



## "Your Guide to Colon Cleansing"

*By Peter Mason*

*Detoxify and Rejuvenate your body with colon cleansing*

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## **About the Author**

Peter Mason had colon cleansing a few years ago.

He believes that it was beneficial for him.

He wrote this guide to help demystify Colon Cleansing by explaining the possible benefits, reasons for having the procedure, and possible risks.

Peter says that much of the information which we are exposed to is driven by advertising and other reasons where some of those doing the promotion do not explain everything which you need to know before and after you have colon cleansing.

Peter hopes that his guide will not only help people who may decide to have colon cleansing but also provide unbiased information and help for those close to them.



## **An Introduction to Colon Cleansing**

Colon cleansing is fast becoming a very popular therapy to combat digestive problems and to avoid weight gain. It is a means of improving your general health.

The **colon** is a part of your large intestine. It absorbs water and stores your body's waste products until they are excreted. Your colon is responsible for maintaining the electrolyte and water balance of the body.

### ***Healthy Bowel Movements***

It is usual for many healthy people to have one or two bowel movements every 24 hours.

Most bowel movements will have a brown or green color. An adult may have from five to forty pounds of compacted waste in their bowels.

Your feces (excreted matter) should be mostly solid.

You should not strain or experience any serious straining when excreting.

Frequent straining and exertion in excretion may cause improper or incomplete removal of waste materials from your body.

## What Causes Problems

It may sometimes be difficult to identify the root cause of a problem. However, improper absorption of the food that we eat and ineffective elimination of waste products from our body may have a negative effect on our health and encourage development of disease or deterioration of our state of health.

### Diet

Your body state is linked to the type and amount of food which you eat. Proteins are necessary for your body but excess proteins may be harmful. Many American's diets are too high in fats and carbohydrates. These put pressure on your colon and may cause it to become inefficient.

Overloading of the colon is often due to unhealthy food habits like:

- eating junk food
- a diet consisting mainly of processed and refined food
- eating at odd hours, and
- either overeating or under-eating.

Also, stress, pollution, and other harmful elements in our environment may increase the chance of serious problems with your digestion.

A sedentary lifestyle may aggravate the condition.

### Delaying Excretion

You should follow the signals your body gives you. Do not delay excretion when you feel the urge. This can make it more uncomfortable for you and put extra strain on your system when you do try to eliminate the waste products.

You should not strain or experience any serious strain when excreting.

Frequent straining and exertion in excretion may cause improper or incomplete removal of waste materials from your body. The remnants of food

remaining within your colon may contribute to the development of serious illnesses.

The waste materials are unwanted parts of your food. If you do not excrete them and some remain in your colon, they may be reabsorbed.

These waste materials could undergo further decomposition and be a breeding ground where harmful bacteria thrive.

The accumulated toxins may cause various symptoms like constipation, headaches, fatigue, allergy symptoms, depression, irritability, bad breath, bloating and infection.

Toxins may help to stop important organs of your body from functioning to their normal capacity.

The accumulation of toxins may cause or increase the effects of many problems like acne, obesity, cancers, heart ailments, hemorrhoids and ulcerative colitis.

Colon cleansing is intended to help to clean your body of unwanted toxins.

Colon cleansing is claimed to be an effective process for detoxifying your body. Its promoters say that it not only cleanses your colon but may also clean your entire digestive system, including your small intestine, stomach and large intestine.

Keeping your digestive system clean can help to ensure a healthier body.

After you complete the process of colon cleansing, the promoters say that you will feel a lot better, due to the removal of toxins from your body.

They claim that the process helps you to develop healthier bowels with the possibility of less constipation in the future. Some suggest that it may also make you feel much lighter and fresher. You might have less body aches and pains.

It is essential to stay away from junk food and not overeat while you undergo colon cleansing.

## The Colon Cleaning Process

Colon cleansing involves the use of a colon cleanser, usually a commercial product which may be chemical-based or a product that contains one or more natural ingredients which are claimed to have cleansing properties.

