

Gas Revisited

I have written about gas many times. One article was published in a local tabloid called the Desert Leaf. It is called *Getting It Out Is Not a Gas!* (<http://www.sheilashea.com/gas.html>) Another time, I wrote an article for my blog, entitled *Inflation and Deflation* that I will wrap into this article! Now, I am revisiting this topic again because the gas within people has escalated over the past year. The escalation is that 95-99% of the colonic release is GAS in some people.

My clients ask good questions. Where does all the gas come from? If I am not passing it, where is it going? Then I received a raw food book *Raw Success* by Matt Monarch. He explained his theory of where the gas goes. I will present some ideas on what causes the gas, where the gas goes and a host of other details related to gas.

What Does Gas Do?

The bottom line is: gas is frequently difficult to get out of the large intestines during a colonic. It can inhibit the release of stool. It forms its own wall. It can be a major obstruction. It can weaken, stretch and twist the gut walls. It can crowd or displace organs. It can restrict the circulatory system through its pressure. It can definitely affect the quality of your life. It reflects a pathogenic microbial overgrowth.

Gas is an obstruction. Most clients are confounded when they realize sometimes they have to clear the gas before they clear the solid waste. Gas is a wall the water bumps up against when the water enters the rectum. Sometimes, we clear some waste out then the water will hit a gas pocket and releasing stops. Releasing comes to a standstill until we get the gas out.

How do people feel when they are filled with gas whether or not they know it?

bloated, distended, inflated, knife pain, tight, tension, about to pop, burning pain, fogged out, low energy, immobilized

Most people that report gas or do not know they have excessive gas describe themselves as bloated. Some arrive with incredible pressure in their gut and they do not know what is causing it. Some are overweight and obese with very distended abdomens. Others may be slender but have developed an overgrowth from lifestyle habits. Their abdomens may feel very tight or very puffy to the touch.

One female client had a colonic on Wednesday and we used the side position to release her voluminous gas. When she came in today, 2 days later, she said she felt great after the colonic because she had a flat tummy. She had been so bloated, distended and inflated before and was living with it.

Another young woman, overweight, in her twenties said she felt like she could pop or explode.

Obviously, those are extremely distressing states and do not lend to relaxation, expression, interaction and quality of life.

Gas and Ailments

Dr. St. Louis Estes, author of *Raw Food and Health*, has a chapter on blood gas concepts called 'Gases'. He writes:

"These gases have a very definite power in undermining health. They deplete the nervous system to such an extent that weakness, loss of memory, vertigo, eye troubles, depression, hysteria and even paralysis occurs where the pressure is so intense that a large blood vessel gives way.

Intestinal gases can cause severe contraction of the muscles around the heart and sharp, stubborn pains through the heart areas that may shut off the breath for a few seconds. The great strain on the heart under these circumstances lowers its vitality and changes the heartbeat, making it slower and irregular, or quickened with frequent rapid flutterings and racing throb. Fainting may occur for the sudden congestions due to gas around the heart draws the blood from the brain.

Continuous recurrence of this reaction to gas deprives the scalp of its nourishment, and the hair dies and falls out."

I have to say that gas can be an 'obstruction' in your life whether you are at work, having sexual relations with your partner, maintaining an active social life, working out regularly or trying to meditate. You might be uncomfortable, not wanting to focus, move, have sex, socialize or even think. And, interestingly enough, some of you will continue to eat through the discomfort.

What Is the Main Cause of Excessive Gas?

The subject is excessive gas not the small and normal amount from digestion. According to Elaine Gottschall in her groundbreaking work, *Breaking the Vicious Cycle*, the excessive gas is caused from a microbial overgrowth. Bacteria and fungi migrate from the large to the small intestines to feed mainly on complex sugars or complex carbohydrates that the person is not breaking down with normal human digestion. The microbes feed on the complex sugars. This kind of digestion is called fermentation digestion. The fermentive by-products are gases, acids and other metabolites that are toxic to the system. In order to heal, we need to stop feeding the pathogens and take in good bacteria or probiotic.

How Do We Minimize the Effect of Excessive Gases?

Cleansing and Detoxing: colon hydrotherapy, enemas, detoxes of intestines, liver, parasites

Complex carbohydrate free diets: see list

Exercising: keep moving

Keeping stress-free: good luck

Avoiding environmental toxins

Combining food properly

Chewing

Avoiding: eating all day long, late night eating, overeating, overlapping meals

<http://www.amazon.com/exec/obidos/ASIN/0787303178/intestinalheal0a>

Dr Louis Estes, Raw Food and Health

According to Dr Estes, "cleansing the colon is the number one way to ensure bloodstream and cellular cleanliness. Remember that the colon is the central waste station of the body, the trashcan for all our junk. Colon Hydrotherapy is like taking out the trash. Cleansing the colon empties any gas and waste that may be present and creates a now-empty five-foot long receptacle for the toxins of the body to pour into.

