

## Misc... Short & to the point

### Wake-up call

A sobering observation by Dr. Richard Schulze, paraphrasing the Merck Manual  
Pharmaceutical Reference:

“In the 1950’s 10% of American adults have bowel herniation (pathological pockets in the colon); in the 1970’s 30%; in the 1980’s 40%. And in the 16th edition they said that everybody will have herniation of the bowel.”



## RECLAIMING OUR HEALTH HERITAGE

Most pursuers of well-being are immersed either on the intake – diet, vitamins, minerals, purified water, vegetarianism, raw foods, traditional diets – you name it. Or, alternately focus is placed on the elimination, cleansing or detoxification. For those of you fixated on the intake, this logic seems sensible, however it is ultimately simplistic. There is one easy way to ensure both healthy intake of food, digestion of it, as well as essential elimination. See my blog entitled **ENGROSSED IN HEALTH-PURSITS?**

It has been said that the equation for having life – and more of it – as the *Tao Te Ching* recommends, to “invest in loss”; to release, let go, allow parts of ourselves to die, dissolve and disappear, clearing the way for new birth – cellular and systemic.

This is a loaded topic around the health and integrity of the bowels and letting go! While it can not possibly be all covered in this format, lets touch on something that doesn't get much attention. Talk of the lymphatic system, doesn't typically arise unless round the topic or sickness or problems around edema.

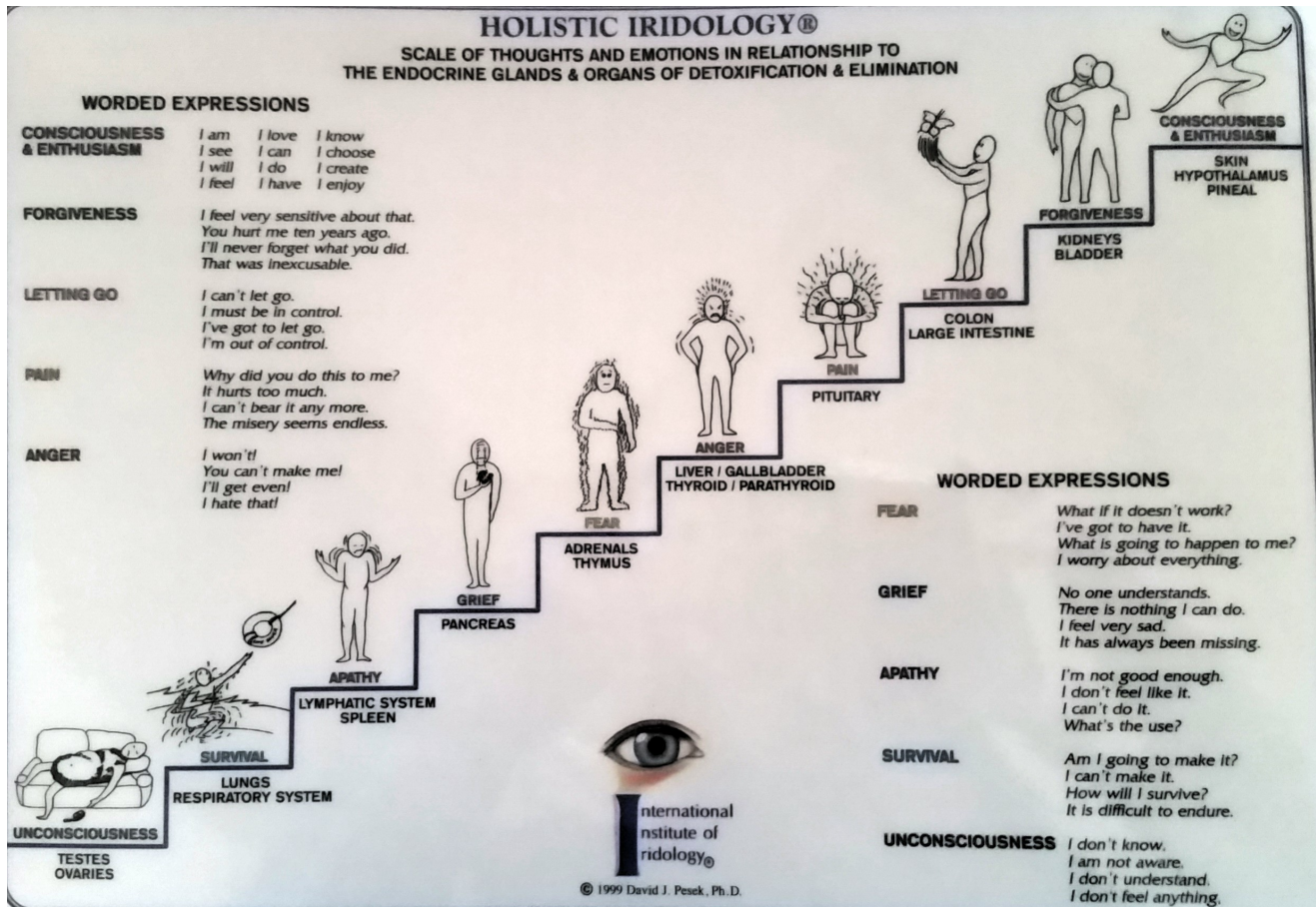
The lymphatic system consists of organs, ducts, and nodes transporting fluid and distributing components of the immune system. It seeps through capillary walls to fill tissue spaces. Lymphocytes are contained in lymph fluid, white blood cells are generated within this system and act as our defenders against invaders. This is why swelling, enlargement and sometimes soreness of the lymph nodes appears with illness. These nodes are the filters along the lymphatic pathway with the job of trapping pathogens, cancer cells, and other unwanted substances. To make sure this unwanted material is removed safely, circulation with the help of the lymphatic capillaries converge in formation of lymphatic vessels. This fluid must flow ultimately to return lymph fluid back to the circulatory system via the subclavian vein. If fluid cannot be returned to the blood stream, interstitial fluid builds up. This leads to swelling of the tissues called edema.

