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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!**

**Diseases of the colon caused by Constipation**

**By Rudy Silva**

It was estimated that of all the people who died of cancer – colon, lung, prostate, and breast – in

1999 sixteen percent were attributed to colon cancer. But, how many of these other cancers originated in your colon? We do know that colon cancer is the second leading cause of deaths in the United States.

We don't know what cancers originated in your colon because the medical profession treats symptoms not the causes. Many doctors do not go looking for the cause of your problem. They don't have the time. In fact, they normally will not tell you what you need to do to prevent your illness. Sometimes the reason they will not tell you is they just do not know.

It is the nutritionist's job to tell you what foods and supplements you need to prevent and to overcome specific illnesses and what to eat to eliminate or stop constipation.

Why is it that some many people are dying of various diseases at such an early age – at forty, at fifty, at sixty, even 30, or younger? They die of heart diseases, blood diseases, cancers, autoimmune diseases and the list goes on. It has been know for a longtime why diseases occur and what you can do to prevent it.

These death producing illnesses are a result of our life style – the foods we eat, the water we drink, the air pollution we breathe, the thoughts we think, the toxins we are exposed to at work, and the cleaning products we use at home.

What is it that causes us to behave in a way that is harmful to others or ourselves in ways that affect our health, our relationships, and our life? Why do people smoke when they know it causes Cancer? Why do people drink coffee when they know caffeine affects their adrenal gland, which eventually leads to exhaustion? Why is it that people eat sugar when they know it has untold health effects beyond diabetes? The answer is simple but difficult to accept.

All illness originates from repressed traumatic memories resulting from early life trauma.

## Diseases of the colon caused by Constipation

Dr Arthur Janov explains this clearly in his book, 1996, Why You Get Sick How You Get Well.

"Over the last thirty years I have learned a great deal about humans and what drives them. As trite as it may seem, what I have found is a single yet complex emotion called love. Not the romantic love of novels, but a fundamental love – the love of a parent for a child. When a child lacks love and nurturing, no matter how that lack is manifest, it creates pain, and if this pain is not "felt" or integrated into the system, it will in turn cause physical and emotional illness in later life."

It takes discipline to change behavior, thought, and life style, which are good for health. This is what is necessary to reduce or eliminate illness. This is what is necessary to bring on a feeling of well-being way into your old age – at 80, at 90, at 100, and well beyond that. With the new anti-aging nutrients and supplements on the market, I can see people living well into 120 years provided they follow a good lifestyle.

How many people are willing to devote the time and money to start eating the right foods and change their lifestyle? This is the first step in reducing or eliminating constipation.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. His information can be seen at

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

### **How to Prevent or Get Rid of Chronic Constipation**

**By Rudy Silva**

Do you expect your doctor to help you get rid of constipation or chronic constipation? And, to tell you what you need to do to keep it from coming back and at the same time tell you how to improve your health.

In a recent newsletter, that I read, it said doctors interrupt their patients every 18 seconds and spend very little time with them. This gives them a way to sell their drugs and to see more patients.

So if you want to get rid of bloating and constipation or chronic constipation and stay regular, you're going to have to take charge of your problem. You're going to want to do this by using natural methods and remedies. If you use drugs or drugstore laxatives you're looking for health troubles down the road.

**It's Not Your Fault You Have Constipation or Chronic Constipation**

So why is it not your fault that you have constipation? Well, one reason is, you have constipation because of what you eat. When you were growing up, you learned what, how, and why to eat the way you eat now. This means you were trained on how to eat by your parents.

How to get rid of constipation

## Diseases of the colon caused by Constipation

To get rid of constipation short term is easy. If you are constipated, you can get unplugged in a week or two or less and maybe in a day. Keeping un-constipated or regular long term is harder to do...

That is why I have written an e-book on How to Relieve Constipation Using Natural Remedies. It helps you eliminate constipation for good. This e-book is packed with information on all areas of constipation and tells you how to maintain regularity long term. (I am going to raise the price of this e-book from \$19.97 to \$29.97 by tomorrow, so if you want it at the lower price, now is the time to get it. My e-book is under priced that is why I am increasing it.)

### Three Things to do to Get Rid of Constipation

Now here's what you should know and need to do.

Drink more water or natural juices – if you don't drink enough water, your body takes it from your fecal matter in the colon and makes your stools hard and difficult to eliminate.

Eat more fruits and their juices – eat only fruits and vegetables and their juices from 8 pm to 12 pm. This helps you to detoxify and eliminate anything you have in your colon. You'll also get more fiber since fruits are high in fiber. Then at noon time you can have a nice lunch.

Now, one more thing,

### How to Eat Protein to prevent constipation or chronic constipation

If you don't eat vegetables with your protein, this is a big problem and you're going to create

constipation. Your protein is going to take a long time going through your colon, and you will be constipated. The longer protein stays in the colon the more susceptible you are to colon cancer and other colon diseases.

So eat smaller protein portions and always eat it with raw vegetables. The vegetables provide fiber to mix in with the digested protein. Don't eat fruit with your meals or as desert, they interfere with your digestion.

### How to Eat Bread to prevent constipation or chronic constipation

Now, the same is true about bread or other flour products. They digest quicker than protein in the stomach, but in the colon they move very slowly. Again, eat them with vegetables unless you want to keep your constipation.

Use these ideas and you will see that you will slowly start to eliminate constipation and prevent chronic constipation.

Rudy is a Natural Nutritionist. To discover more tips and information on how to get rid of constipation

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go to:

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

If you have a pressing need to eliminate constipation check out his constipation ebook at:

<http://www.remedies-for-constipation.com>



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