

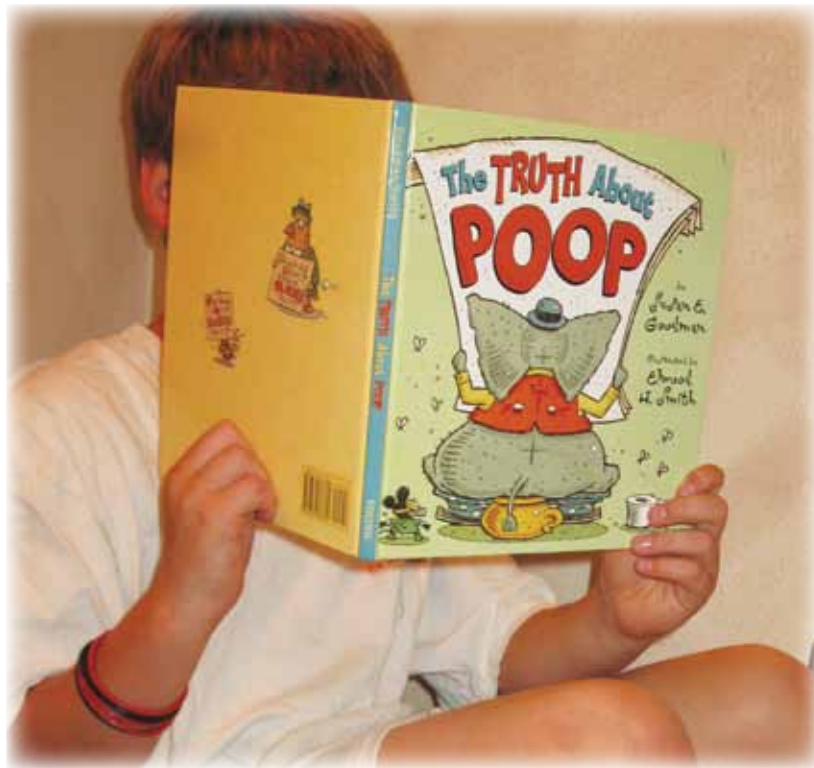
Getting the Scoop on Poop

by Mardell Hill



Often, when I am with clients, they ask “Do you work with children? I think my child is constipated.” Since they have received such great relief, the parent wants to help their children, too. I always find this an exciting time to share how wonderful the body is at healing itself, and starting good habits at an early age is the best time.

As I share with the parent, a child’s body is easy to recover and support. Just a few simple corrections and general healthy rules to follow, and your child will



Ethan reading “The Truth About Poop” by Susan E. Goodman.

most likely have healthy bowel movements from then

on. What a child needs is hydration, lubrication, good hygiene, daily nutrition and activity, balanced bacteria and cleansing of parasites. The parents checklist looks like this:

Hydration is essential for everybody, but is often neglected in children. Parents offer juice or milk in place of a glass or bottle of clean water for their children. Teaching children to reach for water at a young age can create a lifelong habit that will serve them well throughout their lives.

The human body is made primarily of water. It is made up of approximately 45% — 75%* water, which means that one cannot live without water. The colon, or bowels, is responsible for dehydrating the body’s waste and eliminating it. Without proper water intake, dehydration can cause constipation, among other ill health effects.

Begin each day by drinking a large glass of water

prior to eating breakfast. This increases energy, flushes toxins and may just result in a good, healthy bowel movement!

Lubrication is as necessary as hydration to move stool through the colon and ease elimination. Some daily foods that offer lubrication are coconut oil, omegas, avocado, olive oil, and cod liver or castor oil.

Good oral hygiene is important because it minimizes bacteria, parasites and fungi that can enter the body and flourish in the intestinal tract. Congestion, from food, fungus, bacteria or parasites can slow the digestive process or cause blockages.

Nutrition is a given! We all hear redundant messages about eating good foods for our bodies. What is good? Live, nutritional, organic, water-filled and high-fiber foods. If it has chemicals, is processed, has “bad” oils or hormones in it, then plan on your child’s digestion to be challenged. Eventually, the choices you make for your child’s diet can ultimately make them sluggish OR let them thrive.

The gastrointestinal (digestive) tract is a prominent part of the immune system. Poor digestive capability interferes with nutrient breakdown, absorption and metabolism; allowing toxins to remain in the body and accumulate.*

Daily activity increases the metabolism and thus improves the digestive pro-

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cess. Activity also increases thirst, so the increase of water intake is beneficial, too.

Balancing bacteria creates a friendly environment for digestion and easy bowel movements. Medications, antibiotics and stress all play a role in unbalancing the intestinal bacteria/flora. The presence of beneficial bacteria in the intestines aids digestion, synthesizes vitamins and inhibits the growth of disease-promoting pathogenic bacteria.* It is as simple as regular intake of probiotics, green and cultured foods that can support and re-build the good (friendly) bacteria.

Cleansing of parasites can help with the digestion, sleep, eating choices, moods, skin problems, itchy bottoms and teeth grinding, to name a few things. It's possible to get a stool test to get exact information about what your child's bacteria balance and parasite burden is. The best and most accurate is a DNA stool test. Check with your doctor, or more likely, your naturopathic doctor, to see if they carry this kit. It's always a good idea if you have pets, let your child play in sandboxes, in dirt or on the beach, swim in various water sources or spend time around farm animals, that you establish a lookout for signs and symptoms of parasites, whether you get your child tested or not.

One of the most original parasite management techniques uses natural herbs. These herbs might consist of wormwood, cloves, black walnut, male fern, quassia bark, pumpkin seeds, garlic, cayenne pepper, thyme or cramp bark. For more information about natural herbs, contact an herbal distributor or your naturopathic doctor.

As a rule, I have found that most children do not

like colonics or enemas. Fortunately, since their little bodies are so eager to heal, with the previously mentioned implementation of habits, most constipation issues will correct themselves in young children. If you absolutely need some "flushing", if the child is unable to clear the stool, then a store bought children's enema can do the trick. If you do not like the additives in the enema, then slice the top off, empty the chemical solution out, and replace with clean, warm water and a touch of diluted organic coffee.* Once a child is 18, it can be their choice to add a detoxification process such as colonics.

Web sites:

immunedisorders.homestead.com/digestion.html

www.newworldencyclopedia.org/entry/Digestive_system

Books:

The Enemy Within by Hanna Kroeger; *Cleanse & Purify Thyself* by Richard Anderson, N.D., N.M.D. (pg 228- coffee enemas).

The Truth about Poop by Susan E. Goodman (Author), Elwood Smith (Illustrator).

Mardell Hill is a certified Colon Hydrotherapist and the owner of Clear Health Center located at 7490 Clubhouse Road, Suite 103 in Boulder. For more information please call (303) 530-3899 or check out www.ClearHealthCenter.com for more information.

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