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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 The Natural Way**

**By Maggie Simmons**

Colon cleansing involves a process called detoxification. Detoxification is geared toward clearing out toxins in the body by means of neutralizing or transforming them, as well as clearing excess mucus and congestion in the colon. Most of the toxins that are congesting the colon come from the food we eat, drugs we use, or environmental exposure both acute and chronic.

Fats (especially oxidized fats) and cholesterol, free radicals as well as other irritating molecules act as toxins. Likewise, poor digestion, colon sluggishness and dysfunction, reduced liver function and poor waste disposal by the kidneys, respiratory tract and skin all contribute to increased toxins in the colon.

Detoxification is very important for healthy living as well as enhancing the elimination of toxins in the colon and throughout the body. Minimized intake of some chemicals from food and other sources like refined sugar, caffeine, alcohol and tobacco, as well as many drugs helps to remove toxins in the body. The process of detoxification actually calls for a lifestyle change and smart selections of food.

For detoxifying or cleansing the colon, it is also important to include probiotics in your diet in order to replenish the good bacteria in the intestines. A probiotic is an organism which contributes to the health and balance of bacteria in the intestinal tract. It's also commonly referred to as the body's friendly bacteria and helps in fighting illness and diseases.

A healthy intestine contains at least 85% of beneficial bacteria to prevent over colonization of disease causing organisms like salmonella and E. coli. But sadly, most people do not have the required amount of friendly bacteria in their intestine, resulting to various colon related diseases. Probiotics are also excellent immune system enhancers since they prevent unfriendly organisms from congesting the body. Probiotics also prevent overgrowth of yeast and fungus and produces substances that lower cholesterol.

Why Colon Cleansing is important?

Regular bowel movements are vital for maintaining a healthy body. Irregular bowel movements are an indication of future colon problems. This is the reason why eating a nutritious, well balanced diet is so

## Colon Cleansing The Natural Way

important. The typical diet of most people today includes a great deal of refined sugar, white flour and hormone/antibiotic-filled meats. These types of foods contribute to the demise of our colons.

Colon cancer is the second deadliest cancer, causing deaths not only in the US but also in other parts of the world. This is also the reason why it is essential to have a healthy, correctly functioning colon. Colon cleansing is vital for the elimination of congestions and toxins in the intestine.

Constipation is one of the most common bowel problems faced by a great number of people. Constipation is a condition wherein there is a slow transit time for waste matter to leave the body. The transit time refers to the amount of time that toxic waste matter remains in the bowel. A long transit time will cause the toxic waste to decay, ferment and most probably be reabsorbed by the body. And the longer the body is exposed to waste the greater the possibility of contracting a disease because the stockpiled waste is a fertile breeding ground for diseases.

Disease in the colon usually starts with a toxic bowel. Infrequent or poor bowel movements over extended periods of time can be very hazardous to the body.

### Natural Way of Cleansing your Colon

The natural way of colon cleansing involves a cleansing diet of some herbs that are known to kill parasites and worms, also included are digestive enzymes, probiotics, herbs that stimulate the liver, gallbladder and intestines, psyllium husk or seeds, cascara sagrada or flax seeds, or slippery elm and many more.

Herbs are good in intestinal cleansing since they get rid of pounds of foul smelling food debris that have been stocked inside the colon. The most commonly used herb is psyllium, a natural, water-soluble, gel-reducing fiber that is extracted from the husks of blond psyllium seeds.

A standard bowel cleanse should contain the following:

1. Water, juices, raw fruits and vegetables
2. Probiotics to help replenish the good bacteria in the intestines
3. Psyllium husk and/or seeds or flax seeds help absorb water and expand the colon allowing for the removal of toxins and mucus.
4. Bentonite clay is edible clay that acts as a laxative by absorbing water and then forming a gel. It binds toxins and helps to carry them out of the colon.
5. Salt water enema

However, please remember that you should consult a medical professional for advice before starting any new health regime.

Maggie Simmons. For information and to sign up for a Free Colon Cleanse Newsletter please visit

<http://www.colon-cleanse-for-health.com>

or for more articles click here

<http://www.colon-cleanse-for-health.com/natural.html>

## **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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