

# Healthy Bowel Healthy Body

A to Z guide  
to heal the gut



Dr Sandra Cabot

# Healthy Bowel



# Healthy Body

DR SANDRA CABOT

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. Your own doctor should be consulted for diagnosis and treatment of any and all medical conditions.

The suggestions, ideas and treatments described in this book are not intended to replace the care and supervision of a trained health care professional. All problems and concerns regarding your health require medical supervision. If you have any pre-existing medical disorders you must consult your doctor before following any suggestions or treatments in this book. If you are taking prescribed medications you should check with your own doctor before using any treatments discussed in this book.

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# The Author

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Sandra is sometimes known as the "Flying Doctor" as she frequently flies herself to many country towns to hold health seminars for women and increasingly also for men. These help to raise funds for local community services and women's refuges. Sandra has spent considerable time working in a large missionary hospital in the Himalayan foothills of India.

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# Preface

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Hippocrates the father of medicine said that all diseases begin in the gut. Well we have come a long way since Hippocrates, and have discovered that many diseases are genetic in origin; but it is still true today that if your digestive tract is unhealthy you will not be a healthy individual even if you have been lucky enough to inherit an excellent set of genes (genome). After nearly 40 years of practising medicine I do believe that good health and longevity is dependent on the health of the digestive tract and liver.

The most basic necessity of life is to supply the body with good nutrition and water. The enjoyment of food is one of life's great pleasures and brings us together as human beings. But for many the enjoyment of food and the supply of nutrients essential to good health can be greatly impaired by disorders of the intestinal tract. You may eat a nutritious diet but if your liver, pancreas or intestines are not healthy you will not be able to benefit from the nutrients in healthy foods.

However the digestive tract is far more than a source of pleasure and nutrients, and over the last decade we have come to understand that the gut plays a crucial role in all aspects of our health. We have discovered links between the gut and mental health, diabetes, immune dysfunction, obesity and autism. The relationship between gut health and mental health is especially interesting as the gut has now become recognized as the second "brain". This is because the intestines produce the largest supply of neurotransmitters (biogenic amines) and indeed produce a lot more serotonin than the brain does. Serotonin is known as the "happy neurotransmitter" as it affects our mood, sleep and energy. The brain-gut connection is being researched and we know that the state of our gut has a huge effect on our mental health. If there is inflammation in the gut there can be inflammation in the brain and this can lead to mood disorders and disorders of the nervous system.

Our whole body is hugely affected by the microorganisms in our gut and this mass of bacteria is known as the microbiome. If the

microbiome is unbalanced and unhealthy bacteria predominate, this will produce inflammation that causes widespread stress on all parts of our body. The human genome contains approximately 35,000 genes and the amount of genes in the microbiome is around one million genes; thus human genes are far less numerous than our bacterial genes.

This book will give you the vital principles for a healthy digestive system and the techniques to treat and reverse different types of intestinal and bowel problems. It also provides delicious liver and bowel healthy recipes for enjoyment and to heal your gut problem.

# Chapter 1

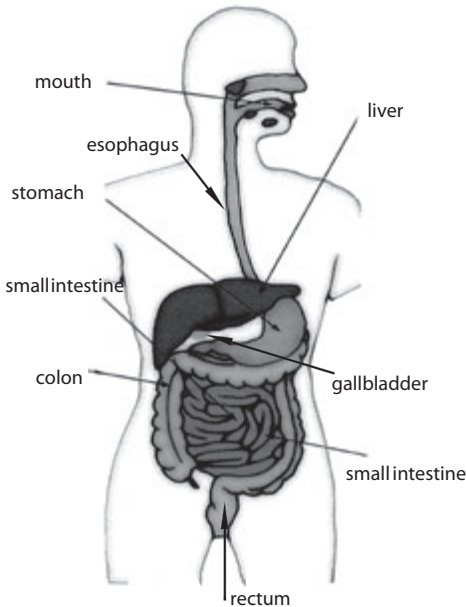
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## What is the digestive system

The digestive tract is known as the alimentary canal and is a muscular tube around 10 metres (33 feet) long that starts at the mouth and ends at the anus.

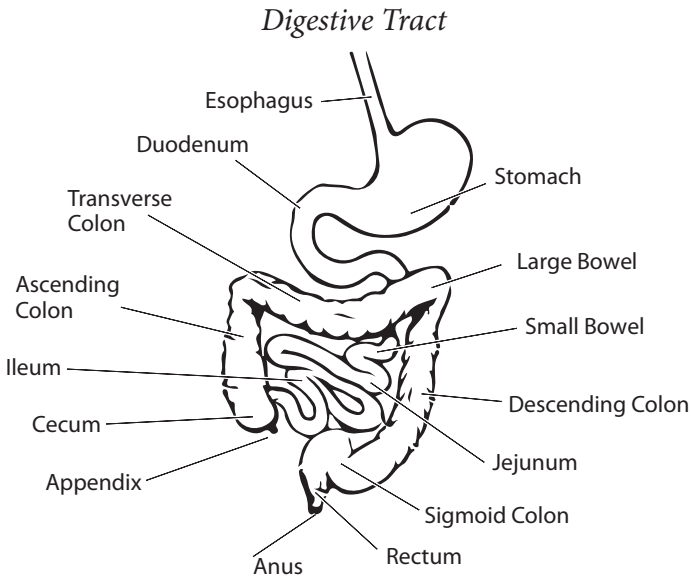
Along the huge length of the digestive tract there are many things that can go wrong from bad breath to hemorrhoids.