Some people take a fiber shake; a liquid containing natural, high-fiber ingredients. They may start by having just one a day. Some will gradually increase their intake to three or even five times a day over a period from two to four weeks.

Some people prefer to use commercial colon cleansers like OxyPowder<sup>®</sup>, Colonix<sup>®</sup> or Dual Action Cleanse<sup>®</sup>.

You might also use one of several available herbal "natural colon cleansing" preparations.

Their users say that they may be less harsh on your body than the chemical based products and may provide a more thorough cleansing.

Many of these products are oxygen-based colon cleansers.

Stabilized oxygen therapy is claimed by some people to clean the entire colon by removing the old impacted fecal matter and to detoxify your body.

They say that some fiber products, including Psyllium, may only flush out only the larger debris clogged within your colon.

I am not aware of any definitive tests which would support these claims.

## **Why Some Doctors Do NOT Recommend Colon Cleansing**

Colon cleansing is an invasive procedure which should only be done after full consultation with your doctor and under the direction and supervision of a qualified and experienced medical professional.

Many doctors and other medical professionals are not in favor of colon cleansing as a measure for better health or for prevention of disease.

They recommend colon cleansing only in preparation for a medical examination or procedure. These doctors say that cleaning of the colon is a natural process that your body usually does better by itself.

Most people do not have to take special supplements, enemas, or pills to eliminate body waste material or bacteria.

Since your colon absorbs sodium and water and is responsible for maintaining the electrolyte balance in your body, such cleansers could disrupt the natural balance. This might lead to salt depletion and cause dehydration.

This might also encourage the development of serious ailments like heart failure, malnutrition or anemia.

Some doctors may advise that a better approach might be to eat a fiber-rich diet with sufficient water taken each day to help to keep your body free of constipation and resultant colon problems.

Self-administration should only ever be done if you have the approval of your doctor.

People who are recovering from cancer treatments, inflammatory bowel diseases (like Crohn's disease or ulcerative colitis) and pregnant women should not undergo any colon cleansing programs at all.

## What is Colon Cleansing?

Colon cleansing is a procedure to clean your colon. The term "colon cleanse" has the same meaning as intestinal cleanse, intestinal therapy or bowel cleanse.

The main aim of a colon cleanse procedure is to have a clean bowel, whether to reduce problems like constipation or to be better prepared for certain surgical procedures.

A colon cleansing procedure may involve the use of different supplements and a few days of fasting.

A good colon cleanse would also aim to cleanse your colon of any possibly injurious parasites.

The total process might take around three to four weeks.

The effectiveness of a colon cleanse depends on your individual body condition and other factors which should be evaluated by your doctor before you even think of undergoing the procedure.

Your body requires sufficient intake of good food and water. Unless you eat proper food, you will not be able to have a healthy body.

Many people in the developed world have a diet that is rich in white flour, refined sugar and meats. These foods, in excess may cause problems which lead to accumulation of various toxins within your body.

Toxin accumulation is claimed to cause constipation. This increases the transit time for toxins to be expelled from within your body. If toxins or waste materials remain for a long time within your body, they may get putrefied and ferment.

There could also be re-absorption of some waste materials which might be very detrimental to your health. Accumulation of toxins within your body and remnants of fecal materials within your colon can encourage the growth of disease-related parasites within your body.

Where the slow disposal of toxins leads to reabsorption, these fecal materials might enter your lymph nodes and bloodstream and make you more susceptible to various diseases.

Excessive accumulation of toxins might weaken your body's important systems and make your immune system less able to fight off invasive bugs. You might become more open to various degenerative diseases like cancer.

Some claim that a colon cleanse is worthwhile because it may provide an effective and efficient way of detoxifying your body.

It may be a prerequisite of many detox programs.

## What is a Colonic?

A colonic is a cleansing procedure where water is introduced through the rectum to clean and flush out toxins from the colon.

A typical colonic session may last from forty-five minutes to an hour. This is best done under the supervision of a colon therapist, an expert in colonic.

This may also be called a colonic irrigation, colonic hydrotherapy or colon irrigation.

