

## **Colon Cancer**

The colon is a tube, five to six feet in length, which stores wastes from the small intestine and moves them, by rhythmic muscular contractions, to the rectum. In the process, water is continuously extracted, to prevent dehydration. If the flow is interrupted for any reason, the continual extraction of water causes wastes to dry and become "cemented" to the colon wall.

The sitting toilet obstructs the flow, because it ignores four basic requirements (see diagrams on page 10):

1. The sigmoid colon (the most common site for colon cancer) needs the support of the left thigh for complete evacuation. The thigh lifts the sigmoid and opens the kink where it joins the rectum.
2. The cecum (the second most common site for colon cancer) needs to be squeezed by the right thigh, which pushes wastes upwards into the ascending colon.
3. The rectum (the third most common site for colon cancer) needs to relax the grip of the puborectalis muscle, designed to prevent incontinence.
4. The entire colon needs to be compressed, with the ileocecal valve securely closed, to generate the required pressure for expulsion.