

Internally Yours[®]

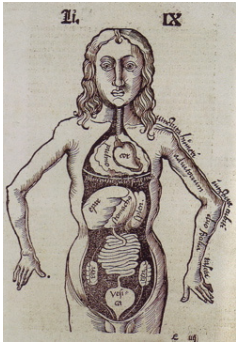
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The truth about: Colon Cleansing

Ancient physicians believed that diseases were caused by imbalances in the body's elements, or humors. Just as scientists believed all matter was made from various combinations of the four elements of earth, air, fire and water, they believed the body was made of four humors or juices: red humor (blood), yellow humor (bile), white humor (mucus or phlegm) and black humor (melancholy.)



Efforts to cure disease were directed at bringing the body's humors back into balance. Blood-letting (that is, bleeding) patients to remove harmful humors, later replaced by the "safer" technique of applying leeches, is an example of this. The practice continued into the 1800s.

Another example is purging through the use of enemas. Egyptian physicians in 1500 B.C. advocated chewing ricinus (castor bean) seeds with beer, or administering a solution with crushed castor seeds as an enema, 3 pints daily for 3 days, to cure constipation, and then once a month

to maintain general good health.

Enema therapy regained popularity in Western Europe in the 1600s. Enemas, known as clysters, were widely popular, often taken daily or even several times per day, to cleanse and rejuvenate, improve sexual potency, improve the mood and restore the health. Enemas consisted of solutions of various extracts of herbs, flowers, spices and even tobacco, each with its own supposed curative property. Some, such as tobacco enemas, induced a type of intoxication. Constipation was regarded as a lethal condition.



Early twentieth century scientists, armed with the modern knowledge that bacteria may often be the cause of disease, refined the concept of the colon as a source of illness, and the theory of autointoxication was born.

According to this theory, the colon is seen as a passive reservoir of toxic waste that steadily accumulated over time, poisoning the blood and, eventually, all of the organs of the body.

Advancements in technology afforded a more sophisticated and

permanent treatment for the twentieth century version of the evil humor theory: the radical colectomy.

As a result, thousands of European and American patients had their entire colons surgically removed in the hope of either curing disease, or preventing a disease they did not yet have. Needless to say, the procedure was unsuccessful and finally fell into scientific disrepute in the 1930s.

Today we are experiencing a resurgence of the autointoxication therapy. Countless television, radio and internet purveyors of twenty-first century clyster-therapy claim that the colon is a sac of 20-30 pounds of accumulated toxic waste and, therefore, the source of innumerable ailments. It is claimed that colon cleansing will cure disease, improve digestion, prevent cancer, detoxify the liver, clean the blood, induce weight loss, boost energy, improve the immune system, etc.

There has never been a properly conducted scientific study showing medicinal benefit to colon cleansing. It is simply a new twist on an old way to literally flush money down the toilet.