*Digestive Tract*



Digestion begins in the mouth, where food is chewed and mixed with saliva from the salivary glands. Saliva contains the enzyme amylase that begins to break down starches in the food. Food then travels down the esophagus by a muscular contraction called the peristaltic movement. Once the food reaches the stomach, the hormone gastrin is secreted which stimulates the secretion of hydrochloric acid, which enables more digestion of the food.

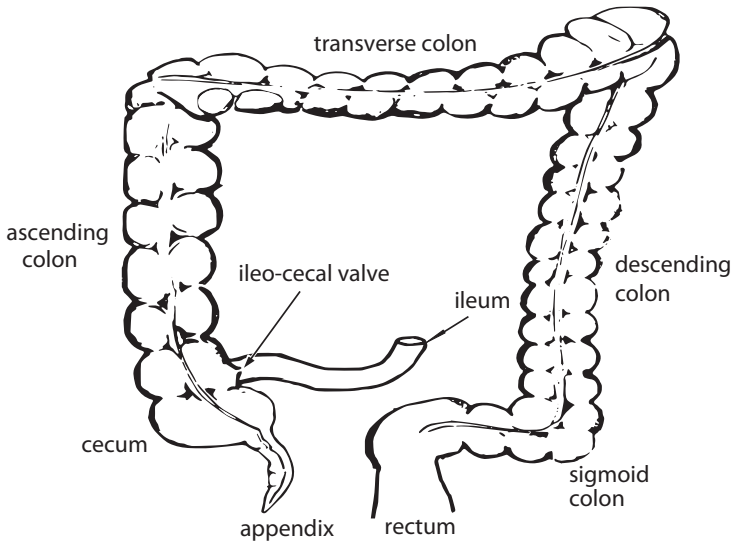
After being processed by the stomach the food is no longer in a solid state and is now a liquid called chyme. The chyme travels into the first part of the small intestine called the duodenum. In the duodenum the majority of food digestion occurs because multiple enzymes, released by the pancreas and bile from the bile duct are secreted. In the duodenum carbohydrates are broken down into simple sugars, the protein into amino acids, and the fats into glycerol and fatty acids. These substances are absorbed into the blood stream by cells lining the intestines. Substances that cannot be broken down or absorbed then pass to the large intestine (colon). In the colon the last of the water, ions, and salts are reabsorbed, and the remaining solid material, called feces, exits through the anus. Thus, the digestive tract is a passageway for food to be ingested transported, broken down, absorbed, and expelled.



The term bowels is synonymous with the intestines or the gut. The small intestines are referred to as the small bowel. The small bowel has 3 parts. The part nearest the stomach is called the duodenum, the next part is the jejunum and the third part is the ileum, which connects with the large intestine. The large intestine is known as the colon.

Where the ileum joins the large bowel (at the cecal area of the colon), there is a valve called the ileo-cecal valve.

### *The Colon*



The ileo-cecal valve is designed to stop particles and feces from refluxing backwards into the ileum.

The ileum is a vitally important part of the small intestine because it is here that vitamin B 12 and the bile salts are absorbed. If the ileum becomes diseased, as in Crohn's disease, severe nutritional deficiencies can result leading to serious diseases.

The large intestines or large bowel are divided into the colon and the rectum. The first part of the colon has a sac like shape and is called the cecum, which is the site of attachment of the appendix. The colon has an upside down U shape, and goes from the ascending colon to the transverse colon to the descending colon, and finally the sigmoid colon, which joins the rectum. The main function of the colon is the absorption of water from the processed food residue that arrives after essential nutrients have been absorbed in the small intestine. The last part of the large bowel is the rectum, which is a reservoir for feces, which are stored until the urge to pass

a bowel motion is felt. Problems can occur if the size of the colon becomes too large, or if it develops inflammation, spasm or pockets (diverticula) in its muscular walls. These are common problems in people who consume the typical Western diet.

## **Causes of Intestinal and Digestive Problems**

- Liver problems such as sluggish liver function or fatty liver or liver disease.
- Gall bladder problems such as a non-functioning gallbladder or gallstones often cause nausea and indigestion after eating and/or discomfort over the right upper abdomen or pain referred to the right shoulder. Some people experience chronic indigestion and/or diarrhea after losing their gallbladder and treatment is available to help these problems. Supplements of ox bile and digestive enzymes can help to relieve these symptoms. For more information see my book titled *How to Save Your Gallbladder* and what to do if you have lost it.
- Some medications - non steroidal anti-inflammatory drugs, aspirin and/or high dose oral pain killers can cause ulcers and bleeding from the stomach and small intestines. Pain killers slow down the muscle contractions of the intestines often causing constipation. Antacid drugs which stop acid production in the stomach may reduce the digestion and absorption of nutrients from the intestines. These drugs reduce hydrochloric acid production by the stomach, and although sometimes needed for bad reflux, may have damaging side effects. Lack of hydrochloric acid production in the stomach increases the risk of intestinal infections with unfriendly bugs; this is because hydrochloric acid is needed to kill bacteria, parasites and fungi. Also, inadequate production of hydrochloric acid reduces the ability to digest protein foods and reduces the absorption of minerals such as calcium. This increases the risk of osteoporosis.

Antibiotic drugs can be damaging to the intestines. Antibiotic drugs kill not only the bad bacteria; they also kill off all the good bacteria, which are so essential for a healthy bowel and immune



Ultimate Total Body Cleanse

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# DR CABOT CLEANSE

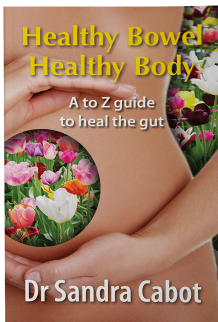
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15 - Day Detox Plan

*Dr Sandra Cabot*

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