In addition to lymph nodes, principal lymph organs include the bone marrow (where B-lymphocytes are made), the spleen, tonsils and the thymus gland (where T-lymphocytes are made). The body can be over-whelmed with stressors, having a range of causes anywhere from a simple bacteria to environmental pollutants, however most likely a culmination.

Other functions the lymphatic system serves to support our body in:

- Absorbs fats and fat-soluble vitamins from the digestive system and delivers these nutrients to the cells of the body. Working with the circulatory system, lymph functions to deliver nutrients, oxygen, and hormones from the blood to the cells that make up the tissues of the body
- Removal of excess fluid and waste products from the interstitial spaces between the cells and provides the means for each cell to eliminate waste
- Filters disease-causing organisms
- Manufactures white blood cells and generates antibodies
- Drains excess fluids and proteins left behind by capillary circulation preventing tissue swelling is the inner excretory mechanism of the body, which is four times larger than the blood system

A great self-care technique you can apply to your daily life is to learn some breathing exercises. This may sound funny beginning this article with hernias, talking about the lymphatic system then ending on this recommendation. However, it is all ties in when you think of the nervous system and respiration! It has been shown that breathing can reduce stress positively affecting and calming the brain chemistry. Bowl health is greatly linked with mental/emotional health and actually referred to as the “second brain”. Additionally, Unlike blood, which flows throughout the body in a continual loop and has a pump (the beating heart), lymphatic movement occurs in just one direction. This flow is only upward toward the neck. This one-way street, so to speak, relies exclusively on muscle contraction and respiration for the circulation the lymph fluid. Diaphragmatic deep breathing and physical exercise are critical for lymph cleansing and to an over-all healthy immune function. How does this talk of the lymphatic system tie into the integrity of the intestines? Well, being that the colon is the major outlet for waste products, the failure to properly evacuate overwhelms the lymphatic system and ultimately compromises healthy immunity. What are bowls says about your emotional/mental state? See the chart from the Institute of Holistic Iridology (next page). Can you link your physical conditions to your state or mind, how stress has been handled throughout your life, and circumstances you have been through?



Note how the colon area is about letting go. Interestingly enough, much about breath work is akin to letting go. This can be metaphorically or literally! I encourage you to play with this a little.