



## Moving Toxins Out: Elimination Bootcamp for Your Bowels

Whenever you are cleansing and repairing, the main goal is to eliminate things that your body doesn't need - the things that are causing you harm.

So, are you eliminating?

Nothing like getting right to the point, is there?

Talking about your eliminations is something you've been taught to avoid in mixed company, isn't it?

BOOT  
CAMP

If you're doing a cleanse, we need to bring elimination right out on the table. After all, the point is to cleanse all of your body parts, including your colon. So today, at the risk of offending you, I'm going to be blunt and talk about "poop". You can call it feces, or stool, or even some of the more offensive names for it if you'd like, but I prefer to call it poop. Maybe because I'm a Mom, and poop is a common household word, especially with young boys.

### What "Regular" Means For You

The point is, you need to be pooping and you need to be doing it regularly. Not once or twice a week, not every other day, and quite frankly, not once a day either. To effectively cleanse your system, you need to be pooping at least 2, preferably 3, times a day.

You may at this point be saying, "I always poop 2 - 3 times a day", and my response is "good for you." Later in this article you'll learn how to determine if you are having "healthy" elimination.

If you're still with me, you may be thinking "2 - 3 times a day? I'm lucky if I go once a day," or "I thought it was good that I pooped once a day." Stay with me here and I'll give you a few tips to help you to increase the number of times a day you poop. Before I talk about how to increase the number of times a day you poop, I'd first like to explain why it's important, okay?

## Understanding the Digestive Process

Normally when food enters your body, it gets chewed in your mouth, slides down the esophagus, and enters the steamy acid pit in your stomach. Once there, the acids and enzymes begin the job of breaking the food down into molecules that can be absorbed once the food reaches the lower part of the small intestine.

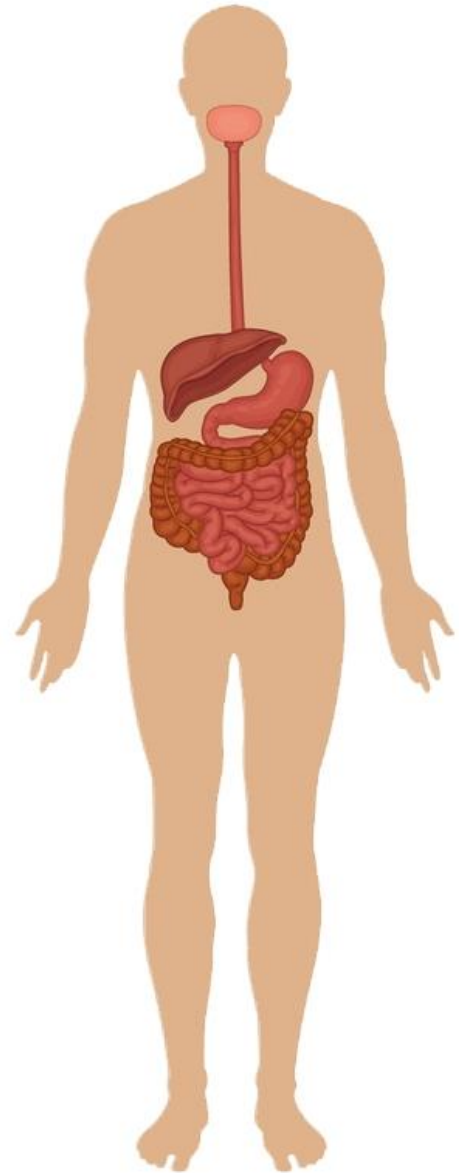
When the food hits the stomach and the stomach gets distended (stretched), a signal is sent to the furthest part of the small intestine, called the "ileum". At the end of the ileum, where the small intestine meets the large intestine, there's a valve called the **ileocecal valve**.

The signal from the stomach to the ileum is a reflex, meaning that it's an automatic response via the nervous system. It's called **gastroileal reflex**, named for the stomach where it originates (gastric is the medical way that the stomach is referred to) and where it ends, in the ileum.

So why am I getting all scientific on you? Well, I think it's important to have an understanding of what happens so you can understand what's going wrong when elimination doesn't happen the way it should. Let me continue and maybe it will start to make more sense.

## What Should Happen Every Time You Eat

What is supposed to happen is that every time you eat a meal, the distention (expansion) of the stomach triggers the gastroileal reflex, which signals the ileum at the end of the small intestine to open the gate and let the remnants of the food that's already been through the digestive process to enter the large intestine.



