

CONSTIPATION

December 30, 2022

As Colon Hydro-Therapists dealing with conditions relating to constipation and slow transit is the nature of the business. You must therefore be aware of issues that relate. It is no wonder why so many people suffer from this condition. About 4 million people in the United States have frequent constipation. It is the most common gastrointestinal complaint, resulting in 2.5 million doctor visits annually.



Generally, a person is considered constipated when bowel movements result in passage of small amounts of hard, dry stool, usually fewer than three times per week. Normal elimination may consist of having bowel movements from three times per day to three times a week.

The causes of constipation vary and often follow several issues at once. As food moves through the colon water is absorbed while forming stool. Muscle contractions then push the stool toward the rectum, most of the water has been absorbed, making the stool solid. As muscle contractions are slow, the stool moves too slowly, resulting in too much water being absorbed.

There are many causes of constipation and usually a combination result in poor and difficult elimination.

Mark Buse
I-Act
markbuse@i-act.org



Issues such as abuse of laxatives, changes in habits such as pregnancy and age, low fiber diet, medications and exercise are only a few factors that contribute to this problem. Exercise and type of food consumed are major factors that bring this problem.

Complications due to constipation are serious, first slow transit time may result in reabsorption of toxic elements that need to be eliminated and second the habit of poor elimination usually only gets worse as time goes on. Additional complications, such as hemorrhoids which occur by straining to have bowel movements which occur when hard stool stretches the sphincter muscle.

Treatment for constipation can be done through dietary and lifestyle changes which help prevent the condition. Diet modifications which include 35 or more fiber daily helps in the formation of soft bulky stool. Fruits and vegetables can be a prebiotic which is food for our good bacteria. Good diversity of gut bacteria can be helpful in the process of elimination.

Prevention is the best cure and therefore taking good care of ourselves is paramount.



Mark Buse

Mark Buse is Nationally Board-Certified Colon Hydro-Therapist (NBCHT) and a leading colon hydrotherapy practitioner, instructor, and researcher of colon health. Mark studies the impacts of the gut microbiome on gut motility, digestion, constipation, and general wellness. Mark has a Bachelor of Science in Chemistry, is a Fellow with the American Institute of Chemists, has obtained several patients involving replacement of toxic materials, and is a science writer in areas of gut microbiota and probiotics. Mark is the International Association for Colon Hydrotherapy President-elect, Co-Chair and Founder of IACT's Leadership and Mentorship Program and the Chair and Founder of IACT's Research Committee and is a member of the American Gastroenterology Association (AGA). Marks is the colon hydro-therapist and owner of Turtle Creek Wellness Center in Tyler, Texas.

Mark Buse
I-Act
markbuse@i-act.org