

INNATE INTELLIGENCE

COLON

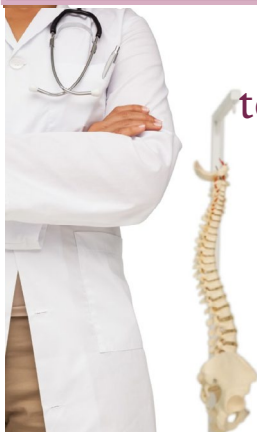
• **Normal Function** – The large intestine primarily absorbs water and electrolytes from undigested food, forming and storing feces before elimination. It also contains a diverse assortment of microorganisms collectively known as the gut microbiome.

• **Innate Stimulus** – Involuntary, wave-like muscle contractions propel food through the small intestine bring undigested foods and liquids past the ileocecal valve into the colon.

• **Innate Response** – The ascending and transverse colon’s primary function is to absorb water and electrolytes from partially digested food, helping to form the stool. The descending colon’s primary function is to store and prepare waste material before it’s passed into the rectum for elimination.

SYMPTOMS OF ENERGY DEFICIENCY	
STRESS RESPONSE Increases nutrient requirements Inhibits digestive secretions and peristalsis	ORGAN EXHAUSTION Deficient nutrients available Inadequate digestive secretions and peristalsis
FREQUENT SYMPTOMS	
Diarrhea or constipation, abdominal pain or cramping, rectal bleeding, and a feeling of incomplete bowel evacuation.	Other symptoms can include bloating, gas, and a change in the appearance or consistency of the stool.
NUTRITIONAL CONSIDERATIONS	
Improve Digestion and Absorption Focus on a high-fiber diet rich in fruits, vegetables, and whole grains. Incorporate healthy fats, particularly omega-3s, found in avocados, olive oil, nuts, and seeds. Legumes like beans and lentils are also beneficial for colon health.	
CLINICAL CONSIDERATIONS	
Involuntary muscle contractions	
Sympathetic Nerve Supply	T5 to L2
The sympathetic nerve supply to the colon arises from the sympathetic chain and prevertebral ganglia in the abdomen and pelvis, including the celiac, superior mesenteric, and inferior mesenteric ganglia. This network regulates functions like vasoconstriction and influences enteric neurons and other cells. Parasympathetic innervation to the left third of the transverse colon, the descending colon, and the rectum are supplied by the pelvic nerves.	

Supplementing nutrients to counter symptoms is little more than educated guesswork. Symptoms are Innate's signal that a system, organ, or tissue is unable to produce adequate energy to meet its responsibilities for maintaining homeostasis and normal physiological function. **Carbohydrates, protein, lipids, vitamins, and minerals are building blocks used in producing energy. They must be put to work. They are not workers.**



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