Additionally, due to the process of gas diffusion, Colon Hydrotherapy lessens the gas pressure and enables our cells to continually purify."

What are the diets for reducing the gas and healing the gut?

The diets for reducing the gas and restoring a normal balance of intestinal flora are free of complex sugars.

One male, 40's, had such severe gas it made his life miserable at work and pretty much killed his social life. He was in pain. This situation had been going on 13 years when he came in. He chose to follow the SCD to reduce his gas and heal his gut. It took him about 10 months to begin to see progress. However, there were good signs from the beginning that he was getting progressively better. The moral of this story is that it takes time to heal, to change the patterns, to create the right microbial balance in the gut. The quality to cultivate is patience.

<http://www.breakingtheviciouscycle.info> (SCD Specific Carbohydrate Diet)

<http://www.medinform.co.uk> (Gut and Psychology Syndrome)

Paleodiet by Lauren Cordain

And any other diet that is free of complex sugars

Raw fooders and gas

Dr Estes writes that raw foodists will create a lot of gas if they do not completely chew their food. I would add that raw foodists are adding a number of raw complex sugars to their diet. Raw or cooked, they are complex sugars and can create gas if the person's enzymes are not breaking them down. Examples are chocolate (37% starch), wild rice, sprouted grains and beans, flax and chia seeds (the mucilage is a polysaccharide or complex sugar), sweet potatoes and parsnips.

Onto the original question that clients ask

Where does all this gas go?

Where does it store itself?

We certainly know that it stores in the stomach, small and large intestines. The standard answer is that gas passes out of the colon or we pass gas. Gas also moves upward and we belch it out.

Some studies say the gas absorbs through the gut wall, through the blood stream to the lungs where it is exhaled. Some breath tests can be given that let us know what pathogenic bacteria or fungi are creating the gas. That is another explanation of where the gas goes as well as why some people have bad breath.

I found another theory in a PDF file or book by Matt Monarch, Raw Success. Matt believes the gas stores in the cells of our body. I quote him here and offer a link to his original article.

<http://www.rawspirit.org/bloodgas.html>

"What is actually happening inside us on a cellular level? Our cells are full of gas. Gas is a result of fermentation. The quality, quantity and combinations of foods we eat determine the amount of fermentative gas released into our system. When this gas is released, our cells absorb it into their structure and it gets locked in through the process of diffusion."

Matt defines gas diffusion in this way. "Cell membranes are the boundaries between the internal and external environments of a cell.

Diffusion across this cellular membrane is the movement of gas molecules from a region of higher concentration to a region of lower concentration.

The cells must enlarge to accommodate excessive amounts of incoming pressure from gas. The poorer our eating habits, the more fermentative gases are released in our system, and the more abnormally enlarged our cells become.

The cells are continually working to rid themselves of this gaseous waste. However, with a diet high in complex sugars and refined foods, our inflated cells are constantly subjected to elevated levels of fermentative gas that keep the cells distended. When someone improves his or her diet, the fermentation decreases considerably.

The process of detoxification, cells contracting to rid themselves of stored gaseous waste, continues for life especially if one is consistent with an improved diet.

Cells cannot release their gaseous waste if a person is chronically constipated in the intestines or the cells.

The goal is to relieve the body of this gas. The two most effective ways to accomplish this task are adhering to a healthier diet while undertaking colon hydrotherapy. When you eat a healthier diet, less fermentative gas is produced in your bloodstream during digestion. This lowers the gas pressure on the outside of the cells. Through the process of diffusion, these gases exit the cells and rapidly discharge into the bloodstream into the intestines. Colon Hydrotherapy removes the release of gaseous waste.

Cells are free to contract and release any accumulated toxins and gaseous waste with a clean diet such as raw food, the Specific Carbohydrate Diet, the Gut and Psychology Syndrome diet and the Paleodiet. The principle of diffusion works in reverse. The gas passes from a higher concentration in the cells to a lower concentration in the intestines. Now the cells experience less pressure.

Colonics remove the build up of solid waste from our colon. And, it can release a build up of toxic gas. The colon equipment has a viewing window where you can look at what is coming out of your colon during the session. In addition to solid waste, you can also see and hear big gas pockets release."

