Diarrhea is defined as frequent (more than three a day) loose, watery, unformed, often urgent bowel movements. Diarrhea can be caused by a single factor or by a combination of factors, including:

- Food allergies or intolerances
- A damaged mucosal lining (thin, delicate tissue lining the intestine)
- Impaired digestion and absorption, resulting in very rapid food transit times through the gastrointestinal tract
- Infection by pathogenic microorganisms - diarrhea is one of the ways your body expels pathogens or poisons as quickly as possible
- A colon that is incapable of absorbing water and fluid from stool
- Prescription drug use
- Lack of “good”, beneficial bacteria in the gut
- Tense, spasming intestines

Natural treatments for diarrhea include dietary changes, colonic massage, high potency probiotics, and natural supplements including psyllium seed, bentonite clay, MetaCleanse (a combination of psyllium, flax and bentonite) and L-glutamine.

ELIMINATE: Alcohol, caffeine, carbonated drinks, citrus, dairy, acidic or fermented foods, spicy or spicy hot foods, tomatoes, beans and lentils, cabbage family vegetables (including broccoli), raw vegetables, onion and garlic, processed foods, preservatives, artificial sweeteners, margarine, fibrous foods like raw vegetables, nuts and seeds, and fried food.

EAT: Ripe bananas, watermelon, mango, papaya, cantaloupe and pears (alone – not with other foods); squash; carrots; mushrooms; avocados; asparagus; artichokes; cucumber; pumpkin; potatoes and yams; pasta; eggs; lean or non-oily meat, chicken and seafood; whole grains; dry curd cottage cheese; a small amount of butter and cold-pressed, non-hydrogenated oils. All foods should be organic.

DRINK: At least eight to ten glasses of room temperature spring water a day; weak green, rooibos, or honeybush, or decaf English tea; diluted non-acidic fresh juice.

If your bum is sore and irritated, gently wipe with tissue dampened with warm water after each bowel movement. Wear only 100% cotton underwear, shorts and pants. Sleep bare-bum in 100% cotton sheets. Apply comfrey salve to the sore area. If there’s infection present, use diluted wild oregano oil.

Complete instructions for the use of wild oregano oil, probiotics, colonic massage, bentonite clay and additional supplements for the natural treatment of diarrhea and other colon and bowel disorders are contained in Jini Patel Thompson’s popular books, *Listen To Your Gut*, *Listen To Your Colon*, and *Listen To Your IBS*. 

www.ListenToYourGut.com