large intestine sense certain conditions such as how full a section of the large intestine is. These nerves also direct the muscles of the large intestine. A wave of contractions by the muscles of the large intestine pushes the contents of the large intestine along. This wave of contractions is called peristalsis and is essential to healthy colon functioning.

A Damaged Large Intestine

Research in the Journal of Clinical Gastroenterology suggests that long term stimulant laxative use alters nerve and muscle tissue. The scientists compared an experimental group of 29 constipated people who had depended on stimulant laxatives for at least 1 year with a control group of 26 constipated people who did not use stimulant laxatives. They took x-rays of each subject's colon. A radiologist examined each x-ray without knowing which group the x-ray belonged to. The researchers concluded that bisacodyl, senna, casanthranol and phenolphthalein caused noticeable damage to the nerves and longitudinal muscles of the large intestine. Other biologists have written about additional symptoms of cathartic colon. The muscles of people with cathartic colon lose their tone. The large intestine can elongate, and the natural reflex to make a bowel

movement can weaken. When patients do make a bowel movement, they might fail to evacuate all of the stool. Cathartic colon can be associated with bloating, abdominal pain and an uncomfortable feeling of fullness. The condition interferes with nutrient absorption. People with cathartic colon can have fluid and electrolyte imbalances or face deficiencies in vitamins and minerals. Bone softening is linked to cathartic colon.

Better Choices

Fortunately, there are alternatives to stimulant laxatives. One, called H2Go™ from LanelInnovative, acts as a hyperosmotic laxative. While stimulate laxatives affect the nerves and muscles of the colon, H2Go™ works by altering the water content of the stool. Magnesium atoms in the H2Go™ bind water to the stool. Stool with a higher water content is softer, which makes it pass more easily through the large intestine.*

Health product consumers have a choice in laxatives. Stimulant laxatives can lead to laxative dependence and cathartic colon. Cathartic colon involves damage to the nerves and muscles of the large intestine and disruption of the large intestine's ability to absorb water, vitamins and minerals. People can find that their ability to naturally have bowel movements decreases through laxative dependence. They may wish to consider other options.

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Natural Colon Cleansers

Natural Colon Cleansers are intended to completely evacuate waste from the colon. There is little empirical research about the risks and benefits of natural colon cleansing. Natural colon cleansing can involve supplements or it could be done with colonic hydrotherapy. Research suggests that colonic hydrotherapy is among the more risky forms of natural colon cleansers.

Types of Natural Colon Cleansers

Many natural colon cleansers are supplements. Many are herbal based. Herbs can be taken orally or as an enema, depending on the product. Many herbs that are laxatives at low intake become colon cleansers at high intake. Aloe, butternut, cascara sagrada, rhubarb, flaxseed, and fennel are examples of herbal colon cleansers. H2Go®, a mineral supplement, also can be used to gradually cleanse the colon, typically over 7 nights.*

Colonic hydrotherapy (also known as colonic irrigation) is among the natural colon cleansers from which you can choose. During colonic hydrotherapy, the colonic hydrotherapist inserts a hose into the rectum. He or she then sends a small amount of fluid through the hose. The fluid could be plain water, or it could be a mixture of water and another substance, such as coffee. The fluid is then naturally evacuated along with some of the waste from the colon. This process is then repeated several times over the course of a 30 to 40 minute session. In the average colonic

hydrotherapy session, the colonic hydrotherapist will use 60 liters of fluid.

Possible Risks of Natural Colon Cleansers

The risks of using natural colon cleansers depend on the frequency of the colon cleansing and the type of colon cleanser. Frequent colon cleansing is riskier than occasional colon cleansing. The risks of taking a supplement for colon cleansing vary greatly with the supplement. They can also depend on the personal allergies, because allergic reactions to colon cleansers may possibly occur. Consult an expert to learn more about a particular herb.

Studies have revealed some concerns with colonic hydrotherapy. Colonic hydrotherapy has been reported to possibly cause cramps, nausea, vomiting, electrolyte imbalance, dizziness, dehydration, fluid overload, tears in the colon, or even infections. A survey of 91 patients who tried detoxification with colonic hydrotherapy noted two with rectal bleeding.

References:

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Possible Issues Associated with Colonic Hydrotherapy

- Rectal bleeding
- Tears in the colon
- Dehydration
- Fluid overload
- Vomiting
- Dizziness
- Electrolyte imbalance
- Infections
- Nausea
- Cramps



Are Colon Hydrotherapy and Enemas Safe?