### The Colonic Procedure

After completion and examination of your complete health history checkup and consultation by the hydrotherapist, you wear a hospital gown and lie down, face-up on the treatment table.

The therapist inserts a disposable speculum, which is connected by a long disposable plastic hose to the colon hydrotherapy unit, into your anus.

The therapist slowly releases warm and filtered water into the colon. The water causes your colon muscles to contract.

This is **peristalsis**. This causes the feces to be pushed out from your colon through the hose and collected in a closed waste system for disposal.

There could be some discomfort or a weird sensation in the abdomen during the therapy.

The therapist massages in and around the abdominal region during the therapy to facilitate the process.

The therapist could comment on the color of the feces, although no smell would come out of the closed system.

After the session, you may use the toilet to pass any residual water and stools.

### *Do You Need a Colonic?*

A colonic is normally used to remove accumulated fecal matter from the colon. Accumulated feces within the colon are the primary cause for



constipation and may, in turn, encourage the development of various diseases and illnesses. That could cause a significant deterioration in your general health.

The accumulated fecal matter could harden over time and reduce the normal processes of absorption of water and nutrients. Such an accumulation may also produce an uncontrollable growth of harmful colon bacteria and yeast.

Sometimes, stagnant toxins could be absorbed back into the bloodstream through the colon wall. This is autointoxication.

### ***Side Effects***

Common side effects of a colonic may include nausea and fatigue for several hours.

There may be a risk of perforation of the abdominal wall.

Careful monitoring is required to reduce the possibility of complications like electrolyte imbalance and heart failure due to excessive absorption of water.

### ***People that should NOT have Colonics***

People that have or are being checked for specific medical conditions like ulcerative colitis, diverticular disease, Crohn's disease, blood vessel disease, severe hemorrhoids, heart disease, congestive heart failure, gastrointestinal cancer, abdominal hernia, severe anemia, or intestinal tumors should not have a colonic.

You should refrain from having a colonic if you have undergone any recent surgery of the colon.

Pregnant women should not have a colonic as it could stimulate uterine contractions.

### ***Preparation for a Colonic***

Before the colonic, drink plenty of fluids and eat only lightly.

### ***After a Colonic***

After the colonic, eat very light foods.

Some people recommend that you eat probiotic foods to restore the good bacteria in your gut.

Avoid raw vegetables for few days.

## Who Needs Colon Cleansing?

Although colon cleansing is claimed to be a good way of cleaning your colon of all accumulated waste materials, it should not be undertaken as a fad or a style statement.

Colon cleansing is a medical technique and it is best to use it only under medical supervision and instruction.

If you have any serious gastrointestinal disease, where it is not possible for your bowel to function properly, you may be told that you need a colonic.

If you have poor dietary habits and a sedentary lifestyle, some people claim that undergoing a colonic can help clean your colon of some of the accumulated waste materials so that you might be better able to make further adjustments to improve your health and lifestyle and help reduce the possibility of future intestinal disorders.

Some people might choose a colonic as a preventive measure to perhaps help maintain normal health.

It may be difficult to find a permanent cure for intestinal disorders once you develop them. So, adopting preventive techniques to avoid their occurrence is a better idea.

Some people suggest that having a proper colon cleansing might help your colon to retain or improve its natural health and vitality.

The colon is a very important organ of the body. If the colon is clogged, due to accumulated waste materials, the normal functioning of other digestive organs like the liver, kidney, and pancreas is hindered. This, in turn, may disrupt other parts of your body. It could lead to serious ailments like kidney malfunctioning or perhaps liver cancer.

If you are addicted to junk food, fad diets and high-protein diets or eat too much animal fats and proteins, your digestive system might become unable to function at its best capacity.

Proteins are essential for body health. However, excess protein may lead to over-acidity which might encourage the depletion of electrolytes and necessary minerals from your body.

If your colon is unable to combat the effects of accumulated toxins and other bacteria within your body, a colonic might help to clear your colon.

You may be obese due to excessive eating. You may be consuming foods in large quantities.

