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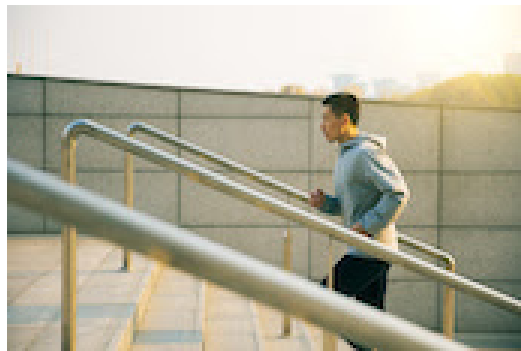
The Proper Diet for a Healthy Colon

The colon, also known as the large intestine, is an essential part of your digestive tract. It plays the final role in digestion before the leftover material moves to the rectum. Because it plays such a vital role in the body, it's important to maintain your colon health. Learn about colon conditions and the healthy diet choices that promote colon health from Summit Health dietitian Roger Warn and surgeon Dr. C. Randall Cooper.

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Understanding Sinusitis**



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**Restless Legs Syndrome:
Why Can't I Stop
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