



White Paper
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Enzyme Therapy Dangers of Constipation

Stedman's Medical Dictionary (27th ed., Lippincott Williams & Wilkins, 2000) defines constipation as a condition in which bowel movements are infrequent or incomplete. While one movement per day might be considered ideal, any deviation requires further questioning. Most people believe constipation implies hard or painful bowel movements and not just frequency. Many believe a bowel movement every two or three days is normal and a bowel movement every four or five days is no cause for concern. This is an extreme cause for concern for multiple reasons.

Infrequent bowel movements indicate slow movement of fecal material through the intestine. The longer fecal material remains in the intestine, the more water will be reabsorbed making the stool drier and harder. This is the result of bacterial decomposition in the large intestine.

Slow movement also allows for autointoxication, as the waste products of bacterial and fungi/yeast must be absorbed into the blood, detoxified in the liver, and sent to the kidney for elimination. This is a burden on the body and the maintenance of health. The waste products formed in the bowel by bacterial or fungal action on inadequately digested food (i.e., food that could not be absorbed into the body and used for nourishment) cause an inflammatory reaction in the mucosal lining of the bowel. This triggers an immune response that is associated with the so-called "leaky gut syndrome" and fibromyalgia.

The symptoms associated with altered bowel function have far-reaching effects throughout the body in tissues and organs other than the bowel itself. Frequently, dysfunctions here are involved in many chronic degenerative disorders. There is an abundance of research showing constipation from poor digestion may be associated with other chronic degenerative conditions such as breast cancer, Parkinson's, and chronic fatigue. These conditions have deservedly received a great deal of attention in the past few years; unfortunately, little is directed toward their association with poor digestion.

Around the turn of the century, doctors blamed all sorts of diseases on constipation. It was thought that a slow transit time through the intestines caused toxic waste to build up, enter the bloodstream and affect various organs of the body. This theory was laid to rest after researchers, using the primitive techniques then available, had failed to identify any toxic substances in the blood of constipated sick people.

However, recent statistical correlation's suggest that there may be something valid in this discarded theory after all. Physicians Nicholas L. Petrakis and Eileen B. King of the University of California, writing in Lancet, have found that women who have two or fewer bowel movements



per week have **four times the risk of breast disease** (benign or malignant) as women who have one or more bowel movements per day.

The usual recommendations to overcome constipation are to increase your water consumption and exercise. But, as anyone who frequently suffers from the problem can tell you – it seldom works. That is because the major cause of constipation is excessive food intake and poor digestion of that diet. In other words, constipation tends to perpetuate constipation!

Digestive and poor dietary choices are rarely considered to be direct causes of constipation. Yet, stomach acid deficiency can be directly related to inadequate protein intake, allowing much of the protein to pass into the large intestine. Stomach acid deficiency is also directly related to thickened bile and gallstone formation, which are directly related to poor bowel function.

The absorbed toxins produce many clinical problems. Extensive clinical outcome studies dating back over the last 100 years indicate bowel toxicity as a major causative factor in the most commonly seen health problems, including headaches as cited in Textbook of Medical Physiology (A. C. Guyton, 9th ed., W. B. Saunders Co., 1986).

The answer to constipation is not laxatives. While it is true they will lead to frequent bowel movements, unfortunately they may lead to premature excretion of vitamins, minerals and nutrients before they are absorbed in the body. Enzymes allow for proper digestion that lead to increased bowel movements after food has been digested, absorbed and utilized properly. Daily bowel movements typically begin after one week of enzyme therapy.