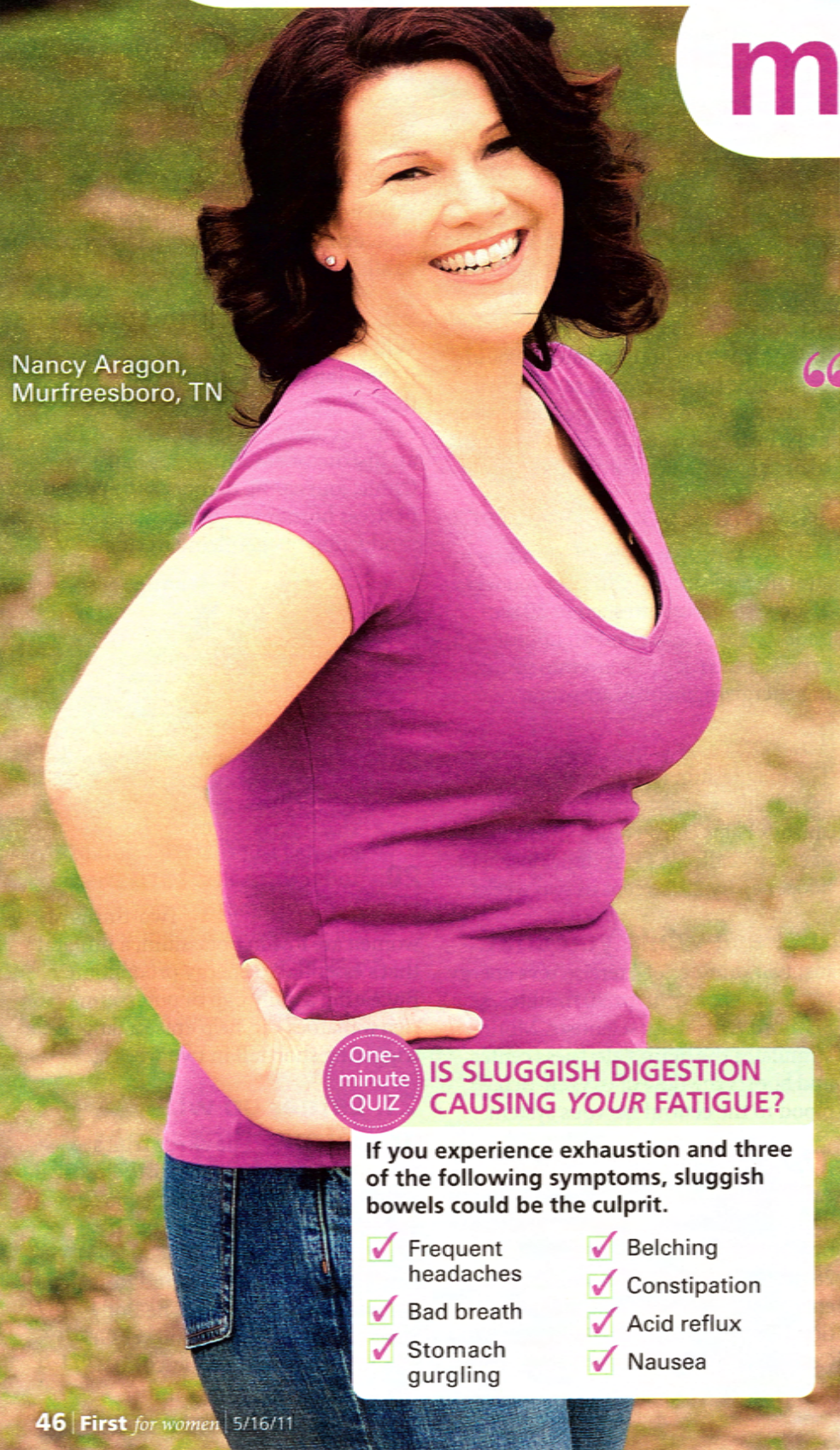


# “The energy cure me drop

# that helped 60 pounds”

Nancy Aragon, Murfreesboro, TN



**Nancy Aragon, 42, tried everything to beat her fatigue and weight gain, but nothing helped—until she found the shocking cause**

“My day had just started, but I didn’t think I had the strength to even get through breakfast,” recalls Nancy, a mom of seven. “I went into my bedroom and closed the door, telling myself, *Just a few minutes of rest and I’ll be fine.* But I was immediately interrupted by a chorus of, ‘Mom!’ Embarrassed that I was so tired that I was hiding from my children, I took a deep breath and yelled, ‘In here, kids!’”

### Scarcely getting by

“Moments like this had become all too frequent two years ago. When my husband, Charles, and I were first married, I enjoyed the barely controlled chaos of our blended family, but then my energy started to drain with each passing day. It got so bad that after dropping off my youngest, Gabriel, at preschool at 9:15 A.M., I would go back home and head for the couch. I’d glance at my to-do list and think, *Maybe tomorrow,* then sink into a two-hour nap. And nodding off while talking with Charles at night became par for the course.

