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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!

Foods For Effective Colon Cleansing

By Maggie Simmons

Problems with the digestive system are among the greatest and the most dangerous, but are often

the most commonly ignored. One of the most prevalent causes of digestive problems starts with a problem in the colon. The colon serves as the waste disposal unit of the body. This is where waste and toxic substances are deposited before they are passed from the body.

A properly functioning colon needs to be able to absorb nutrients and then remove the waste materials before they can poison the body. If waste materials are not properly removed autointoxication occurs or re-absorption of the toxic waste. It is really very easy for putrefied waste to be absorbed through the colon wall into the bloodstream and then start damaging other organs of the body. A person may be considered having a healthy colon if he or she is having bowel movements two to three times per day.

Juice fasting is a great way of cleansing the colon. There are various juice fasting recipes that may be easily done at home. Vegetable juices are excellent colon cleansers especially if one to twenty cups of freshly pressed vegetable juices are consumed. The choice of vegetables would depend on the person's tolerance. Each cup of juice may contain one or two (or more) of the following: carrots, beets, daikon, radishes, fresh celery (both the root and greens), ginger, garlic, cayenne, wheat grass, barley grass, dinkel grass, parsley roots and greens, kale, cucumber, pepper and dandelion.

Never use brown, wilted celery because it may be toxic. Only use the freshest vegetables and fruits. Apples and lemons are also great for the colon. The problem with juice fasting recipes is that not everybody has the time to create freshly squeezed juices every time they get hungry.

The best thing to do is to buy canning jars to contain the juices. The first thing to do is to line up the juicing materials that can provide at least three quarts of juice. Each of the canning jars is to be filled up to the very top so that no more can be added. Next is to hold the disk sealer just over the top of the jar and press down. Some juice should squirt down the side of the jar in order to allow only a minimal amount of air in the jar. Then screw the sealing ring to ensure the disk.

Afterwards, place all the jars in the refrigerator. This will keep the freshness of the vegetable juices up to three days. Simply take each one out whenever you need it.

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However, it is important to drink the juice right after a jar is opened. The reason for this is that prolonged exposure to air will destroy the enzymes in the juice. These enzymes are important in cleansing the colon. Canned juices are not beneficial to your health since they don't contain any enzymes. Important enzymes can only be extracted through juicing and then drinking immediately freshly squeezed juices.

In terms of food, raw foods are preferred for colon cleansing. This is because 30 to 85% of the nutrition in foods is destroyed during cooking. Fresh, raw foods contain the highest level of enzymes that are vital to cleansing the colon. These enzymes are the catalysts for the hundreds of thousands of chemical reactions that occur throughout the body. Most cooked foods have been denatured and are devoid of enzymes and other life promoting elements. While it is true that cooked foods maintain life, they don't promote optimum health or longevity.

Rhios Raw Energy recipes are great sources of colon cleansing recipes that are not only delicious but are extremely healthy. There are even raw food restaurants opening up as people become more aware of the health benefits and realize that raw foods can be just as delicious as traditional fare.

Please note that it is always a good idea to consult a medical professional before fasting or changing your diet radically in any way.

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/recipes.html>

The Best Colon-Cleansing Diet

By Ryan Bombard

Eating the right food is very important for removing your colon of debris. That is why it is essential that you know the best colon-cleansing diet. A plant-based diet is the best bet for minimizing the risk of heart disease, cancer, and diabetes. This type of diet has number of advantages for the colon.

Fiber The plant-based diets consist of vegetables, fruits, beans, seeds, nuts and whole grains which are very high in fiber content. A high-fiber diet gives you a much-needed cushion in softening the stool as well as decrease bowel transit time.

Fiber is of two types: soluble and insoluble. Though both are different in nature but both are necessary. While soluble fiber dissolves in water and increases beneficial bacteria. On the other hand, insoluble fiber is especially beneficial for elimination and prevention of constipation.

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Green Foods Green foods, which contain high chlorophyll, content makes them perfect for colon cleansing. Leave aside cleansing, chlorophyll soothes and heals damaged tissue in the digestive tract. It plays a pivotal part in preparing your body to generate more oxygen and draws out toxins. Because of this, chlorophyll is often been termed as "the internal deodorant."

Water Water is a medicine of all the diseases. It has been believed that water is the universal solvent, and lack of water can lead to constipation and toxicity in the bowel and kidneys. The need for water arises when you do some sort of physical activity, or you are residing in hot or dry climates and when you consume meat and salty foods.

There is no denying that problems associated with the digestive system are the most dangerous, yet people ignore it. Digestive problems make its presence felt through a problem in the colon. The colon acts as the waste disposal part of the body. This is the body part where waste and toxic substances are generated before they are through from the body. Colon cleansing diets are the natural gifts to clean your colon without any side effects. If followed carefully, you will feel wonders in your body.

Ryan Bombard writes about colon cleansing and colon cleanse diets. For more info:

<http://www.colon-cleanse-diets.info/colon-cleanse-diet.html>

and

<http://www.colon-cleanse-online.info/cleanse-colon-detox.php>



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