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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Check Your Colon Transient Time

By Rudy Silva

Your colon transient time is the time it takes the food you eat to travel from your mouth through your rectum. A healthy time is 18 to 25 hours. This time relates to how long the food you eat stays in your intestinal tract and colon. Food, fecal matter or chyme in your colon should not stay longer than 12 hours otherwise you have constipation. The other 12 hours, your food is in your stomach and small intestine.

Many doctors and others in the health field may tell you that it is ok not to have a bowel movement everyday. This really goes against common sense. If you eat every day, you should have a bowel movement everyday or 18 to 25 hours after you eat.

Long-term constipation is responsible for the start of practically all body illnesses and diseases. For this reason keeping regular is critical for your health. Constipation leads to auto-toxicity or self-poisoning of your body. When toxins move into your blood stream instead of out of your body with the fecal matter, the liver and other body organs become overwhelmed and become sluggish. With a toxic colon, you will have a hard time keeping free of disease and you will find it very difficult to lose weight.

Slow moving fecal matter in the colon causes re-absorption of fats and cholesterol back into your blood stream and liver instead of out of the body. This can lead to a "fatty liver", which cannot digest fats properly and has to store them in its own cells, other organs, and body cells as pure fat.

### Determining Your Transient Time

Here's how to determine your transient time. First thing in the morning, drink one of the following drinks.

- one ounce of liquid chlorophyll, the juice of one lemon and 8 oz. of distilled water.
- or if you like beet juice, use 6-8 oz. of beet juice. You can buy the juice or make your own if you have a juicer.

## Check Your Colon Transient Time

Buy a small bottle of liquid chlorophyll that does not have peppermint added. The peppermint added has to strong of a taste for me. The cost is around \$8.00

Check to see how long it takes to see green or red in your stools. This is your transient time. Average transient time is around 21 hours.

If your transient time exceeds 26 to 30 hours, then you have a mild case of constipation. If your transient time 31 to 36 you are constipated. If your transient time is 37 to 48 hour you have chronic constipation.

Check your transient time now. Go get a bottle of chlorophyll and do the transient time test, then use the chlorophyll for a morning green drink that I describe in another article.

Rudy Silva has a Physics degree from the University of San Jose California and is a Natural Nutritionist. He has written an ebook called "How to Relieve Your Constipation with 77 Natural Remedies." You can get more information on this ebook and more constipation remedies at this site.

<http://www.stop-constipation.com>

## **Staging Colon Cancer**

### **By Kyle Greatbatch**

When a doctor wants to evaluate the progress of colon cancer of one of his patients he or she uses a method called Staging. This method is about finding out to what extent the tumor (colon cancer) has spread to the other regions of the patients body. Once the doctors figured out in what stage the colon cancer is, they will develop the best course of action or treatment.

At this point in time the system that is most commonly used for the staging process of colon cancer is called the American Joint Committee on Cancer's (AJCC) TNM staging system. Simply put this system used for staging places the patients into one of four stages.

#### Stage 0

Stage 0 also known as carcinoma in situ or colorectal cancer. In this stage the colon cancer has been detected in the innermost lining of the colon.

#### Stage I

In this stage the colon cancer has already begun to spread. But the cancer is still in the inner lining of the rectum or colon. In this stage the colon cancer has not reached the outer walls of the colon yet. Stage I is also known as Duke A or colorectal cancer.

#### Stage II

## Check Your Colon Transient Time

In this stage the colon cancer spread more deeply into or through the colon or rectum. Possibly the colon cancer may have affected other tissue as well. In this stage the colon cancer hasn't reached the Lymph nodes (bean-sized structures which can be found in the entire body that helps the body fight all kinds of infections and diseases. Stage II is also known as Duke B or colorectal cancer.

### Stage III

When you are in this stage the colon cancer has now spread to the Lymph nodes although it hasn't spread to nearby parts of the body. Stage III is also known as Duke C or colorectal cancer.

### Stage IV

In this stage the colon cancer has spread through the Lymph node system to other nearby tissue. This is most commonly called metastasis. The organs that most likely are affected are the lungs and liver. Stage IV is also known as Duke D or colorectal cancer.

### Recurrent Colon Cancer or Cancerous Cells

When doctors talk about recurrent colon cancer they mean that cancerous cells that have already been treated have returned. These cancerous cells could possibly have returned as colorectal cancer but they might as well return in any other part of the body too.

By Kyle Greatbatch

<http://www.colon-health-01.com>



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