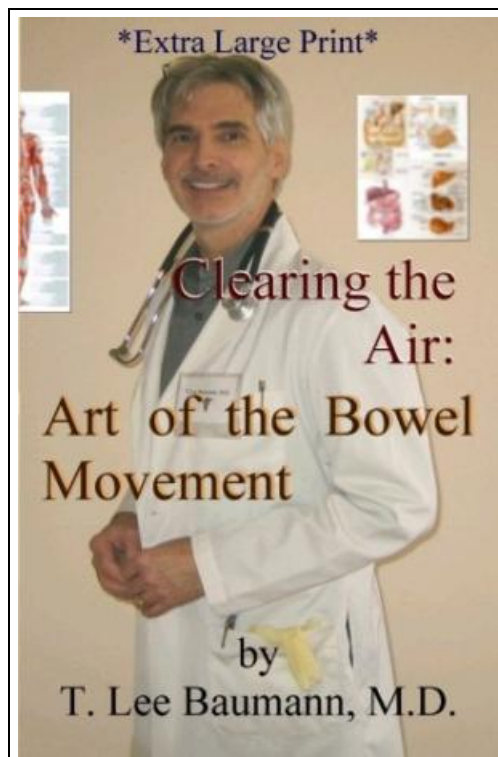


Clearing the Air: Art of the Bowel Movement



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CLEARING THE AIR: ART OF THE BOWEL MOVEMENT

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Createspace, United States, 2013. Paperback. Book Condition: New. Large Print. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.In *Clearing the Air: Art of the Bowel Movement*, physician Lee Baumann provides a detailed description of the anatomy, physiology, and proper care of one of our body's most valuable resources: the terminal bowel. Few people, including many physicians, understand the sequential, complex, and consequential nature of the underappreciated organs involved: the sigmoid colon, rectum, and anus. Despite the rectum's superior sagacity and judgment, the anal sphincter commands undue control over the final decision-making algorithm. As such, the overbearing anus may exercise its unrestrained power to the veritable detriment of its host. The unpleasant consequences of an anal-retentive sphincter include simple constipation (the majority of its victims), diverticular disease (50 of people over the age of 60), and even material obstruction in the more severe cases. All of these unpleasant effects are avoidable for the normal bowel. In *Art of the Bowel Movement*, Dr. Baumann offers simple medical recommendations and practices for preventing and avoiding the penalties of yielding to the impulsive and demanding anus. Knowledge of the physiology of our intestines, the use of supplemental dietary fiber, and respecting the vital supplications of the obeisant rectum will go far in addressing and ameliorating these bodily concerns.

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