

## Norman Walkers' perspective on colon health

*A quote appearing on the frontispiece of many of his books*

I can truthfully say that I am never conscious of my age. Since I reached maturity, I have never been aware of being any older, and I can say, without equivocation or mental reservation, that I feel more alive, alert, and full of enthusiasm today than I did when I was 30 years old. I still feel my best years are ahead of me. I never think of birthdays, nor do I celebrate them. Today I can truthfully say that I am enjoying vibrant health, I don't mind telling people how old I am: I AM AGELESS!"

—Norman W. Walker

So how long did this self-professed *ageless* person live?

He died a shade off his 100<sup>th</sup> birthday – 99 years, and 5 months – for those who like specificity.

Walker was a prolific writer on health and wellbeing, marrying a holistic perspective with an inquiring scientific attitude. He devoted large sections of his books to the description of the different organs of the human body, explaining how the digestive system and the various glands work.

In his strong opinion, a healthy colon was the key to one's health- both in terms of disease *prevention* and health *maintenance*.

He said that 80% of all disease begins in the colon. (This is a perspective shared by Ayurveda, which holds that the origin of most disease is a Vata disorder and the primary seat of Vata is the colon. More about ayurvedic perspectives in other articles).

*"Every organ, gland and cell in the body is affected by the condition of the colon."* According to Walker, the affliction underlying almost every ailment is constipation. *"Constipation is the primary cause of nearly every disturbance of the human system."*

This was, in his view, because the blood vessels lining the colon collect nutrients missed by the small intestine.

Here is a quote from his book [Pure and Simple Natural Weight Control](#):

*"If the feces in the colon have putrefied and fermented, any nutritional elements present in it would pass into the bloodstream as polluted products. What would otherwise be nutritional instead generates toxemia, a condition in which the blood contains poisonous products which are produced by the growth of pathogenic or disease-producing bacteria."*

He often used the example of pimples can be an indication of the presence of toxemia to show that the apparently distant activity of the colon could (and many times, did) affect the skin.

Walker was evangelical (long before it was fashionable to be so) that the Standard American Diet causes the colon to be filled with toxins that strain the eliminative channels and ultimately, the immune system.

Walker was not a fan of dairy products in general, considering them distinctly unhelpful for the proper functioning of the colon. He referred to his *caseload* of experience that attested to the disappearance of many ailments once dairy products were excluded from the diet. Pathogenic organisms find an ideal breeding ground in the excess mucus that dairy products generate.

According to Walker, the following diseases are aggravated (or caused) by mucus conditions in which dairy products are the major offender:

Undulant fever, colds, flu, bronchial troubles, tuberculosis, asthma, hay fever, sinus trouble, pneumonia and certain types of arthritis.

[http://en.wikipedia.org/wiki/Norman\\_W.\\_Walker](http://en.wikipedia.org/wiki/Norman_W._Walker)

Note: There are links to Wikipedia embedded in the text (specifically: organs; human body; digestive system; glands; toxemia; Standard American Diet; constipation)