Thus, every time you eat a meal (small snacks usually don't distend the stomach enough to trigger the gastroileal reflex), the opening of the ileocecal valve and the passage of new waste products into the large intestine should trigger a bowel movement within about 30 minutes.

## Reasons for Irregularity:

So, you might be thinking, I'm eating enough, so why am I not pooping after every meal?

Great question. Lots of things can go wrong. These are just a few:

- Your ileocecal valve may be **stuck in the shut position**, which can cause food remnants to build up in the small intestine, causing bloating and pain.
- The ileocecal valve can get **stuck in the open position**, causing wastes to back up into the small intestine.
- The ileocecal valve can be functioning normally, but **lack of good muscular action** in the large intestine can cause the poop to build there.
- **Lack of fiber and dehydration** can cause a very dry and small poop, which is slow to pass through the large intestine.

Ileocecal valve problems can be caused by many things, including eating foods that irritate it. Foods that you are allergic or sensitive to, such as **wheat, corn, milk, eggs, peanuts, and soy** can irritate the valve. Other irritants like **chocolate, alcohol, and caffeine** can affect the valve as well. **Toxic wastes, eating under stress, and parasites** may also contribute to ileocecal valve problems.

## General Guidelines to Restore Regularity:

Eliminating these irritants, as you'll work towards doing in the GREEN Cleanse preparation week, can go a long way towards restoring normal function to the intestines. The sheer quantity of greens and fruit you consume when you drink a quart or more of green smoothie a day increases the volume of your stool and the water content of your stool. These benefits can result in normalization of your elimination over time.

Chewing well, drinking your smoothies slowly, keeping well hydrated, and cutting down on fats can all be helpful in improving elimination. Making sure to include sources of omega - fats (e.g. chia, hemp, and flax seeds) is also important for bowel health and optimal transit time. Also, if you get the urge to poop, don't ignore it. Listening to your body will improve the process as well.

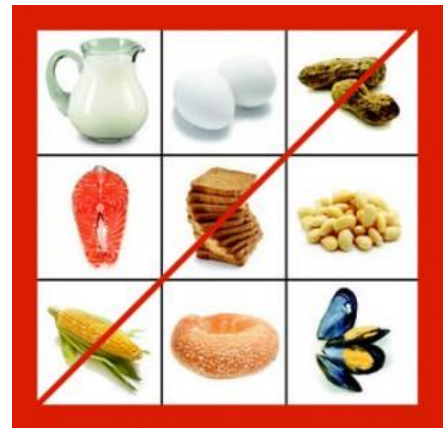
And it's super important to keep your elimination optimal, since **constipation leads to the re-absorption of all those toxins**, which increases your risk of cancer - not only in the colon, but in other body parts.

## Bootcamp Basics for Your Bowels

In the unlikely event that doing all of these things still does not result in 2 - 3 healthy bowel movements each day, what should you do?

First, I'll summarize what you can do to **improve the speed** at which waste products leave your body. (Ideally your food should be eliminated within 12 hours of eating it.)

- **Avoid irritants:** Caffeine, alcohol, processed fats, and chocolate.
- **Avoid allergens:** Culprits are usually wheat, corn, soy, dairy, eggs, and peanuts, but can be anything to which you have a sensitivity.
- **Relax before and during your meals:** Take a few deep breaths and avoid multitasking.
- **Exercise** to keep the muscles in the large intestine working properly.
- **Consume plenty of fiber** in the form of fresh fruits and vegetables with an abundance of green leafy vegetables.
- **Add ground flax seeds or chia seeds** to your smoothies or consume them separately as puddings.
- **Eat a daily dose of probiotic** containing foods like sauerkraut, coconut kefir, kombucha, kim chee, miso, rejuvalac, or nut/seed yogurt. Or you can take a good quality probiotic supplement (acidophilus and its close relatives).



## Bootcamp Boost Steps for your Bowel to Improve Elimination

These are additional steps to assist you in eliminating the poop that's sluggishly making its way through the large intestine, so you don't absorb all those toxins. **These steps should be in addition to the steps taken above**, which can take a while to become effective if you've had a long standing sluggish bowel.

