How do the Colon Muscles Contribute to Regularity?
From the esophagus to the anus, the entire gastrointestinal tract is surrounded by muscles. Strong abdominal and intestinal muscles are necessary for healthy bowel function and for speedy stool transit time.

When the colon muscles are toned, fecal matter is transported more efficiently through the colon. This “speedy” transit helps to ensure that just the right amount of water is extracted from the waste so that stools are well formed. This promotes regularity.

When these muscles lose their tone, they become weak. The colon becomes sluggish. Stool transit time slows. Slow transit time interferes with the formation of stools. Stools that move too slowly through the colon become dry and hard as too much water is extracted by the colon. These poorly formed stools are difficult to pass. Poorly formed stools and reduced stool transit time produce constipation.

How Does Loss of Colonic Muscle Tone Occur?
Like any muscle in the body, the colon muscles can loose their tone from lack of stimulation and lack of use.

Some circumstances that can lead to loss in muscle tone:
- Low fiber diet
- Excessive bed rest, lack of mobility, sedentary lifestyle
- Passage of loosely formed stools (chronic diarrhea, or long term laxative use)

- Neural interference (drugs or damage to nerves)
- Disease

Exercise and a high fiber diet can reverse loss in muscle tone in most cases. Additionally, under the guidance of a healthcare professional, the discontinuation of laxatives, diuretics, and drugs that interfere with the normal healthy function of the colon can help to arrest loss of muscle tone.

How Can I Improve Muscle Tone, Stool Transit Time, and Regularity?
You can improve muscle tone, stool transit time and regularity with regular exercise and dietary fiber.

Five minutes of daily exercise such as walking, stair climbing, leg lifts or deep knee bends will help to keep these muscles toned. Strength in these muscles helps to improve stool transit time.

The foods we eat, especially foods that contain dietary fiber, actually exercise the muscles of the gastrointestinal tract. In the colon, muscular stimulation (and contraction) is maximized by processing feces and stools that contain dietary fiber. How? By retaining moisture in the stool, fiber helps to increase stool volume and weight. Increased volume and weight stimulates muscle contractions. Increased muscle contraction improves stool transit time.

Fiber also helps to make stools soft, flexible, and easy to pass. These qualities help to prevent stools from becoming

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dried out, hard, and difficult to pass. Hard dry stools can prevent full contraction of the colon muscles and slow stool transit.

Together, exercise and dietary fiber help to tone these muscles, speed stool transit time and promote regularity.

**Can Fruit-Eze™ Help?**

Yes. Fruit-Eze™ pure fruit blend helps the body to produce well formed stools that exercise the colon muscles and contribute to speedy stool transit time.

Fruit-Eze™ concentrated fruit fibers can help you to achieve regularity and Get Going...Naturally™.

_Fruit-Eze™ pure fruit regularity blend works with the body, naturally and gradually, over time._

_Get Going... Naturally™_

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