That's a loose quote and paraphrase of Matt's theory. I would also add that the bloodstream is the conduit for the gas. When we detoxify we are clearing our cells, our bloodstream and our intestines. It's all one.

Educating Colon Hydrotherapists

I have a school for colon hydrotherapy. We have had to develop a protocol for getting gas out of the large intestines because it is such a problem. We have a host of techniques we use when the client rests on their side or their back. The issue is so prevalent that students need to be educated and trained in how to deal with it in their practice.

How do I know if I have a gas case? If gas is an issue during the colonic process, I will hear it from the beginning, or I cannot get very much water in or I start to get good releases and then nothing else comes out.

The gradations of what clients feel vary. Some do not feel the gas at all yet they have an abundance during the colonic session.

Some clients feel some gas yet are shocked to find out how much gas comes out of them during a colonic.

Some clients feel very uncomfortable with gas and may release an excessive amount during the colonic.

The volume of gas released can be as high as 95-99 % of what releases from their large intestine during the colonic session.

Most people are not eliminating naturally the volume of gas in their intestines.

I notice that it does not come out easily during the colonic process while they are laying in the traditional colonic position on their back. I believe the bowels are so stretched and weakened by the continuous gas bloating that their colon muscles do not have the energy to move and release the gas. However, we are able to get the gas out in Left Sims position. I'm not sure why.

If the gas is prevented from coming out by the weakening and stretching of the walls, so is the ability to eliminate stool.

Some individuals have gas and that does come out during the session with all the solid waste. Those individuals have stronger colon muscles and very often, better lifestyle habits meaning diet and exercise. Some of them have done a series of colonics. Their bowels are strengthened and they are able to release more spontaneously and easily.

Two clients have reported painful gas a few hours after they received a colonic during which the contents of the large intestines or colon evacuated thoroughly. I have thought about this phenomenon and I speculate that the 'overgrowth' theory is likely in operation. We remove the gas and other waste products during the colonic. However, gas continues to form in the small intestines. The gas will move into the large intestines as the day progresses now that it has been emptied by the colonic. Likely, gas is continuously forming because the fermentation process is so active.

If the theory of gas moving into the cells is accurate that might explain why more gas pours into the intestines after a colonic. Diffusion allows the high

volume gas in the cells to move into the intestines which now have a low volume gas.

What is the best colonic position to relieve gas? We find that Left Sims position is the best posture to relieve gas. I ask the client to roll onto their left side with knees drawn toward the chest or the left leg stretched straight and the right drawn slightly toward chest. The water pressure going in is slightly higher than the inflows done on the back.

http://en.wikipedia.org/wiki/Sims%27_position

May 2009 Newsletter
Deflation - Inflation!

In this age of the 'economic colonic' I thought it important to write about inflation and deflation. I have written about GAS before and here it is again. Clients come in 'inflated.' It's hard to get anything out of the large intestines or colon because the high volume gas serves as an obstruction. Most clients who experience a release of this excessive gas are not aware that they have this high volume. What I am referring to is that 95% of what is released during the session is GAS, not stool, mucus or particles. The state of being full of gas I call 'inflation.'

When this happens, I have the client go from their back to a left side position called Left Sims. We use a slightly higher inflow rate and the gas pours out on each outflow. I 'deflate' the person. Deflation refers to the reduction of gas during the colonic procedure.

Gas is the effluent created by pathogenic bacteria and fungi that feed on your consumption of complex sugars. Read foods based on grains, beans, starchy roots such as potatoes, sweet potatoes, yams, and white sugar and milk products. Gas may also be created by bacterial and fungal imbalances caused by antibiotics and steroids. Elaine Gottschall in her book, [*Breaking the Vicious Cycle*](#), describes the diet and science to alleviate the gas situation.

Excessive gas weakens the walls of the gut. Gas can stretch the intestines creating redundancy, or extra lengths, loops, coils and prolapses in the gut. In its most severe form, it can twist the loops of the bowel. Even more reason to avoid creating gas. It will also sap your energy. Your food is not being converted into your energy. It is converted to gas and acids. You wonder why you feel fatigue.

Change the diet, add the good bacteria or probiotic and begin to reduce the gas.

So when it comes to the gut, what do we want? I would take deflation over

inflation for obvious health reasons.

Now, here is another spin on inflation and deflation that is positive and something you can practice on the colonic table as well as every living moment. The breath. Inhalation is the inflation. Exhalation is the deflation. Stay focused on that. The inflation creates spaciousness in the gut and energy. The deflation creates a sense of relaxation. You are exercising your gut. That's a good thing!