

Colon Transit Time

Name: _____ Date: _____ Original: _____ Follow-up: _____

One of the most common health hazards and problems in Western civilization is chronic constipation and disease of the colon, e.g., hemorrhoids, diverticulitis, colitis, cancer of the colon, and auto-toxicity (self-poisoning) from chronic constipation.

Studies of other cultures have consistently shown the correlation between healthy colons, large stools, and normal colon transit time. The “uneducated” African and Asian natives who eat bulky, high-fiber diets with little or no meat and no refined foods have almost complete freedom from heart disease, atherosclerosis, cancer (especially of the colon and rectum), diabetes, appendicitis, mental disease, and hypoglycemia.

A measure of colon health is the COLON TRANSIT TIME. This is done simply by eating a moderate serving of corn or beets or taking activated charcoal capsules and observing their appearance in the stool.

DIRECTIONS: PLEASE USE THIS SHEET AS
YOUR WORKSHEET, AND SUBMIT IT TO OUR
OFFICE WHEN COMPLETE.

A. Consume a moderate serving (1/2 to 3/4 cup) of corn or beets or four charcoal capsules.

Date: _____ Exact Time: _____

B. Examine stool (bowel movements), and note when corn or beets or charcoal is first seen.

Date: _____ Exact Time: _____

C. Note time when corn or beets or charcoal is last seen in stool.

Date: _____ Exact Time: _____

People living in African and Asian environments and cultures have a colon transit time of between 12 to 24 hours. In our culture, the average colon transit time is much longer. If a long transit time is found, it indicates suboptimal colon health. If a very rapid transit time is found, it may indicate poor absorption and assimilation of nutrients. Both conditions need treatment and correction.
