

# Natural Help 4...

## Fecal Odor



### What is Foul Smelling Stool?

Foul smelling stool is a topic that is not frequently discussed. While we are fully aware that **feces exude an unpleasant odor**, this odor is quite common. Foul-smelling feces or stools **occurs largely as a result of a poor diet**, especially when the diet contains foods and liquids with artificial flavors, refined sugar, white flour and hormone-filled meat.

Eating an unhealthy diet leads to poor digestion, stomach bloat, fatigue and low vitality, causing colon sluggishness and intestinal blockage. In addition, if bad breath, an awful body odor and a dull skin develops together with foul smelling stool, then there **may be an accumulation of waste matter and toxins in your body**. Some people experience extremely foul smelling stool, which may be associated with certain more serious medical conditions such as ulcerative colitis or Crohn's disease.

### Diagnosing Foul Smelling Stool

If you have constant foul smelling stools, consult your health care practitioner. The diagnosis will be based on your symptoms, medical history and a physical examination. If you are experiencing symptoms such as fever, abdominal pain, cramps, chills, floating stools, bloody stools or **changes in your stools together with foul smelling stool**, you need to inform your healthcare practitioner.

Because your foul smelling stool **may be associated with certain medical conditions**, questions pertaining to your medical history may include – how long has stools smelled foul, what diet have you been eating recently, what color are your stools or has the smell worsened since you changed your diet. In addition, tests such as a stool sample, colonoscopy and endorectal ultrasound may also be performed.

### What Causes Foul Smelling Stool?

Foul smelling stool **may be caused by poor diet and digestion**. Eating fried, greasy foods, processed foods, refined sugar and excessive alcohol consumption is the primary cause of foul-smelling stools. It may also be due to an overgrowth of bacteria – bacteria produces hydrogen sulfide (rotten egg smell), ammonia or sulfur odors.

### Underlying conditions that may contribute to foul smelling stool

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

**Foul smelling stool** may also be associated with certain underlying medical conditions and these include:

- Diarrhea
- Crohn's disease
- Ulcerative colitis
- Infections of the large intestine
- Idiopathic steatorrhea (fatty stools with no known cause)
- Chronic pancreatitis
- Gluten-induced enteropathy (celiac disease)
- Malabsorption
- Cystic fibrosis
- Short bowel syndrome

## Help for Foul Smelling Stool

Making changes to your diet is usually the best way to monitor the smell of feces. By removing or adding certain types of food such as fruit, vegetables and lean sources of protein to your diet will flush the compacted matter and maintain regularity. Sometimes if the odor is extremely bad, it **may be associated with certain medical conditions** – treating the underlying condition first may help to reduce symptoms.

Other treatment options such as enemas and colonic irrigation can help to cleanse the colon if it is lined with feces. Laxatives may also be used to clear the bowel but should only be used as a temporary measure, as they do have many side effects.

## Natural Remedies

Natural and holistic treatments are a more natural alternative that have proven to be highly successful in **cleansing the entire gastro-intestinal system** and reducing all sorts of body odors. Treatments such as herbal and homeopathic remedies are gentle and safe to use on the body's system without the harsh side effects of conventional medicines. Herbs such as Galium aperine (also known as Cleavers) and Milk Thistle are excellent **cleansing tonics** and support the healthy functioning of the liver and lymph system.

Other useful herbs that are strong enough to support the **flushing out of the colon** include **Cascara sagrada** (Bearberry), **Plantago psyllium** (Seed husks) and **Althaea officinalis** (Marshmallow). Homeopathic ingredients such as Silica, Kalium phosphate, Calcium sulphate, Mag. Phos and Merc. Sol helps to maintain hygiene and freshness and also maintains the detoxifying and regulatory properties of the body.

## Tips to help prevent Foul smelling stool

Follow these tips to minimize **foul smelling stool**:

- Add high fiber foods such as whole grain breads, bran cereal, dried fruit, raisins, fresh fruit and vegetables to your diet
- Eat more yogurt and buttermilk, as these foods decrease odor production by introducing healthy bacteria into your digestive system
- Increase your intake of magnesium by taking supplements or eating foods



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- such as nuts, seeds or green leafy vegetables
- Drink plenty of liquids such as water, fruit juices, hot tea or lemon water to stimulate the bowels
- Ginger tea is an effective home remedy for constipation
- Regular exercise such as walking or swimming everyday can help to both prevent and relieve constipation
- Avoid regular use of laxatives or enemas
- Avoid alcohol, caffeine, processed and junk food if you are suffering from constipation
- Stool softeners taken daily may also prevent constipation
- Practice regular bowel habits by visiting the toilet for at least ten minutes after breakfast even if you are unable to have a bowel movement. The best time is usually the first hour after breakfast. Done regularly, this will help to set up a healthy bowel routine.

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "...

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more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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ColoFlush can especially benefit those individuals who wish to **naturally rejuvenate their digestive systems**. The herbs used in ColoFlush promote healthy digestion and also act as an effective colonic tonic.

While some traditional herbs are not suitable for regular use due to their excessively strong purgative effects, ColoFlush uses herbs that are **strong enough to support flushing** out of the colon, yet gentle enough not to cause a loose, 'crampy' stomach.

This convenient tablet also contains pure Psyllium husks. Due to the high fiber content of this herb, it swells inside the digestive tract and 'sweeps' the walls of the colon almost like a broom – removing impurities and toxins which may have accumulated over time.

ColoFlush **may be used regularly to cleanse and detoxify** the colon or be **used prior to routine colonic procedures** such as colonic irrigation.

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

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