



Listen To Your Colon: The Complete Natural Healing Guide for Constipation

Jini Patel Thompson

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Even if you've been living with constipation for what seems like forever, it is possible to heal it, and Listen To Your Colon can show you how. In this important book, colon and bowel syndrome expert Jini Patel Thompson shares her innovative and effective natural remedies for both the short-term relief and the long-term resolution of chronic constipation.

She also offers natural remedies for the troublesome conditions that often accompany constipation, such as hemorrhoids, rectal or anal stricture, or rectal and anal fissures.

Jini's emphasis is on natural, holistic healing to address the root cause of a symptom, rather than merely suppressing it. The goal of holistic healing is not to take herbal supplements to suppress your symptoms (the same way drugs do), but rather to heal the imbalance or disease in your body that is causing the constipation.

Were you aware that long-term laxative use trains your colon's peristaltic mechanism (rhythmic contractions of the intestinal wall) to switch off, and can also damage bowel nerves, muscle and tissues? Or that, if medication is contributing to your constipation problem, fiber supplements may actually make the problem worse rather than helping?

Did you know that there are actually two different types of constipation?

Jini Patel Thompson calls them Peristaltic Constipation and Stenosis Constipation. She helps you identify which one you have and then guides you through the different treatment protocols for each.

This innovative and informative book helps you identify the components and causes behind your constipation (medications, dehydration, poor diet, stress, anal stenosis, trauma, mineral and nutrient deficiency, a lack of healthy bacteria in your gut, poor bowel habits, etc.), and then shows you exactly what to do to balance and heal your unique body.

Jini also takes you through the multiple factors that contribute to a healthy functioning bowel, and teaches you how to address each of these factors in your life.

Here are just some of the natural treatments detailed in this book:

- Herbal colon cleansing
- Enema colon flushing
- Therapeutic probiotics and probiotic retention enema
- Wild oregano oil to clear parasites, yeast, fungus, etc.
- Spastic colon factors and treatment
- Magnesium/potassium to relax the sphincter muscles
- Colonic massage to help your colon have a bowel movement
- Psyllium and aloe mixture to soften and bulk stools
- FissureHeal and HemorrHeal for anal fissures or hemorrhoids
- The mind/body connection with constipation; how your stress and emotions influence biochemical responses in your gut that can slow down (or speed up) gut motility and peristalsis (the rhythmic, muscular

contractions of your intestines)

- Dietary guidelines for using food to prevent constipation and keep your bowel healthy

If you've been suffering from daily discomfort due to constipation, it's understandable that you're in a hurry to have it go away - and the sooner, the better! And that's what Listen To Your Colon shows you how to do.

Jini also shows parents how to adapt her natural healing remedies and treatments for children with constipation. As well, Listen To Your Colon contains a chapter with help for those with spastic colon – a random mix of constipation, diarrheas and spasming.

There's no substitute for the hidden details and specific implementation instructions that only emerge when someone has healed herself of chronic constipation and helped thousands of others to do the same.

Numerous instructional videos are also included.

GET REGULAR AGAIN!

"This book is full of useful information one can find nowhere else. I have to admit I did not expect such a complete healing program. I am really happy to be healthy again. What I find as most important is the fact that in case the symptoms reappear I know exactly what to do."

M. N., South Carolina

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