

Bowel Cancer (Help Yourself to Health)

Help Yourself - Bowel cancer

Colon Cancer.

The colon is one of the most important organs in the body. Its intended purpose is to return water and nutrients into our bodies and help us eliminate waste. American diets are low in fiber and digestive enzymes. This causes the body to produce digestive enzymes at the expense of immune system enzymes.

The low level of fiber available to the colon from cleaning itself and causes a buildup of toxic matter in the colon. The buildup of toxic matter in the colon can lead to many health problems, the most serious of which is colon cancer. The weakened immune system is unable to fight the disease.

Colon cleansing helps the body rid itself of toxic matter. This in turn allows the colon to aid in the digestive process and allows the production of immune system enzymes to return to normal.

There are several ways to cleanse your colon:

- *One is hydrotherapy, where a small disposable plastic hose is used to irrigate the colon. A licensed professional must perform this procedure. Similarly, enemas are often thought to cleanse the colon, but they have been shown to only clean the bottom portion and rectum.
- *Herbal supplements are often used in colon cleansing as well. A plant product called psyllium is most usually the basis of these treatments. The psyllium fiber expands when it comes in contact with water, and the bulky material causes the bowel to contract and expel waste.
- *There are also oxygen based cleaners that turn the waste into liquid or gas and help it to be expelled. www.healthfulifeandnutrition.com
- *Another way is to do juice fasting. Juice fasting gives the entire digestive system a much needed rest and for optimal functioning to take place once again after the break.

In a nutshell, colon cancer can be preventable. If you find yourself having meals that are low in fiber, try doing a colon cleanse. A clean colon will mean a healthy colon and a better immune system for your body.

Description: -

Children: Young Adult (Gr. 7-9)

Fiction

Health/Fitness

Popular medicine

Coping with illnessBowel Cancer (Help Yourself to Health)

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Notes: -

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7 colon cancer symptoms in men

Occasionally it can make your poo look black, like tar. Health experts repeating the test every one or three years. Your general health and fitness also affect survival, the fitter you are, the better you may be able to cope with your cancer and treatment.

Bowel cancer

A study has found that patients with advanced colon cancer who receive chemotherapy and who have a family history of colorectal cancer. Heavy use of alcohol increases your risk of colon cancer.

10 Interesting Facts About Your Colon

If one or more of your close family members such as a parent or sibling have had bowel cancer, it may increase your risk.

Colon cancer

This may be with keyhole laparoscopic surgery, which means the surgeon will insert tiny instruments into several small cuts in your tummy, to perform the surgery. A stoma is usually temporary and can be reversed a few months later in another operation. It is a long, flexible, slender tube, attached to a video camera and monitor.

Chris' Story: How a Vegan Diet Helped Me Conquer Colon Cancer

You can follow BirminghamLive's James Rodger on social media to keep up-to-date with his stories. Seek the advice of a doctor if you have any concerns about abdominal discomfort or changes in bowel habits.

Bowel cancer symptoms: Pallor could indicate the disease

The anus This is the opening at the end of the bowel. Your general practitioner GP will arrange the first tests to assess your symptoms, or further tests if you have had a positive.

Bowel cancer symptoms & treatments

A bag is worn over the stoma to collect the stool. It's also important to avoid cooking methods that may. © Provided by Daily Mail The test, which detects hidden traces of blood in faeces, picked up 618 potential cases, 43 of which led to a diagnosis of bowel cancer within a year 'A logical step would be to evaluate how FIT can be used in hospital settings, to help the NHS recover from the backlog that has built up following the Covid crisis.

Bowel cancer symptoms: Pain in the abdomen could be indicative of the disease

Colorectal endoscopic mucosal resection EMR.

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