

Colon and Prostate

The colon or large intestine is an organ which is very much neglected until trouble begins. Trouble usually is first recognized by an individual as constipation or diarrhea. This symptomatic picture is often treated with over-the-counter preparations frequently advertised on television and in magazines. This approach does nothing to get the basic underlying cause of the problem. More important, it allows the condition to progress, possibly to cause extremely serious health problems resulting from colon dysfunction, which may take years and years to develop.

The two primary things that happen in the colon are: (1) colon stasis, or in other words, lack of good movement of material through the bowel, and (2) putrefaction and abnormal bacteria in the bowel. Colon stasis develops as a result of too little roughage or fiber material in the diet. The putrefaction and abnormal bacteria are the result, primarily, of too many refined carbohydrates, in the form of white sugar and white flour, in the diet.

Both of these dietary abnormalities are the result of increase in processing of foods in our modern civilization. In uncivilized areas, such as the tribal areas of Africa that have maintained their native diet, the diseases discussed in this pamphlet are almost unheard of or are completely absent. When natives begin eating our processed foods, they develop the same diseases. Diseases discussed in this pamphlet are widespread and common in areas such as the United States, Great Britain and other areas eating our westernized diet.

Lets look at some of these diseases and how to avoid them.

Cancer of the Colon

There is ample evidence and epidemical information showing that cancer of the colon is primarily caused by the lack of fiber in our diet and by excessive refined carbohydrates. One of the harmless chemicals of bile, which is present in the intestines, is converted to a strong and powerful cancer-producing chemical. This cancer-producing chemical is easily developed as the result of high concentrations of abnormal bacteria, which are present because of the high level of refined carbohydrates consumed in the common diet. The combination of the constant chemical production with the slow moving waste material - which stays in the bowel for several days in most people - accounts for the continued attach by the cancer-producing chemical on the colon wall, eventually causing cancer.

Heart Attacks and Hardening of the Arteries

An improperly functioning bowel such as we have been discussing causes diminished elimination of cholesterol from the body. Cholesterol is one of the factors responsible for hardening of the arteries and narrowing of the arteries. If the artery which feeds the heart - called the coronary artery - becomes clogged so that the heart does not have adequate circulation, the most common type of heart attack - called ischemic heart disease - occurs.

There is a common misconception that a person's cholesterol level is the result of the amount of cholesterol eaten in the diet. In reality, the cholesterol eaten in the diet is the source of about 20% of the body's cholesterol. Your body synthesizes cholesterol from other substances in the liver.

The colon affects cholesterol levels in this way. The liver eliminates cholesterol from the body via bile being dumped into the bowel. Again we indict abnormal bacteria in the bowel, because they convert bile salts into lithocholate which, when reabsorbed, reduces the liver's elimination of cholesterol from the body. The production of the lithocholate, together with colon stasis causing material to remain in the bowel long enough for absorption, is one of the major causes of too much cholesterol in the blood stream. This eventually causes hardening of the arteries, heart attacks and strokes.

Diverticulitis / Diverticulosis

The colon works best when the waste material is mushy and soft, since in this condition the material moves rapidly through the bowel and is eliminated within a day and a half.

Today's common diet takes approximately 3 to 4 days for elimination. When there is too little roughage in the diet, the stool becomes small, compacted, and hardened. Over a period of time the actual size of the large intestine will become smaller. To move this compacted waste material, great efforts are required by the circular muscles of the colon. Pressure develops and small pockets, called diverticula, develop along the colon. If infection develops in the pockets, diverticulitis is present. This condition includes possible bleeding and tissue breakdown, and is very serious.

In the past, the proper diet for this condition was considered to be bland diet, thought to be non-irritating to the bowel. Unfortunately this diet simply made the condition worse, because it continued to promote the hard, compacted stool and abnormal colon function.

It is absolutely imperative that, under a doctor's control, an individual with diverticulitis and/or diverticulosis be returned to a natural diet, and improved colon function.

