



Nutrition for Colon Health | Sinusitis
Spring Workout Routines | Restless Legs Syndrome



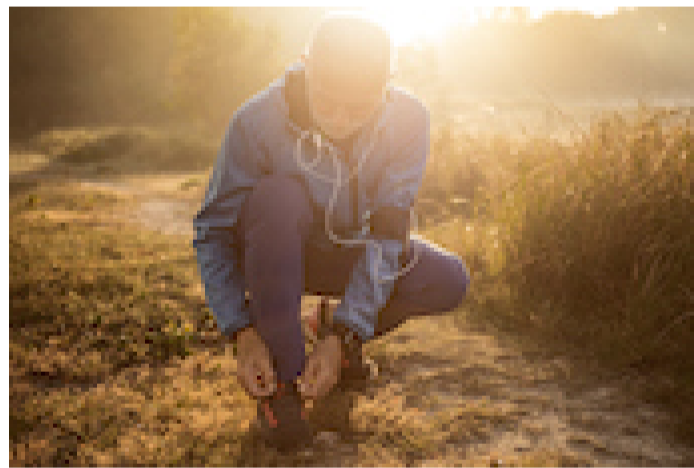
The Proper Diet for a Healthy Colon

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.

[Learn More](#)



All Stuffed Up:
Understanding Sinusitis



Spring is Coming!
Get Back into Your
Workout Routine with
Expert Tips



Restless Legs Syndrome:
Why Can't I Stop Moving
My Legs at Night?

"I really had a great experience. Summit Health really seems to have it together. I barely had to wait at all. The staff and Dr. Kelly Krueger are all very nice and professional."

~ Summit Health Gastroenterology patient

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