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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!**

**Women and Colon Cleansing, Women and Colonic Health**

**By Nadia Alterio**

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90% of all sickness and disease begins inside an unclean colon.

Toxins and waste build up in your colon just like they do in the pipes of your home. Both demand immediate attention or the results can be disastrous.

Colon cancer is second only to lung cancer in terms of cancer deaths in the U.S., claiming the lives of nearly 50,000 men and women annually.

Have you ever said to yourself, "I'm not constipated or backed-up. I go to bathroom everyday.

I don't need a colon cleansing" ...or do you? Keep reading to find out if you're toxic!

The benefits of colon hydrotherapy

The colon plays a remarkable role in our body's health. The condition of our colon has very significant effects on every organ in the human body and on our sense of well being in general.

Despite what you may think or your daily bowel movements, many people are not aware of the fact that they need a good colon cleansing. Most people don't realize that the complete length of their colon is wedged with old, hardened fecal matter that only leaves a narrow enough channel for small, softer feces to pass through. Failure to cleanse your colon is like having an internal garbage dumping grounds within you left to accumulate as the years pass.

Your colon is the sewage system of your body. If the wastes in your colon are allowed to build up, they will decay and be absorbed through the walls of your colon and into your bloodstream. These toxins can poison your brain and nervous system so that you become depressed, weak, irritable, heavy and lethargic.

## Women and Colon Cleansing, Women and Colonic Health

Your breath becomes foul because the toxins poison your lungs, you become bloated and distressed because the toxins have accumulated in your digestive tract, and your skin becomes sallow and unhealthy because of the toxins floating around in your blood. Every organ in your body is affected. You feel and look older, your joints become stiff and painful, your eyes get dull and your thinking becomes sluggish. Thus, the joy of living is no more!

Are you toxic?

Symptoms associated with toxic buildup and constipation:

Fatigue, Headaches, Irritability, Anxiety, Nervousness, Gas–Belching or Flatulence!

Nausea and Abdominal Discomfort, Protruding, Tender or Rigid Abdomen,

Bad or Sagging Posture, INSOMNIA, Skin Blemishes, Acne, Sallow Complexion

Dark Circles Under Eyes, Brittle Hair and Nails, BAD BREATH!

Coated Tongue, Body Odors, Cold Hands and Feet, Lower Back Pain,

Menstrual Problems, High or Low Blood Pressure, Swollen Legs, Lack of Sexual Response

Lack of Interest in Work or Life, Loss of Memory, Difficulties Concentrating, Overweight Or Obese,

Underweight, Poor Appetite, Neuritis and Neuralgia (aches and pains throughout the body)

A healthy colon is important

The years of poor dietary habits, stress, little exercise, illnesses, smoking or drinking, pill popping, indigestion, constipation, the use of laxatives, etc. is all very taxing on the colon. When this becomes overburdening to your colon, it will no longer function as it's supposed to. Undigested food and body wastes accumulate, harden and become fixed into the walls of your colon further hindering complete elimination from the body.

Wondering where those extra pounds on you came from?

Over time, accumulated fecal matter causes the colon to become distorted in shape as anywhere from 5 to 40 pounds of matter can accumulate. This puts an unnecessary strain on the surrounding organs, the nervous system and even interferes with the absorption of essential nutrients from the colon.

As time passes and further fecal matter accumulates in the colon, excessive fermentation and putrefaction occurs which leads to the condition known as auto-intoxication. The toxins from this accumulated fecal matter are absorbed into the bloodstream and spread throughout the body. This then results in the weakening of the body and an open invitation to a whole slew of immune system–related diseases.

Structural, functional and metabolic imbalances are manifested in various forms. The effects of autointoxication and constipation in the colon results in either ballooning, colitis, diverticulitis, mucosal dysfunction, spastic bowel, strictures and ulceration.

A toxic colon will also affect the frequency at which you get colds, the flu and it will reduce your body's ability to recover from illnesses as quick as it should. If left unchecked, serious problems can arise, but there are ways to restore colonic health and thus your body to it's optimal health.

The benefits of colon irrigation

Colon Irrigation is a method of colon cleansing and detoxification. Water is filtered through the intestine while the abdominal area is massaged thus softening and loosening the old impacted fecal matter and toxins built up in the colon. As your colon is cleansed, the process of autointoxication and its resulting health problems are reversed. The colon then repairs itself and will start to function properly again.

Nadia Alterio

## **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.

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

. Also try

and

for more

info on colon cleansing.

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