



May 15, 2010 – Ashland, KY

Cleanse Your Colon

Paula, Mom, Dad, and I are traveling this weekend to the wedding of our nephew Ian, but I didn't want you to miss a message so I decided to talk briefly about Paula's colonoscopy this past Wednesday. Makes perfect sense, doesn't it?

The focus isn't on the colonoscopy. It went very well, no polyps or other issues, and she doesn't need another one for 10 years, for which she's very grateful—glad she did it and glad it's over.

It's the process of getting the colon ready that I want to focus on. She was on only fluids for a day and had to drink two liters of a solution and, yes, it did clean her out. In other words, it was a colon cleanse. What was in the solution? It wasn't the old days where they give someone magnesium citrate. It was several types of sodium and polyethylene glycol. The sodium pulls fluid into the gut and you will be cleansed.

I think doing the colon cleanse in the Health Info section is a better way to go and probably not as dramatic. But if you want to cleanse your system or are faced with constipation, drink about 16 ounces of a solution made up of one teaspoon of sea salt and two teaspoons of polyethylene glycol 3350 (also known as MiraLax) mixed in your favorite sports drink, regular or calorie free. Trust me—constipation will be the least of your problems. Just make sure you use that only occasionally. It's better—and certainly more comfortable—to increase your fiber and fluid intake every day rather than use a constipation cocktail like this one.

What are you prepared to do today?

Dr. Chet

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