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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Colon Cleansing And You

By Michael Jason

Your colon is a tube like structure that runs down to your anus from the stomach. It consists of the large intestine and small intestine. As you consume food and liquids, these items accumulate in the bowel as waste products. It is necessary that the bowel should be emptied of these waste products, otherwise they become toxins and the colon health begins to suffer. Good colon health implies the proper and adequate functioning of the colon and toxic-free state of the colon. Toxin build up can cause allergy symptoms, bad breath, infection and much more. These symptoms can be avoided through regular colon cleansing.

What is colon cleansing?

Colon cleansing is an ancient practice for rejuvenating the stomach system. Man has been practicing colon cleansing since 1500 BC. First of all, it was used in the Egypt about 4,000 years ago. Colon cleansing involves the healing, rebuilding and restoration of your large intestine to its natural shape, size and functioning ability. Colon cleansing refers to the removal of toxins from the large intestine to allow the proper functioning of the colon. When the colon is clean, your skin becomes vibrant, you become active and you are freed of stress. It reinvigorates your natural body functions.

Why do I require colon cleansing?

Colon cleansing is sometimes required because over a period of time, toxins become accumulated on the walls of your colon. This creates problems such as constipation and inflammation of colon and can lead to several diseases, even colon cancer.

As toxins keep on accumulating, these toxins are carried into the body organs through your blood. Then toxins can also affect the organs. Hence it becomes essential for you to clean your colon. Colon cleansing helps you to eliminate any colon diseases. It re-balances the body chemistry, and helps in restoring correct functioning of the organs. Colon cleansing also improves the muscles of colon and tones them up.

How can I get my colon cleaned?

Colon Cleansing And You

As the awareness of colon cleansing is reaching more and more people, new methods of colon cleansing are also available. There are various methods available:

Colon Hydrotherapy: This process involves fusing warm and filtered water into the colon through a disposable plastic tube. This method involves delicacy and the practitioner should be fully qualified. There is no use of drugs or chemicals during the process. A small disposable speculum is gently inserted into the rectum from the hydrotherapy equipment. Then the warm water is passed into the colon. Colon Hydrotherapy involves light stomach massage and several fills and releases of water to remove the toxic waste accumulated on the colon walls. The fecal matter is then washed away via the system's waste disposal hose.

Every session of colon hydrotherapy lasts for about 45 minutes. About 35 gallons of water are transported in and out of the colon during the therapy sessions.

Enema: The Enema is generally employed to relieve a person of constipation. This procedure involves insertion of a small amount of water into the bowel via the anus. The method is effective for dislodging fecal matter from the lower portion of intestine.

Enemas can be effectively carried out at home and no training is required to undertake them.

Oxygen Based Colon Cleansing: This process involves consumption of a few capsules. These capsules are full of oxygen based chemicals. When they are ingested, the oxygen is released in the body and removes the fecal matter. This method can be used for long term colon cleansing. These capsules help in removing the toxins inside the intestines.

Laxatives: Laxatives are taken for the treatment of temporary constipation. It involves oral consumption of laxatives. These laxatives soften the stool and cause bowel movements by contracting the intestinal muscles. Laxatives are, however, not used for removal of impacted fecal matter. They can also cause dehydration in a person so should be used with care.

Before embarking on any colon cleaning regime you should consult a qualified practitioner.

Michael Jason writes articles on a number of different topics. For more information on Colon Cleansing please visit

<http://www.colon-health.org/coloncleanse/>

and for additional Colon Cleansing related

articles please visit the following article page

<http://www.colon-health.org/coloncleanse-articles/>

Psyllium For Detox?

By Darry J.Oswald

Herbal colon cleansing using psyllium, internal cleansing herbs and other natural colon cleansing products, is an essential part of a good detoxification program. Although psyllium is herbal based, it has been proven to be a very powerful natural herbal detox for colon health!

Colon Detox Formula draws matter out of the colon pockets which cannot be reached colonic or other herbal formulas. There are many rapid detox center colon for the busy individuals in this modern era. A good anti-parasite herbal detox will gently cleanse harmful and destructive intestinal parasites from the digestive tract and colon. An herbal colon detox targets these impurities to help cure chronic indigestion, diarrhea and/or constipation, poor immune capabilities, chronic fatigue syndrome and weight gain. This natural herbal colon cleanser can be used to detoxify the bowel and tone and strengthen the peristaltic muscles.

Cleansing I highly recommend this herbal blend and easy detoxification process to anyone who is interested in physical and spiritual cleansing. Here's what I found: Herbal lung detoxes are designed to promote a healthy respiratory system by cleansing and detoxifying the lungs and bronchial passages. Di-Di Hoffman believes that herbal remedies should be included in any detox programme because of their cleansing actions. Jerry Hall provides a comprehensive overview of various types of detoxification routines, covering detox diets, herbal detox, skin cleansing, detox baths, juice fasting.

A main focus of naturopathic detoxification routines is improving liver function with targeted food and herbal medicines. Steam detoxification can be gentler than chemical/herbal detox because some of the toxins are directly eliminated through sweat, thereby bypassing your liver completely. Aloe Detox is the number one herb for the treatment of all liver problems.

Quick-Detox is an all natural herbal nutritional supplement. Grandma's Herbs herbal colon cleanser and body detox products are designed to obtain and maintain a cleaner, healthier body. Consider a healthy detox or work with the power of an herbal cleanser. This natural herbal colon cleanser can be used to detoxify the bowel and tone and strengthen the peristaltic muscles.

The organs primarily involved in natural detoxification are the liver, kidneys, bowels, skin and lungs. Find out about Detox Tea at

<http://www.eabout.info/detoxtea>

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