

Focus on the Colon

Remember like mosquitoes, germs are attracted to stagnant pools.....

Have you ever wondered why some people are more susceptible to getting colds, infections and diseases, and some are less susceptible? Are colds, infections and diseases really the result of some random and arbitrary external attack from outside the body? Or is it the lack of resistance in the human body due to toxicity of the blood, tissues and organs that sets the right condition in the body for germs to invade really to blame?

In the last edition of YOGA Magazine I discussed how human health across the developed western world is deteriorating at an alarming rate, and that the root cause of this is toxicity. In this issue, I explore how the major source of toxicity in human health in the developed world starts at the colon. I will go on to discuss the various options for detoxification.

Despite our "evolution" from cave dweller to nuclear physicist, there has been a one-way devolution in the dietary habits of modern man. Contemporary lifestyles have succeeded in putting great toxic stress on our essential organs, tissues, and glands. We habitually overload our tummies with processed foods taken in haphazard combinations, and our livers are abnormally outsized and overworked with the strain of imbibing huge amounts of concentrated proteins, poisons and pharmaceutical drugs. Our pancreases have often bloated to twice their normal size thanks to the constant demands for digestive enzymes to digest dead and processed foods. Most endemically in the "developed" world our colons are now choked up with thick folds of glue-like plaque that poisons our blood.

In the developed world the colon is the organ in the human body that has suffered the most abuse from our contemporary lifestyles. Simply put, when food that is refined or processed, or just simply taken in the wrong combinations, reaches the tummy, a message is immediately sent from the stomach forewarning the liver to start producing mucus, to protect the colon, because in effect the "enemy" is on its way. Despite human evolution the human body will continue to accept only food that is natural and wholesome, because the alimentary canal has not changed. The alimentary canal continues to protect itself from this basic dietary fact,



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and the colon is then lined thickly with mucus to protect itself from chronic toxic irritation. The colon's lining is very sensitive indeed.

If this mucus layer was to be secreted a couple of times per month as mother nature intended that would be fine – the mucus would dissolve and slowly start to leave the colon without injury. However, because of our modern western diets, the colon ends up secreting a constant stream of mucus to protect itself, which accumulates and gets impacted into the folds of the colon. This mucus layers thicken to a centimetre or so, which results in a narrowing of the passageway of the colon, which then contributes to the problem of impacting further mucus and trapping faeces. Through osmosis toxins constantly seep back into the human bloodstream from the colon, and are carried to all parts of the body causing inflammation, weight gain, irritation, further damage and further disease.

Regardless of your age, your social or your financial standing, your sex, your level of yoga practice, your conscious or unconscious food choices, the chances are in varying degrees of severity – you have this hardened mucus inside your colon which is poisoning your body.

Cleansing the body is an important preliminary step in yoga. Whatever pollutes the body pollutes the mind, whatever pollutes the mind pollutes the spirit; and by cleaning the bowels we repair not just the mind and the body but also our spiritual relationships.

Traditionally one of the first-step practices given to a student entering an ashram in India are cleansing exercises, because blocks in the free flow of energy impair health and obstruct the development of higher levels of vitality and awareness.

Exploring the merits of the kriya yoga practice of shankaprakshalana, and colonic irrigation as an essential health component for all yogis



Shankhaprakshalana or washing of the intestine, which should not be undertaken without the assistance of a competent teacher, involves imbibing 2 glasses of warm salt water, followed by dynamic asanas, and periodic evacuations, repeated about six or seven times. A special meal usually of khicheri (rice and lentils) is taken about an hour after the practice, and then again approximately six hours after this meal in order to reline the intestines and keep the walls of the gut stretched, otherwise they may cramp. After shankhaprakshalana, a special diet for at least one month after the practice has to be followed as the digestive system becomes very vulnerable. Extra care should be taken.

When I first started practising yoga in India,

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shankhaprakshalana was my baptism of fire! The entire alimentary canal is swept clean, and what came out of the other end astonished me and disgusted me in equal measure into adopting fasting and colon cleaning as a life-long habit. In fact, what came out very much resembled what you may find on cleaning out your kitchen drainpipe, and what followed afterwards was a state that could only be likened to a religious experience!

Colonic irrigation cleanses the entire colon from the ascending portion across the traverse portion to the descending colon. Shankhaprakshalana has the advantage over colonic hydrotherapy in that it cleans the entire length of the alimentary canal. However, when you consider the toxicity of the colon and its impact on your system (about

99% of the problem here), and the time factors involved with the practice of Shankhaprakshalana, it can be more practical to opt for a home colonic irrigation board or see a professional hydrotherapist. Please note that colonics are not the same as enemas.

Colonic Embarrassment

The fact of the matter is that there is a great deal of ignorance that surrounds colonic health – it would certainly seem that the very sound of the word “colon” will prompt embarrassment to any British sensibility; suggest that you run litres of warm water through your colon, and this

embarrassment will quickly grow from suspicion into panic. The situation is compounded by the fact that modern doctors are reluctant to discuss colonic irrigation and nutritional therapy because they know very little about such things.

Enemas do not reach the transverse and ascending portions of the colon, and only at best flush out the rectum and a small part of the descending colon.

Colonic irrigation can be administered completely safely in the privacy of your own home using a colonic irrigation board (available through www.pinkboard.co.uk). This works entirely by gravity, not pumps, is operated very simply indeed, and comes with instructions. A colonic irrigation can also be administered by a professional hydrotherapist in your area. Each consultation costs in the region of £60-£85 and takes about 30 minutes.

In reality, the thick mucus coating on the intestinal wall will never come away without the assistance of a tried and tested therapeutic detox method in conjunction with a series of colonic irrigations. The 12-Day Chris James Urban Yoga Detox, which I will be speaking about in forthcoming issues of the YOGA Magazine, not only kick-starts the colon but your entire metabolism, body and mind gets a complete overhaul as well. See www.chrisjamesyoga.com/programmes.htm for details...

It must be noted at this point that chemical laxatives which have become very popular drugs in the western world will do nothing whatsoever to remove the deeply impacted mucus and putrefied waste inside the colon. The inorganic chemicals that are used are entirely incompatible with the human system. Indeed, used over and over again, chemical laxatives weaken the colon to the extent that they contribute further to the problem of toxicity, as the colon becomes less able to function effectively.

Furthermore, it is incorrect to assume that the embedded toxic layer will be discharged from your colon simply by eating fibrous foods such as bran and raw vegetables. These are so bulky that they cannot get through the

small holes remaining for matter to pass through your colon – instead they can contribute further to the problem. Indeed, I propose that it is folly to start a new dietary course or programme until you have got rid of the years of accumulated and toxic debris from your previous dietary habits.

Thus far we can surmise that this toxic layer of putrefied mucus was put there by you, as a result of your own eating habits and food choices. Furthermore, your body's natural cleansing mechanisms are not designed to deal with this unnatural mess – it requires special methods to eliminate it. Anyone who takes the plunge will never regret it!

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