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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!**

**Internal Herbal Cleansing**

**By Sarah Thomas**

Herbal cleansing has become very popular in the world today and comes in many different forms.

One can go to an alternative health clinic for advanced forms of herbal cleansing or simply take herbal supplements at home.

There are many products on the market in the form of pills or powders with various herbal combinations depending on the particular type of cleansing you wish to undertake.

One can take herbs to cleanse the liver, kidneys, and other vital organs. The most popular form of herbal cleansing however, is to clean the intestines. The purpose behind herbal cleansing is to remove wastes and toxins from the body so cleansing the intestines is the logical choice.

An efficiently functioning digestive tract will help support and nourish the body. Properly formulated herbal supplements can assist the elimination of wastes and improve the assimilation of nutrients in the body.

Many alternative health practitioners believe that ill health begins in the colon and the first step in preventing and treating disease is to cleanse the digestive tract. Our modern diet of heavily processed food along with sedentary lifestyles contributes to the accumulation of waste products in the colon and a sluggish digestive system.

Herbal cleansing help restore the body to its normal state of being able to repair itself and ward off disease. Some claim that herbal cleansing remedies can help rid the body of parasites which could be responsible for a variety of diseases.

Another claim of herbal cleansing products is that the herbs help to loosen old material in the intestines and allow it to pass out of the body. In addition, some herbs may help to tone the bowels to allow them to function more normally to aid in the rapid elimination of wastes.

There are actually many varieties of herbal supplements on the market today and the function will depend upon which herbs are used in the product. You can easily find herbal cleansing products at

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your local health food store. You can also shop for them online where you will be assured of having access to a huge variety of products and be able to research them and then compare prices before you buy.

When buying herbs it is important to buy quality standardized herbal preparations. It is usually not a good idea to buy herbal supplements based on price alone. Stick with well known and respected name brands and if you have any questions, consult your physician or alternative healthcare provider for medical advice.

If you currently are on prescription medication or have an illness, it is particularly important to talk with your doctor before adding herbal supplements to your diet as some herbs may react with your medications.

Sarah Thomas provides articles on

<http://www.sosmenopause.com>

. You can find more of her work at

the site

<http://www.herbal-central.com>

### **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

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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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