

From The Desk Of ----- STUART GREENLEAF, L.Ac.



HEALTH-LETTER: SLUGGISH BOWEL

- **TRANSIT TIME** is how long it takes food matter to move from ingestion to excretion, optimally 12 to 18 hours. For many people, one bowel movement per day is not enough for such a transit time. Test yourself by eating a large portion of beets at dinner, then watch for their purple exit the next day.
- In the colon, bacterial putrefaction of food residue produces some nasty toxins, with names like putrecine and cadaverine. If not eliminated promptly, these are absorbed into the bloodstream.
- Excess estrogen, and other substances which the liver removes from the blood, can be re-absorbed if transit time is too slow.

CAUSES OF SLUGGISH BOWEL --

Food allergy
Lack of Fiber
Dehydration – fluid intake not adequate to need
Low thyroid function (low metabolic rate)
Habit/psychological factors
Lack of exercise
Inadequate stomach acid and/or pancreatic enzymes

CORRECTION OF SLUGGISH BOWEL

- Addressing the causes by increasing fluid intake, fiber, and exercise. Allergic foods should be detected and eliminated. In resistant cases, thyroid function should be assessed with up-to-date lab testing. Digestive enzymes and/or fiber may need to be supplemented.
- There is a product I have recommended for many years: **“Oxy-Cleanse”**. It includes magnesium peroxide – the magnesium draws water into the bowel, and the peroxide action is cleansing and disinfecting. Oxy-Cleanse does not have harsh laxative effect and is not habit-forming. Everyone likes it, including my 95 year old mom !!

CASE STUDY – 14 Year Old Boy: Food Allergy and Constipation

- Taken to urgent care with abdominal pain and distention.
- X-ray showed extreme overload of feces in colon; upon questioning, patient reported not having a bowel movement for 2 weeks.
- Following medical treatment, patient brought to me: Why did severe constipation occur? Would discovery of the cause prevent recurrence?
- Testing revealed allergy to wheat. Avoidance (enforced by mom) fixed the problem; recurrence happens only upon spending time away from home, when wheat avoidance is not enforced.
- IN SIMILAR CASES, ACUPUNCTURE HAS BEEN VERY EFFECTIVE !