

## **Further Insights into Digestion, the Colon and Small Intestines**

*by Chris Morris ND*

The digestive system works with a complex array of balancing and counterbalancing mechanisms designed to create the environment needed to digest and absorb various essential nutrients. When all the organs and systems work as they were designed, we most often experience good health. When they don't we experience the beginnings of chronic degeneration. Progression of poor health begins with stress to the digestive system impacting the stomach, small intestines, liver and pancreas. Some of the key symptoms or indicators are indigestion, gas, bloating, acid reflux, constipation or diarrhea, mild joint stiffness and headaches. All signs of the beginnings of chronic degenerative disease.

When we overload the digestive process, we also compromise elimination. And when we compromise elimination, toxins start to accumulate beyond the colon and GI tract. Waste products and debris overflow an eliminative process that would indicate in signs or symptoms like excess mucous and congestion, foul smelling gas, bloating, constipation or diarrhea. Each of these not uncommon yet when consistent to our daily lives, they should be a cause for concern and attention.

Let's look at how a very common chain reaction occurs due to a daily routine of poor choices in food. Chronic responses to poor food choices create an imbalance in pH. A diet high in junk food and low in fresh produce is guaranteed to deplete the body's reserves of alkaline buffering minerals. This in turn acts to lower the stomach's production of hydrochloric acid, which is needed for proper digestion of proteins and assimilation of minerals, and is an important first line of defense for invading pathogens from our food. Past the stomach a resulting irritation or inflammation of the duodenum results in a leaky gut, blockages of the liver's detoxification functions, lymphatic congestion and poor functioning of the pancreas. Also a reduction of bile salts due to depleted mineral reserves affects fat metabolism. Poor fat metabolism and reduced pancreatic enzymes leads to another level of partially digested food entering the digestive tract, which ferments and putrefies resulting in further dysbiosis, potential for constipation, and accumulating toxins being reabsorbed into the liver and into the blood stream. When our daily routine of food becomes the source of chronic degeneration, *'we are literally digging our graves with our spoons.'*

Modern day convenience foods are heavily processed and often loaded with sugar. They are essentially the equivalent of pesticides in farming. Think about it. Pesticides are designed to quickly and conveniently kill plant bugs. What they also unavoidably kill, however, are the good microorganisms in the soil, and ultimately, the soil itself.

In much the same way, processed and prepackaged foods are designed to quickly and conveniently kill your hunger or thirst, or both. But convenience foods are often so preservative-dense, high caloric and nutrient-deficient that they do more harm than good inside your body. Among other things, they promote the growth of pathogens (harmful microbes) thereby hampering the growth of beneficial bacteria in your intestines. And a major supportive mechanism has been lost and leads to intestinal irritation and dysbiosis that puts a further strain on the immune system. Acidosis induced dysbiosis can cause intestinal bacteria to become hostile, which creates a overactive immune response and condition referred to as leukocytosis.

The gross physiology of it all would look something like this: Putrefaction of proteins cause a sour belly and fecal matter to slow down or back up. Fermentation causes a gas bloated abdomen that would play like a drum from the poorly digested starches. And highly damaging rancidity would accelerate inflammation from bad fats and continue to build up dirty acidic bile.

The symptoms generated from these kinds of distress fuel a multi-billion dollar over-the-counter drug industry for symptom relief and a whole other multi-billion dollar industry of prescription medications that profits the disease oriented pharmaceutical companies. A natural, inexpensive and safe alternative to the massive barrage of the OTC and Rx drugs is [OxyMag](#).

[OxyMag](#) is a powdered form of magnesium that has gone through some special processing. It is made according to a formula developed by the German physician and scientist, Dr. Eugene Blass. It has special properties that no other product has. It has been used for decades to increase oxygen in the system, detoxify tissues, clean and improve small intestine and bowel function, and generally rejuvenate health by reversing the first stage of distress as we age. It truly is a powerful and remarkable product that has amazed all who have used it.

The oxygen released will help to break down old fecal matter in the small and large intestines to a very soft to liquid state depending on how much and how often it is taken. Even if it is taken in large amounts or several times a day it is not harmful to have these soft stools. There are no cramps as there are with laxative herbs.

According to Dr. Otto Warburg's presentation to the Nobel Laureates, cancer and viruses do not live where there is adequate oxygen. Many people claim to have experienced increased energy and mental clarity from the oxygen as well as relief from chronic debilitating conditions. Additional oxygen added to our lifestyle may be one of the best ways to live a healthier happier life. Once the toxins are reduced in the intestines, more oxygen passes into the blood and the rest of the body's cells. Cleaning the small and large intestines this way is a great accomplishment colonics can't do. Remember - *"If you don't take care of your body, where will you live?"*