

Checking our Colon Transit Time

According to many natural health doctors and therapists, normal colon transit time is a most important indicator of our overall health and well-being. Transit time refers to the total amount of time (usually in hours) that it takes from the time we finish eating a particular meal until it shows up in our toilet bowl as waste. Our body is designed to digest, absorb and assimilate the nutrients from our food primarily through the actions taking place in the mouth, stomach and small intestines. By the time our digested meals reach the colon, they are largely waste material (called feces). The ideal transit time is 18 to 24 hours after the completion of any meal. Sometimes it can be less than 18 hours, especially with vegetarians, but it should not be less than 12 hours. If less than 12 hours you could be suffering from mal-absorption syndrome, other forms of IBS or IBD or even Crohn's disease. (IBS stands for Irritable Bowel Syndrome and IBD stands for Inflammatory Bowel Disease) Checking to see if this is happening in your body is easy.

Less than 18 hours may indicate a condition of mal-absorption. More than 30 hours indicates a sluggish colon and some degree of constipation. Many people have one bowel movement a day, and assume they are not constipated, but never realize that the waste material in that bowel movement may have been sitting in their colon for two or three days or more. When toxic waste material lingers too long inside our body (colon mostly) the opportunity for problems increases dramatically. The good news is that restoring normal transit time and maintaining the health and vitality of our digestive systems, is one of the surest paths to a lifetime of optimum health and well-being.

Go to the supermarket and purchase three or four medium sized organic red beets. Wash them and steam them until they are ready to eat. Chew thoroughly. Take note of the time you finished eating the beets. Start looking for a dark brown-red color in your next bowel movement. Note the time, the organic red beets turn up in your toilet bowl. This will give you your colon transit time. Let me know what your transit time is via email. We will discuss what to do next based on this evaluation. Be prepared to have a reddish discoloration also show up in your urine as a result of eating red beets. Do not be alarmed. It is not blood. It is pigment from the beets.

You can also use corn. Fresh corn on the cob or organic frozen corn. When you use corn you simply swallow a few teaspoons of corn kernels and don't chew them. Just swallow them whole and mark the time. They will pass through undigested. Note your transit time.

Thanks for your willingness to try new things, and to become more proactive in your own self care.