

Colon Health Basics

Simple Changes Can Prevent Bigger Problems

One of the most basic, but often overlooked areas of general health and wellness is the maintenance of effective colon function and a dedication to colorectal cancer screening.

The colon stores and transports human waste material, creating opportunities for prolonged waste storage to burden the entire body. Toxins in the waste can cause a host of problems for your general health.¹

In addition, water and electrolytes are absorbed into the body from human waste, making proper colon function central to your basic health.

Some of the most common causes of colon problems include:

- Drinking too little water
- Eating too much dairy, sugar, white flour, or refined foods
- Lack of exercise
- Prescription drugs
- Food allergies
- Bacteria, viruses, or parasites

Screening for colorectal cancer is also critical to colon health, particularly for people over the age of 50. Colorectal cancer is the second most commonly diagnosed cancer in Canada², affecting African Americans more frequently than other races.

In addition to cancer, poor colon health can lead to many other conditions, such as irritable bowel syndrome, Crohn's disease, diverticulitis, hemorrhoids, and chronic fatigue. Colon issues, like many health problems, can create emotional turmoil as well as physical discomfort.

In addition to cancer screening, there are many other steps you can take to improve colon health: stress reduction, increasing the fiber in your diet (from non-starchy vegetables, fruit, nuts, and seeds), and making sure to stay hydrated.

Your personal physician is your first line of defense against colorectal issues, which can be complex and difficult to diagnose. That's why your Best Doctors benefits are such a valuable tool in your health planning. Our comprehensive review of your symptoms and issues can give you additional insight into your medical case, with an easy-to-read report that either confirms your diagnosis and treatment or recommends a change.

If you are unsure about your colon function or any aspects of your overall health, Best Doctors can help you eliminate any uncertainty and add an expert perspective to the information you are gathering.

1. <http://www.holistichelp.net/colon-health.html>.

2. <http://coloncancercanada.ca/statistics-2012/>.

For more information, call 1-877-419-2378 or visit bestdoctors.com/canada.