Hemorrhoids, Varicosities, and Phlebitis

It's long been known that constipation causes and makes hemorrhoids worse, commonly called piles. The mechanism for the hemorrhoid problem is the same as that for varicosities in most cases. A dry, hard, compacted stool causes considerable strain from evacuation. This strain causes increased pressure in the veins, which cause a ballooning out and break-down of the vein wall, whether it be the hemorrhoid plexus or the veins of the legs.

There is an additional factor in varicosities of the legs. The bowel lays across the veins going down the legs, causing a backpressure against the return of blood to the heart. This backpressure causes a ballooning of the blood vessel walls, especially if the one-way valves in the veins have been damaged by straining at the stool with constipation. The abnormal vein function that develops is a potential beginning of phlebitis which is an inflammation of the vein and can indeed be very serious. It can, in fact, cause death.

Infections

High uses of refined carbohydrates such as sugar and flour causes an imbalance of bacteria and abnormal bacteria to develop in the colon. This bacterial involvement can be responsible for infections in the urinary tract, gall bladder, appendicitis, and diverticulitis. The answer to these infections, or course – especially in recurrent infections – is to regain normal colon function.

Treatment

This pamphlet discussed a wide variety of symptoms and disease complexes. It is interesting to note that the organ of all these conditions can be dysfunction in the colon. Since prevention is the best treatment, the doctor will evaluate you for colon function, and examine the nerve and other energy control patterns of your colon. He will possibly suggest dietary changes.

The danger signs indicating that you need to improve colon function are: tendency toward diarrhea, constipation, and a foul smelling stool or gas, which may be passed. Normal stool has no odor, which may be offensive. Correction now will add years to your life, and life to your years.

PROSTATE

Age Not The Cause

Two men were waiting in the chiropractor's office. One was an elderly man who had come as a last hope for relief of prostate trouble. Although otherwise perfectly healthy, he hadn't had a good night's sleep in months because of having

to get up so often to urinate and from extreme nervousness, another common symptoms.

The second man was in his early forties. He was subject to spells of illness if he overworked, or if he ate certain foods. The lower region of his abdomen would become sore and "tight" as if everything from his waste down were inflamed. Finding no other cause, doctors had suggested that it might be prostate gland trouble, but no treatment had helped. The episodes seemed to grow worse as he grew older.

Most men encounter prostate trouble at one time or another in at least one of its various forms. The usual victims are men who have reached the "prostate age" ... past 50 ... but the prostate gland can cause problems at any age. Many times prostate trouble starts in young men slowly advances without their ever being conscious of its increasing danger until the gland becomes congested enough to cause comfort.

False Belief

Until trouble strikes and a doctor is consulted, most men have vague or erroneous ideas of where this little trouble making gland is located, what its function is, and what causes disorders. For instance, many men are convinced that the "trouble" is a result of total abstinence from sexual intercourse... others believe that so-called "over-indulgence" causes it. Some believe that heavy drinking is the culprit. Perhaps the most persistent false belief is that prostate trouble is associated with venereal disease. There seems to be no end to man's misinformation about the prostate.

Reluctance, Shame, Fear, Delay of Treatment

In view of the general confusion about the prostate and its effect on man's sex life, it is not surprising that men are often reluctant, even ashamed to admit to prostate trouble. And fearing that prostate trouble means the beginning of the end of sex life ... and that surgery is inevitable ... too many men who suspect prostate trouble put off going to the doctor until some dramatic symptom appears.

Treatment of an enlarging prostate should never be delayed. Just as in any other disease condition, putting off treatment can only make matters worse. Because prostate problems are often easily corrected if caught early enough, every male should familiarize himself with the primary symptoms of prostatic disorder.