During colonic hydrotherapy a colon hydrotherapist sends fluid into the colon through the anus. The fluid can be water alone or water mixed with ingredients such as coffee. The colon hydrotherapist sends a small amount of fluid into the colon during each cycle and repeats many cycles during a 30 to 40 minute session. In an average session, the fluid totals 60 liters. An enema is similar to colonic hydrotherapy, but it uses less fluid.

Colonic hydrotherapy may be fine to prepare for an occasional colonoscopy, but undergoing repeated sessions for detoxification may be associated with rectal bleeding, tears in the colon, fluid overload, bacterial infections, and electrolyte imbalances. Toxins in the stool are normally locked up when the large intestine removes the water from the stool. The stool with the locked up toxins are passed out of the system naturally with a bowel movement. Introducing water to the colon through colonic hydrotherapy or enemas could unlock the toxins by dissolving the stool. The unlocked toxins may then be more likely to enter the body.

Enemas with solutions that contain phosphate compounds may pose an extra risk. They may not be recommended for people with kidney, heart, or liver problems because of possible complications.

Are Oral Colon Cleansers Safe?

Oral colon cleansers are swallowed. When they reach the colon, they induce it to evacuate its entire contents. Some oral colon cleansers are relatively safe, others may be questionable. The Food and Drug Administration (FDA) has linked a herbal colon cleanser with progressive muscle weakness and kidney problems. Another type has been associated with diarrhea, abdominal pain, and vomiting according to the FDA. Dehydration and electrolyte imbalance are risks of many oral colon cleansers. Severe dehydration can cause dizziness.

References:

1. The Dubious Practice of Detox. Harvard Medical School http://www.health.harvard.edu/healthbeat/HEALTHbeat_072208.htm
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Is Colon Cleansing Safe?

Is colon cleansing safe? The answer depends on the frequency of colon cleansing and the method used. Each approach to colon cleansing has a different risk level, which is partly based on frequency. Generally speaking, the more one colon cleanses, the higher the safety concern. Research first to determine which method for colon cleansing is safe and effective for your needs. Colon cleansing was originally intended to make colonic X-rays and colonoscopies clearer. Nowadays, colon cleanses or irrigations are more commonly done as part of a detoxification process.

Managing Occasional Constipation With H2Go™

A soft stool is the key to regular, comfortable elimination and there is no more effective stool softener than water. H2Go™, with Active Magnesia™, works like a giant sponge to increase the collection of water in the colon. Based on intake, H2Go™ can provide overnight constipation relief and help keep you regular day after day. Natural, gentle H2Go™ is a technological breakthrough.*

Magnesium naturally encourages the flow of water into the colon through osmosis. The magnesium in H2Go™ has undergone a process that increases its volume and surface area, transforming it from an osmotic into a hyperosmotic. H2Go™ harnesses the power of water to put a sluggish colon back to work again. It's natural, gentle and effective.*

"Active Magnesia" has up to four times the surface area of ordinary magnesium. More surface area means more water directed to the colon, softening stools for easy elimination. Much higher levels of ordinary magnesium would be needed for comparable results.*

H2Go™ generally doesn't irritate or over-stimulate the system, as some laxatives do. It doesn't add bulk, as fiber does. It just uses nature's most effective stool

softener – water – to help you get on a schedule and help keep you regular day after day. Because the "maintenance intake" of H2Go™ (2 mini-tabs daily) contains less than the maximum magnesium that the FDA recommends for daily intake, H2Go™ does not have the habit-forming risk of other regularity products.*



Both jars contain the same amount of magnesium by weight. The "Active Magnesia" (left) in H2Go™ has a larger surface area and therefore is bulkier. The larger surface area carries more water to the colon to soften stools, gently and effectively.*



For More Information...



3 Colon Products In 1

H2Go™ can be taken for overnight relief, daily regularity or as a colon cleanse

For occasional constipation. Use as directed.
Trademarks are the property of their respective owners.

SUGGESTED USE:

Overnight Relief: Take 5 mini-tabs with 8 oz. of water before bed.

For Daily Regularity: Take 5 mini-tabs with 8 oz. of water before bed for 3 days. Reduce intake by 1 mini-tab each day, until you reach your personal comfort level of 1-2 mini-tabs daily.

Colon Cleanse*: Take 5 mini-tabs with 8 oz. of water before bed for 7 consecutive days.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.