

This Free E-Book is brought to you by Natural-Aging.com.

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

Colonic Irrigation: How It Works To Give You A Healthy Colon

By Lindsay Robertson

As a teenager, every time I got acne, my grandmother was convinced that it was due to bad bowel.

But I used to brush her off as being prejudiced. But now that I am experienced and well informed I know the value of a good bowel movement, not only for maintaining the health of your skin, but for an overall well being.

A properly functioning colon is the precondition for a healthy bowel movement and healthy colon can be achieved through its proper cleansing at regular intervals. There are so many techniques to accomplish this objective. Colonic irrigation is one of the most popular among them.

Most of us lack the basic idea about how various colon- cleansing methods work and avoid them out of the gross misconception that the methods are complex and painful. On the contrary, the colon cleansing methods, particularly the colonic irrigation is a simple process that produces dramatic results. How? To know the answer read on.

Colonic irrigation is typically performed by a licensed professional in a clinic and the entire procedure does not take more than forty five minutes.

In brief, it is a kind of water therapy to cleanse your colon. First a small speculum with an attachment of plastic hose is inserted into the patient's rectum. The plastic hose is connected to the colonic machine. The machine controls the volume and temperature of the water which is passed onto the hose that take the water to the patient's rectum and through this to the entire colon.

The volume of water with which the patient's colon is temporarily filled up varies according to individual tolerance. This gush of water induces peristaltic or muscular contractions in colon. As a result fecal matters from the patient's colon are forced out. These wastes are expelled through a clear plastic tube.

During the irrigation process the therapist slightly massage the parts of the abdomen to help free the encrusted wastes on the walls of the colon. Thus the colonic irrigation does not only pull out the mucus and parasites, the old fecal matters, dark black in color come out through the tube.

Colonic Irrigation: How It Works To Give You A Healthy Colon

The amount of water is important. Only a proper volume of water is capable of inducing proper contraction of the muscles, so that the colon resumes its normal peristaltic activities. When more than required water is used, not only it becomes painful for the patient, it may produce negative results. Less amount of water on the other hand makes the colon overwork.

In general, colonic irrigation is a process which is neither painful nor uncomfortable if performed professionally. Generally more than one session of colonic irrigation are needed to completely get rid off the encrusted feculent matters. So good amount of patience is required to get success from the treatment of colonic irrigation.

Lindsay Robinson writes on several subjects.including colonic irrigation. For more info check

<http://colonic-irrigation-tips.info>

. Also try

<http://clean-your-colon.info>

and

<http://colon-clean.info>

for more

info on colon cleansing.

Colon Flush For An Overall Well Being

By Susan Allshouse

Bowel related problems have become an integral part of the lives of the average Americans, thanks to the abundance of fast foods in their diet. Low vitality, stomach bloat, poor digestion— are all the natural corollaries of irregular bowel movements. Add to it foul body odor, bad breath and a lackluster skin...together they indicate to one common point and that is; your colon is not in the proper state and it needs immediate attention.

Now the question is how do you ensure the health of your colon? It is simple, go for colon cleansing at regular intervals. There are mainly two different ways to cleanse the colon. The first is to consume high fiber supplements and second is to flush the colon with water. In the second case where the colon is provided large amount of fluids, it actually flushes itself to get rid of the fecal matters and toxins accumulated in its walls for years. The end result is: you get a clean inside and get back the vitality of health.

How does the colon flush help you to get back to the previous healthy and energetic state? To know this you have to first learn the importance of colon with regard to our over all health.

Colonic Irrigation: How It Works To Give You A Healthy Colon

Colon is the organ responsible for conserving water in the body and eliminating the wastes from system. It also stimulates the growth of the beneficial organisms that help our body to absorb the essential nutrients like vitamin K or B complex. As a result of growing age, flawed dietary practice, stress and exposure to pollution robs our colon off its natural resilience. The passage of elimination no longer remains smooth and fecal matters are built up in the walls of colon leading to accumulation of toxins. These toxins are circulated over other parts of the body through blood and the lymphatic system. This results in a number of disorders like diarrhea, constipation, fatigue, poor skin, joint pains, and depression.

Now a good colon cleansing system is one which is divided into three steps: first it prepares the colon by creating the right environment for starting with the next and most important step of flushing. It can be achieved by consuming oral supplements.

Colon flush is the second step in which all the encrusted waste materials are flushed away from the digestive system. In this step, mainly the fluids are used to force out the internal debris accumulated for years. Also known as hydrotherapy or colonic irrigation, a colon flush ensures a thoroughly cleansed intestine.

In the last stage helpful Probiotics are introduced to support the overall health of digestive system.

In a nut shell, colon flush destroys the causes of toxin build up in the body. This is a process that triggers off energy regeneration naturally. Colon flush enables your body to repair itself and thus keeps the dangerous diseases at bay.

Susan Allshouse is an expert on colon cleansing. Check out

<http://www.my-clean-colon.info>

and

<http://www.colon-cleans-resource.info>

for more info. Also check out

<http://www.colon-flush-advisor.info>

for info on colon flushes.



This Free E-Book has been brought to you by Natural-Aging.com.

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