“The more Charles and our kids stepped in to do the cooking, shopping and laundry, the guiltier I felt. My heart sank when I heard one of my older girls tell Gabriel, ‘Ask Dad, sweetie... Mom’s not feeling well again today.’

“As if that weren’t bad enough, I kept forgetting my kids’ names and had to run down a *Rumpelstiltskin*-type list to get to the right one. I was chronically

bloated, and despite eating reasonably well, I gained 60 pounds over two years.

“Visits to doctors brought a standard diagnosis that boiled down to: ‘Hey lady, you’ve got seven kids—what do you expect?’ Antidepressants were offered but I refused them. I was afraid that maybe I was just getting old and this was a foreshadowing of the rest of my life.

“Then last year my mother suggested colon hydrotherapy—deep cleaning of the colon to remove waste. But I didn’t really listen. As much as I love my mom, she’s the wild child to my more conservative personality. The fact that she recommended it made me nix the idea.

### An answer at last

“Desperate for a nondrug solution, I started looking online. When I came across ‘colonics,’ I was intrigued. I read that sluggish bowels leave sufferers with up to 20 pounds of accumulated waste that can release toxins into the body, triggering fatigue, body aches, brain fog and bloat. I decided to make an appointment at a hydrotherapy center in town.

“My anxiety and embarrassment fell by the wayside at the first session, as my

hydrotherapist, Quinn Raines, R.N., eased my worries with a reassuring mix of professionalism, calm and humor. I was relieved that I had privacy and that there was no odor or pain—just a slight feeling of fullness in my abdomen.

“To my astonishment, after just a few weekly sessions, my longtime symptoms disappeared and I felt more relaxed, revitalized and focused than I had in years. And after just two months, 15 pounds effortlessly disappeared!

“I also began a high-fiber diet full of veggies, fruit and whole grains to make my bowel movements more regular. I still get a maintenance colonic every three months, and I’ve lost an additional 45 pounds so far!

“I’m now up before 5:30 A.M. and I feel great all day. I’ve started a work-from-home position as an instructor at an online university. Best of all, I’m totally present for my family—and I never hide in my bedroom anymore!

“Colonics have been life-changing. Today friends frequently greet me with, ‘You look great!’ The only downside: I had to tell my mom that she was right.”

—as told to Hallie Potocki

### Alert!

### Too much calcium might be slowing you down

Experts are warning that women are accidentally taking in too much calcium. “With so many women taking supplements to prevent and treat osteoporosis, they think, *If some is good, more must be better,*” says Stanley Goldfarb, M.D., a professor of medicine at the University of Pennsylvania. “But absorbing too much calcium can lead to fatigue, constipation, nausea and headaches.” Taking excessive amounts of vitamin D on top of the calcium worsens the problem since vitamin D helps the GI tract absorb calcium. “Supplements are beneficial—it’s when they’re taken in excess that problems can occur.” says Dr. Goldfarb. His advice: Aim for no more than 1,500 mg of calcium and 4,000 mg of vitamin D a day—amounts shown to help protect your bones.

**This GI epidemic is draining the vitality of 9 in 10 women**

! As many as 100 million women may have sluggish bowels, but most don’t know it, asserts Wes Jones, M.D., founder of the Cape Fear Center for Digestive Diseases in Fayetteville, North Carolina, and author of *Cure Constipation Now* (Berkley Trade, 2009). That’s because their symptoms aren’t generally associated with constipation. The result: Millions of women are left suffering in silence.

! “The stool of a backed-up person can contain 20 times the amount of toxins as that of a person with regular bathroom habits,” explains Dr. Jones. These toxins get absorbed into the body, leading to fatigue, headaches, gas, nausea and weight gain. Warning signs: passing stools that are hard and dry, straining while passing them or a strong bathroom odor.

✓ Colon hydrotherapy (colonics) can help by flushing hardened waste from the colon, says Jacqueline L. Wolf, M.D., an associate professor of medicine at Harvard Medical School and author of *A Woman’s Guide to a Healthy Stomach* (Harlequin, 2011). Note: Only a licensed hydrotherapist should perform the procedure.

✓ If you’re reluctant to get a colonic, lukewarm-water enemas work just as well if done a few times a week, says Dr. Jones. You can find at-home kits called douche bag enemas at the pharmacy. One to try: Faultless Goodhealth Fountain Style Personal Douche and Enema System (\$13, at [amazon.com](http://amazon.com)).

✓ Getting enough fiber can help by speeding food’s transit time through the GI tract. But not all fiber is equal, says Dr. Wolf, who advises getting at least 25 grams daily of the insoluble type (found in bran cereal, flaxseed, apples, pears, plums and apricots). Also helpful: Taking ½ Tbs. of Citrucel or Benefiber twice a day.

One-minute QUIZ

### IS SLUGGISH DIGESTION CAUSING YOUR FATIGUE?

If you experience exhaustion and three of the following symptoms, sluggish bowels could be the culprit.

- ✓ Frequent headaches
- ✓ Bad breath
- ✓ Stomach gurgling
- ✓ Belching
- ✓ Constipation
- ✓ Acid reflux
- ✓ Nausea