1. **Give yourself an enema.** This may not be the most pleasant experience of your life, but the results can be quick and dramatic.
2. **Get a colonic** from a professional. This is similar to the enema, but deeper.
3. **Add a fiber supplement** such as psyllium seed husks or chia seed. Be sure to drink LOTS of water if you do this, or the psyllium will form a brick in your small intestine. Be cautious with psyllium and always start with a small amount and increase slowly. Some people can't do psyllium because it irritates their intestines.
4. **Take demulcent (aka mucilaginous) herbs** like marshmallow or slippery elm dissolved in warm water and sipped 5 - 15 minutes before meals.
5. **Do what I call a "pro-biotic implant"** -- take high doses of probiotics over a short period of time to restore normal flora.
6. **Determine if you have parasites** or other unfriendly organisms living in your gut and create a plan to restore normal balance.
7. **Try drinking [Smoother Move Tea™](http://www.DrRitamarie.com)**, a brand name tea that uses senna leaf as a laxative, to improve elimination. Use as directed.
8. **Try an abdominal colonic massage.** Colonic massage provides relief for constipation, diarrhea, gas, and bloating. To learn how, Google "colonic massage" for instructions.

Steps 4, 5 and 6 may require assistance from a trained professional.

## What is a Healthy Poop?

You probably know the difference between constipation and diarrhea, right?

Constipation is too few bowel movements and diarrhea is too many. Constipation is usually associated with small, hard poops. Diarrhea is usually associated with loose, often watery poops.

Healthy poop should be between 1 1/2 and 2 inches in diameter and between 6 and 10-inches long. The color should be medium brown, but it will tend towards green when lots of green smoothies are consumed.








Light colored poop indicates that you are not digesting your fats very well. A healthy poop should be well formed and soft. It should be easy to pass. High fiber content in the stools will cause them to fall apart when they hit the water. There is actually a classification system for poop called the Bristol stool form scale.

### Criteria for Assessing the Health of Your Poop:

If you have any of the following types of poop, it is likely that your digestion is not ideal and can use some help.

- **Greasy** - indicates poor fat digestion, which can be a sign of impaired liver. Digestive enzymes and liver support are indicated here.
- **Foul smelling** - a sign of stagnation in your large intestine and possibly an overly acidic system. Digestive enzymes and probiotics are indicated here. Enemas and colonics may be indicated as well.
- **Leave a skid mark in the bowl** - usually a sign of excess mucous in the stool. This can be a result of the intake of dairy, wheat, or other mucous producing foods or allergens.
- **Pellets** - indicative of dehydration, low fiber intake, or sluggish liver function.
- **Lumpy** - similar to pellets, but the pellets are all formed into a sausage like shape.
- **Pale colored** - indicative of low bile production from impaired liver function.
- **Visible food particles** - indicates you're not chewing enough. Slow down and chew your food until it's a smooth consistency.
- **Pencil thin** - can indicate that the large intestine is clogged, with stools hardened around the edges so only a narrow passage way remains open.
- **Watery** - can indicate an irritated bowel, toxin exposure, or chronic dysbiosis (or "bad" life) in your colon.
- **Small curved pieces** - indicate faster than normal transit time. The stools still have the shape of the small intestine because they have not been in the large intestine long enough to become dryer and take on the larger dimension.

### Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>



## Steps to Improving the Health of Your Poop

I recommend keeping a poop journal if your stools are anything other than "normal" i.e. **1 1/2 to 2 inches in diameter, 6 - 10-inches long, medium brown (or greenish with lots of smoothies), well-formed, and easy to pass.**

Once you have determined a pattern to your bowel movements, you can begin a program to fix what's not working.

The following list is mandatory for gut health and proper elimination:

- Relax and eat slowly and consciously.
- Chew your food to the consistency of a smoothie.
- Avoid coffee, alcohol, sugar, processed foods, trans fats, and anything with preservatives and flavorings.
- Avoid all allergens, especially gluten and dairy.
- Keep hydrated: at least 1/2 your body weight in fluid ounces each day.
- Eat plenty of fiber in the form of fresh fruits and vegetables.
- Get adequate essential fatty acids each day: flax, chia, hemp seeds, pumpkin seeds, and blue green algae.
- Eat probiotic containing foods each day. These include sauerkraut and Kim chee, non-dairy nut/seed/coconut kefir or yogurt, miso, kombucha, and rejuvalac. If you don't eat probiotic foods, take a good probiotic supplement of 7 billion organisms or more each day.
- Take digestive enzymes with all cooked food.

If you have other problems going on you may need to do any of the following:

- Remove yeast and other pathogens: bacteria, fungi, and parasites.
- Repair your leaky gut using supplements and foods: aloe vera gel, essential fatty acids, cabbage juice, and digestive enzymes.
- Support your liver through sulfur rich foods like garlic, onion, and cabbage. Take liver support herbs like milk thistle, dandelion greens, and burdock root.



That's it for now.

Start a poop journal and get yourself on the path to a clean colon.