

This Free E-Book is brought to you by Natural-Aging.com.

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

Two Simple Ideas for Preventing Colon Cancer

By Rudy Silva

Colon cancer starts with colon polyps. Polyps are growths in the inner lining of your colon walls.

They are formed when the inner lining is irritated or attacked by fecal matter toxins. When you have colon polyps, you dramatically increase your risk of getting colon cancer.

To prevent getting colon cancer you need to prevent getting polyps. If you have polyps then you need to prevent them from becoming cancerous.

Here are some ideas that you can use in preventing colon cancer whether you have or do not have polyps.

Polyps occur when your fecal matter is toxic and becomes stagnant. When your fecal matter stops moving in your colon, then toxic matter in the fecal matter comes in contact with your colon wall. It is this colon area that becomes irritated and over time weakens. As inflammation sets in and irritation continues, toxins are absorbed into the colon wall and a growth occurs. This growth will continue as long as you continue to have toxic fecal matter and constipation.

Here are two things that can help you from creating and irritating polyps.

First eliminate any form of constipation. You have constipation if you don't have at least two bowel movements daily when you have three meals a day. Determine how long it takes for your food to pass through your body. A good rule of thumb is, it should take about 24 hours for food to travel from your mouth and out your anus.

After you eat breakfast in the morning, drink 6 – 8 oz of any juice with 2 oz of liquid chlorophyll. You can use 2 oz of red beet juice if you prefer. Then check when you start to see either green or red stools. This is your colon transit time. If it takes more than 24 hours then you need to reduce this time.

Preventing colon cancer requires that fecal matter move through your colon without remaining at one spot for too long.

Two Simple Ideas for Preventing Colon Cancer

The second thing you can do to prevent colon cancer is to change your fecal matter toxic level. Two things that make your fecal matter more toxic are undigested food and carcinogenic chemicals. Since, most processed foods such as breads, packaged foods, cooked foods, processed meats, and pasteurized liquids lack digestive enzymes, your body is unable to digest all of the food that you eat. When undigested food reaches the colon, it is decomposed by bad bacteria and becomes highly toxic.

To correct this toxicity, start eating more raw foods such as fruits and vegetables, which are filled with enzymes. Try ten servings a day. It's a lot isn't it? But, that what we need to stop colon cancer or other colon irritations.

Next, read food labels and avoid those foods, as much as possible, which contain excessive preservative, coloring, dyes, fillers, and food stabilizers. There are hundreds of chemicals that are added to your food which help to keep the food from falling apart and decaying. Many of these

chemicals are not digested in the small intestine and move into the colon where then make the fecal matter more toxic.

These are two steps that you can start applying for preventing colon cancer. If you have polyps, then these steps will help to keep them in check and reduce your risk of getting colon cancer.

Rudy Silva is a Natural Nutritionist. To get more tips and discover more ideas on how to prevent getting colon cancer, go to:

<http://www.coloncancerawareness.info>

To discover how to eliminate constipation go to:

<http://www.remedies-for-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

Two Simple Ideas for Preventing Colon Cancer

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

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>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!