

# South Central's Health on Blast

## *“Better Colon Health”*

- The Colon is the longest segment of your large intestine that works in conjunction with kidney, lungs and skin to pump out toxins and waste.
- Having a healthy colon can help to maintain a healthy weight, provide you with more energy, will eliminate toxins from the body and will flatten the stomach.
- Unhealthy Colons can result in toxin overload, leading to stomach pains or cramps, fatigue, digestive issues, and problems with blood circulation.
- The best foods to include in a healthy colon diet is fiber, fruits, and vegetables, also, considered as a natural way to cleanse the colon.
- Drinking water will also improve the health of the colon. Experts say to drink half of your body weight in ounces to help prevent problems, such as constipation.

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## Facts to Remember

- Colon Cancer is the 3<sup>rd</sup> leading cause of cancer related deaths.
- Various medical screenings are used to detect serious colon issues such as parasites, polyps or tumors, and cancer.
- Screenings range from blood testing to colonoscopies and are recommended for both men and women, regularly-meaning more than once.
- If detected early colon cancer can be cured.
- There are 3 primary options to treat colon cancer surgery, chemotherapy, and radiation.

<http://www.colonhealthmagazine.com>

<http://www.cancer.org/Cancer/ColonandRectumCancer>