
Mayo Clinic Medical Edge

Colon Cleansing

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	MAYBE YOU'VE SEEN THEM IN THE BACK OF MAGAZINES OR IN THE NEWSPAPER...
Mark Larson, M.D.	"THERE ARE MANY ADS THAT ARE TOUTING THE BENEFITS OF COLON CLEANSING, BUT THIS IS SOMETHING THAT WE GENERALLY STRONGLY DISCOURAGE PATIENTS FROM ENGAGING IN."
	DR. MARK LARSON IS A GASTROENTEROLOGIST AT MAYO CLINIC.
Dr. Larson	"THERE WERE SOME THOUGHTS

	THAT THERE WERE TOXINS THAT WERE STORED WITHIN THE STOOL, MATERIAL THAT COULD BE HARMFUL TO THE LINING OF THE COLON. THERE'S NO SCIENCE BEHIND THIS WHATSOEVER."
	PLUS, THERE'S RISK.
Dr. Larson	"YOU CAN HAVE ACUTE INJURY FROM THIS TYPE OF ACTIVITY."
	AND REGULAR USE CAN ACTUALLY CAUSE THE COLON MUSCLES TO WEAKEN TO THE POINT THAT THEY'RE NOT ABLE TO WORK ON IT'S OWN.
Dr. Larson	"THEY MAY NOT BE ABLE TO EXPEL THE WASTE NORMALLY. SO THEY MAY REQUIRE SOME TYPE OF ASSISTANCE. IT REALLY CREATES A VISCIOUS CYCLE."
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.