

# Does Death Begin in the Colon?

## Intestinal Health – A Self Analysis

- ◆ Check one answer for each question
- ◆ After each answer you check you will find a number in brackets, transfer that number to the score column.
- ◆ Add all the numbers in the score column to get your total score.

### Questions

1. How many hours does it usually take for your food to digest (move from mouth to elimination)?  
\_\_\_ less than 24 hours(0) \_\_\_ 24 to 36 hours (1) \_\_\_ more that 36 hours(0)
2. How many bowel movements did you have yesterday?  
\_\_\_ none (0) \_\_\_ one or two (1) \_\_\_ three (2)
3. How long are your stools usually?  
\_\_\_ the size of pellets or granulated flakes? (0) \_\_\_ shorter than a foot? (0)  
\_\_\_ about a foot long (1)
4. How large are your stools around?  
\_\_\_ less than silver dollar (0) \_\_\_ about the size of a silver dollar (1) \_\_\_ larger than a silver  
dollar (3 ½ cm or 1 1/4 inches) (0)
5. What colour are your stools usually?  
\_\_\_ light brown (1) \_\_\_ green, red, black, or any other colour than light brown (0)
6. How much undigested food can you see in your stool?  
\_\_\_ a lot (0) \_\_\_ a little (1) \_\_\_ none at all (2)
7. Do your bowel movements usually float or sink or both?  
\_\_\_ float (0) \_\_\_ sink (0) \_\_\_ both float and sink (1)
8. How often do you have cold hands or feet?  
\_\_\_ often (0) \_\_\_ occasionally (1) \_\_\_ never (2)
9. Can you see mucus in your stools or coating them?  
\_\_\_ often (0) \_\_\_ occasionally (1) \_\_\_ never (2)

Total Score: \_\_\_\_\_

A higher score indicates greater intestinal health: a score of 12 is highest, 0 lowest.

A lower score indicates that you may want to consider the use of colon therapy, enemas or other colon cleansing therapies, which should be discussed with your physician.

Answers:

1. Food should move through you at a relatively even rate or speed. Digestion starts with peristaltic action initiated by chewing and continues until elimination. In the healthy colon this takes 24 – 36 hours. If your food goes through faster it usually indicates an accumulation layer of debris preventing your colon from performing properly. If digestion takes more time then impactions or distortions of the colon are usually slowing the process.
2. You should have one bowel movement roughly 24 to 36 hours after every meal or three a day if you eat three meals.
3. The length of your stools should conform to the segment lengths of a clean and healthy colon. Each segment: ascending, transverse, descending, is about one foot long. Passed stool tends to break at the segment junctures. A healthy stool is thus about a foot long. A shorter stool usually indicates the colon is unable to process food properly where the stool produced does not have the right moisture content.
4. The diameter of the colon should be roughly that of a silver dollar. Smaller indicates constriction, perhaps due to prolonged stress or accumulated layers of non-eliminated debris. Larger indicates lack of colon muscle tone from lack of exercise, low assimilation of minerals or a low fiber diet.
5. Your stool should be composed of 95 - 98% dead bacteria and 2 – 5% fiber that has not been broken down. Dead bacteria are light brown, making the healthy stool light brown too. Other colours can indicate the presence of undigested food or in some cases blood. Stool can also be off colour as a result of taking medications or vitamins.
6. A healthy colon produces stool with no sign of undigested food. Undigested food particles usually mean accumulated debris preventing proper digestion.
7. Healthy stool half floats and half sinks in water. Stool that entirely floats is usually filled with undigested fat or fermentive gas. Stool that sinks usually has undigested minerals or is so compacted from retention it contains little moisture.
8. The composting function of the colon is the major source of body heat. The internal temperature of a healthy colon is roughly 105 degrees Fahrenheit allowing the colon to serve as the body's radiant heater. While there are a number of reasons why your hands and feet might be cold most common is chronic constipation indicating the colon is not processing food fast enough to produce heat.
9. Mucus in or coating your stool can mean a number of things: possibly a colitis condition, infection or irritation. A person in a detoxification cycle, after a fasting regime, will also find mucus on or coating stool eliminated from a healthy colon. Under most conditions however, you cannot observe mucus in or coating stools eliminated from a healthy colon.