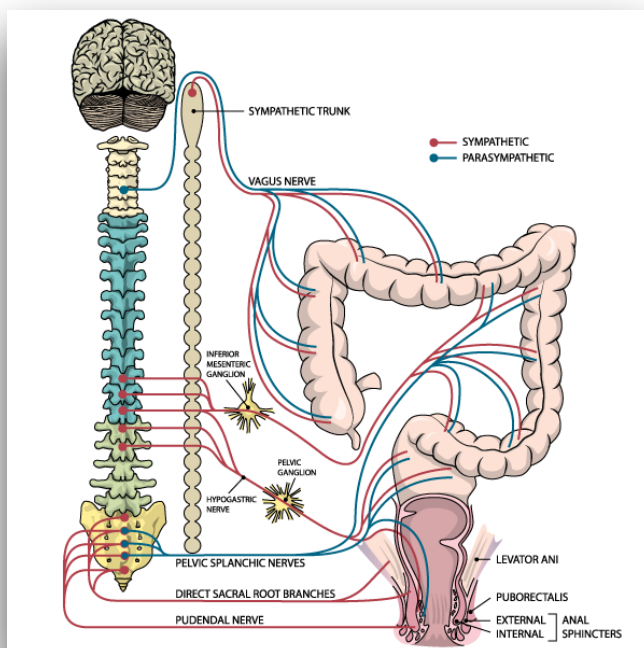


LARGE INTESTINE (i.e. COLON) PROTOCOLS FOR HEALTH

Your large bowels are responsible for water removal from your food, creating a waste material that moves through your bowels and out of your body. This process requires 1) a healthy nervous system (specifically your vagus nerves in your cervical spine and your lumbar nerves in your low back) and 2) adequate fiber levels in your diet from whole foods (i.e. fruits, vegetables and grains). If either of these two elements are lacking, or if you are in the process of fixing your spine and/or removing toxicities from your body, it is likely that you may have some challenges with large intestine function.

COLON FACT: You can hold between 7-10 pounds of compacted feces per foot of your large intestine. The average 5'10 human will have a colon that is between 5-6 feet long. If you do not have regular bowel movements, you probably have compacted feces known as mucoid plaque inside your bowels.



HOW MANY BOWEL MOVEMENTS SHOULD I HAVE?

Bowel movements are based on the amount of food you intake on a daily basis. If you eat 1 meal a day, then it is expected that you would have 1 bowel movement a day at approximately the same mass as the meal you ate 24 hours previously. If you eat 3 meals a day, then you should be experiencing 3 bowel movements a day. It is normal for bowel movements to stop during extended juice and water fasting.

WHAT SPINAL NERVES GO TO MY COLON?

- Vagus nerves (C1)
- Pelvic Splanchnic nerves (S2-S4, Sacrum)
- Superior and Inferior mesenteric nerves (T10-L2)

WHAT ARE THE BEST FORMS OF WHOLE FOOD FIBER?

- Lentils (high protein, low fat, rich in vitamin B's and fiber)
- Split Peas (high minerals, high B vitamins, high soluble fiber)
- Black beans (high protein, high potassium and anti-oxidants)
- Pinto beans (high fiber, high protein, well-rounded vitamins and minerals)
- Artichoke hearts (high in fiber, high in vitamin K and folate)
- Kidney beans (high fiber, high protein, high magnesium)
- Chickpeas (high fiber, high well-rounded nutrients)
- Chia Seeds (high fiber, omega 3-fatty acids, high protein)
- Raspberries (high fiber, antioxidants, polyphenols which lower risk of disease)
- Pears (high soluble fiber, slows digestion, lowers cholesterol)
- Oats (high in soluble and insoluble fiber, controls blood sugar)
- Broccoli (high in soluble and insoluble fiber, high in vitamin C, B9 and potassium)
- Quinoa (high fiber, high in iron, B2, and a complete protein)
- Apples (soluble fiber)
- Green Peas (high in fiber, high in antioxidants, vitamins A, K and B6, high protein)
- Edamame (high fiber, high amino acids)

CONSTIPATION PROTOCOLS

Detox Constipation:

It is possible to notice some slowing of bowel movements when taking *GI Adsorb* or a customized detoxification protocol. If you notice slow bowels during detox, please use *Collinsonia Root* (Standard Process) to help restore normal bowel function.

Dosage of *Collinsonia Root*: 4, 2x a day until normal bowel function.

Chronic Constipation:

If constipation has been a chronic health problem for you, add *GI Stability* and *GastroFiber* into your nutritional protocol. *GI Stability* will help restore normal gut flora to your large intestine and *GastroFiber* will add soluble and insoluble fiber to your gut to help remove plaque, compacted feces, or other issues.

Dosage of *GI Stability*: 4, 2x a day with meals

Dosage of *GastroFiber*: 8 before bed

Note: typically will require 2 weeks of the above protocol to see sustainable change in bowel function.

Acute Constipation:

If constipation is unusual for you, and has only been affecting you for a couple of days, use a vitamin C push to encourage your bowels to eliminate. Our recommendations would be to use *Perque Ascorbic Acid*, 1 teas every hour until bowel function restores. Typically bowel function will restore within 3-4 doses. Note: this protocol can cause temporary diarrhea or loose stools.

**All recommended supplementation above can be purchased at Averio Health Institute.*