Primary Symptoms of Prostate Trouble

1. Frequent sense of bladder fullness.
2. Frequent trips to the bathroom in the night.
3. Difficulty urinating.
4. Straining to urinate.
5. Increased straining with smaller and smaller amounts of urine.
6. Pain or burning sensation while urinating.

7. Urine becomes rose colored (bloody).

Referred Pain

The primary symptoms are not the only indicators of prostate trouble. Just as an abscessed tooth, which may be painless in itself, can cause problems and pain in other parts of the body, the prostate may be giving no apparent trouble at all, yet cause pain elsewhere. For example, prostate trouble can cause pain and fatigue in the legs or back. This is known as “referred pain.”

Don't Wait For Blood

Some or all of these symptoms may be present for several years without apparently getting worse, but when blood begins to appear in the urine, a man usually becomes alarmed enough to go to the doctor. A much wiser course of action is to seek help at the FIRST sign of trouble.

What is the Prostate?

The prostate gland is the largest accessory male sex structure. It encircles the neck of the urethra (outlet tube for urine) as it emerges from the bladder. The prostate is broad, fore-shortened, heart-shaped organ, composed of mucus-secreting glands.

What Does the Prostate Do?

The prostate's function is to manufacture a whitish fluid which assists in transporting spermatozoa to their ultimate destination during intercourse. During orgasm the muscles contract and squeeze the prostatic fluid into ducts leading into the urethra. At the same time, other sexual organs are contracting and adding their fluids to the prostatic fluid. The result is semen, the vehicle in which spermatozoa are able to function ... to do their part in human reproduction.

What Causes Prostate Trouble?

In most cases the chiropractor finds the nerve supply to the prostate is altered because misaligned vertebrae in the lower back are pinching nerves.

Secretion of prostate fluid is continuous, with periodic excretion into the urine. You can see what happens if there is interference with the nerve supply to this gland and congestion results. The flow of secretion into the urine is slowed down, and in time the ducts become swollen and inflamed from congestion. An enlargement of the prostate will result in a great deal of difficulty in voiding the urine, causing frequent urination, consideration pain, and other bodily complaints.

Prostate Trouble Can Lead to Worse Problems

One problem caused by an enlarged prostate is “residual urine” or the urine that is retained when the bladder cannot

completely empty itself. Residual urine, like water in a stagnant pond, provides a perfect site for rapid growth of harmful bacteria. This can result in cystitis, a painful inflammation of the bladder.

Sometimes the prostate enlarges enough to block flow of urine completely. When this happens urine is dammed up in the bladder, and interferes with the blood-purifying function of the kidneys. Wastes then accumulate in the blood and can cause uremia poisoning, a serious and sometimes fatal disorder.

Often the victim of prostate trouble can produce only a partial erection or he may be unable to maintain an erection. He then begins to doubt his sexual vigor. The doubt begins to affect his sexual appetite, and may leave the victim with no desire for sex. When vigor begins to wane for psychological reasons, it may be difficult to reestablish.

Chiropractic For Prostate Trouble

Millions of men have prostate trouble and they know they have the problem because a doctor has told them so. It doesn't get bad enough for surgery, but just “holds the line” waiting for a change to flare up and become menacing. Under these conditions it's just human nature not to do anything ... or the victim may not know there is anything he can do. Still the problem is there and will seldom get better until something is done about it.

The health of the prostate gland depends primarily upon adequate nerve supply. Research and 75 years of chiropractic experience have shown a definite connection between abnormal function and abnormal nerve supply to the gland. A chiropractic examination of the spine at the level of the appropriate nerve supply usually reveals misalignment of the vertebrae sufficient to cause interference with normal nerve function.

Although some prostate conditions have advanced to the point where they require surgery, in the vast majority of cases correction of the misalignment can reduce the nerve interference and result in improved function of the prostate.

A man with prostate trouble symptoms is advised to see a chiropractor without delay. The examination will quickly determine if he has the type of prostate condition which can be helped (without surgery) by chiropractic methods.