



Fruit-Eze, Inc.
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A healthy colon lining is one element of healthy bowel function.

A healthy colon lining helps to protect the colon wall *and the nerve endings in the wall*. This is important because it is the autonomic neural interactions that are transmitted, between the brain and the colon, that direct the muscular actions of the colon. A healthy colon lining also lubricates the passage of stool through the colon which contributes to speedy stool transit time. A healthy colon

lining also promotes the growth of healthy intestinal bacteria.

The text below explores the role of the colon lining and how it affects regularity.

Can Fruit-Eze™ Improve the Colon Lining?

Yes. The soluble fiber content of Fruit-Eze™ pure fruit regularity blend helps to nourish the colon lining and make stools soft, flexible and easy to pass.

With delicious Fruit-Eze™ fruit blend you can avoid the damage that laxatives can cause to the colon lining and *Get Going... Naturally™*.

How Does a Healthy Colon Lining Affect Regularity?

A healthy colon lining is critical to bowel health. A colon lining that is moist and healthy affects regularity and the health of the colon in a number of ways:

- Delicate nerve endings that extend down into the colon wall are protected. Neural messages between the brain and colon can be reliably transmitted. This promotes regularity.
- Healthy intestinal bacteria are able to flourish. Bacteria help to further breakdown waste and create additional lubrication in the process. This promotes regularity. Healthy intestinal bacteria also help further breakdown waste, groom the colon, and protect it against infection.
- Nutritional uptake of vitamins and electrolytes is optimized.
- Movement of fluids, into and out of the epithelial cells in the colon wall, is more efficient.

- Stool passage through the colon is made easier which helps optimize colon function and promotes regularity.

Can I Improve the Colon Lining?

Yes. Here are a few things you can do to improve the lining of the colon:

- 1. Drink fluids each day.** Water is the main ingredient in the mucus that the body produces. Adequate fluid intake can help to support mucus production in the colon.
- 2. Increase soluble fiber intake.** Dietary fiber is broken down into a gel that helps to lubricate the colon, helps to make stools soft, and promotes healthy bacterial growth.
- 3. Avoid the use of diuretics and laxatives.** These drugs can dry out the colon lining, expose nerve endings to potential damage, and destroy the habitat needed to sustain healthy bacterial growth.
- 4. Enhance Bacterial Population Growth.** Following therapy with antibiotics, the intake of buttermilk, yogurt, or acidophilus supplement can help to restore healthy bacterial populations. Healthy bacteria help generate lubrication in the colon.

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What Contributes to the Breakdown of the Colon Lining?

There are several factors that can contribute to the breakdown of the colon lining. The most common are listed here:

- **Poor Diet.** A low fiber diet will starve the healthy bacteria of nourishment they require to survive, and reduce the amount of lubrication that these bacteria generate in the colon.
- **Inadequate Fluid Intake.** Not getting enough fluids will reduce the amount of mucus the colon can produce to lubricate and protect the colon lining and to foster healthy bacterial growth.
- **Laxative Use.** Stimulant laxatives can dehydrate the body rapidly deteriorating the colon lining. Long term use can destroy the colon lining and actually contribute to constipation and constipation leading to impaction. Avoid laxative use unless directed otherwise by your doctor.
- **Dehydration.** The stress of dehydration can deteriorate not only the colon lining but also the tissues of the colon itself.
- **Certain Medications.** Some medications, such as antibiotics, can kill healthy colonic bacteria needed to cleanse the colon and protect the colon from infection.
- **Infection.** Intestinal infections can damage the colon lining and scar the colon tissue in the area of the infection.
- **Disease.** Certain diseases can contribute to the breakdown of the colon lining.

What Can Happen if the Lining Breaks Down?

The colon lining can dry out and breakdown under certain conditions. Some of the problems that may occur if the lining breaks down include:

- Irregularity, and or constipation.
- Increased risk of impaction.
- Diminished capacity for epithelial cells to secrete moisture, or extract fluids.
- Potential damage to nerve endings from fibrous materials scraping along the unprotected colon wall.
- Decrease in healthy bacteria and therefore a reduction in the lubrication they generate.
- Increase in potentially infectious bacteria.

- Poorly formed stools that dry out easily due to a lack of lubrication that would otherwise be available to coat stools.
- Slowed stool transit time which leads to irregularity and constipation.

How Does Soluble Fiber Improve the Lining and Promote Regularity?

Fluids and dietary fiber help to create a healthy colon lining. Bacteria ferment soluble fiber into a gel. The colon uses this gel to protect and moisturize the colon lining. This moisture, along with the fluids you drink throughout the day, helps to keep the lining healthy.

Additionally, as a stool is being formed, some of this gel becomes incorporated into the stool mass and coats the stool after it is formed. This helps to keep stools soft and flexible, helps to preserve the moisture content of the stools, and helps lubricate their passage through the colon.

Can Fruit-Eze™ Help?

Yes. The soluble fibers in Fruit-Eze™, all natural fruit blend, is converted to a gel that helps to moisturize and improve the lining of your colon. This lubrication also helps your body to produce soft, and flexible stools that are easy to pass. This promotes regularity.

*Article by Carole Engel
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Fruit-Eze™ pure fruit regularity blend is a good source of fiber. It helps your body to produce well formed stools & helps you to *Get Going... Naturally™*.

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6-8 Week Adult Supply 1-888-734-8527

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