Additionally, lack of a normal exercise routine or sedentary lifestyle could add to your woes. Excessive eating could put pressure on your body's enzyme levels and makes your colon work too hard.

Some foods may cause mucoid plaque, which might settle within your system. You might then need a colonic.

Some people could suffer from frequent bouts of allergic reactions. Some others would suffer from loss of appetite, regular bad breath, indigestion, stomach aches, headaches, irritability, insomnia, depression, swelling in body parts, and tension.

The promoters of colonic therapy could suggest that the effects of these symptoms might be reduced if you have a colonic even if you only suffer from just a few of these symptoms.

In an average person, it is possible for ten pounds or more of old waste to remain dormant in the large intestine at any time.

In a few cases, this could be around thirty pounds.

This might be one reason for some excess weight.

Undergoing one or more sessions of colonic irrigation with the necessary gaps between them, might help your colon problems and reduce your weight.

## **Why Colon Health is Important**

**B**owel problems, including constipation, affect more than seventy million Americans.

The colon is a very important organ of your body. It stores and excretes all waste materials from your body.

If your colon does not stay clean, the waste materials remain within your body and may cause serious bowel problems or encourage the development of other dangerous conditions.

Sometimes, you may remain unaware of the problem and not seek professional help until problems are obvious.

### **Signs of Normal Bowels and Colon**

Normally, people with healthy bowels should have one or two well-formed and complete bowel movements every twenty-four hours. The early morning bowel movement is often substantial. The second bowel movement during the course of the day might just be half as much as the morning bowel movement.

The most important fact is that movement of your bowels should be effortless. You should not strain or hold your breath to allow bowel movements.

Further, you should excrete within seconds of sitting on the toilet seat. If you need time to push out the bowels or get sufficient time to read a magazine during bowel movements, you may be constipated.

Small and narrow stools may also indicate some level of constipation. There should not be any mucous, half-digested food particles or blood in your movements.

### ***Importance of Natural Bowel Movements***

Improper, or troublesome bowel movements may indicate your diet is not providing all the nutritional benefits which you need.

This sort of diet may cause fecal matter that sticks on the walls of the colon or remains in parts of the colon. This can lead to constipation.

A normal bowel movement usually takes place within eighteen to twenty-four hours of eating your food.

However, if you suffer from constipation, your colon may not become sufficiently clean and some fecal materials might remain in your colon for many days.

These materials may form deposits on the colon walls and, sometimes, these deposits might create serious irritation which could lead to a spastic or inflamed colon.

This condition reduces or prevents the usual absorption of nutrients within the colon walls. Deposited feces decay and transform into toxic gases that may pollute your blood and infect parts of your body.

These developments may lead to serious problems of the liver.

If parts of the body become toxic, your body's cells may not receive enough essential nutrients from the blood when the interstitial fluid surrounding the cells becomes plugged-up with waste.

Apart from the negative physical effects, this may also lead to mental depression and the complications that could arise due to the depression.

It may become a vicious circle.

Constipation also occurs when:

- there is insufficient water intake
- delaying the urge to pass bowel movements for long periods, or
- insufficient physical exercise.

These factors may cause your stools to harden and be more difficult to pass.

## **Health Benefits Claimed for Colon Cleansing**

The different health benefits that are claimed for colon cleansing include reducing the occurrence and severity of constipation and removing some or all accumulated waste which may not be eliminated if your natural body processes are sub-par.

Colon cleansing is also claimed to reduce other negative effects from any accumulated toxins within your body that do not allow your colon to function efficiently.

Constipation may be due to:

- consumption of processed foods including foods made with refined flour
- eating a lot of meat and meat products, fatty foods and animal protein.

Excess consumption of proteins may not be good for your body.

It may lead to over-acidity. Excessive acid content in the body might affect the proper functioning of your colon by disrupting the electrolyte balance in your body and depleting the level of necessary minerals in your body.

This may make your colon less effective at dealing with harmful bacteria and other toxic substances.

### ***Effects of Pollution***

Modern day life exposes you to all kinds of pollution.

Harmful pathogens and lethal chemicals surround you. Pesticides, cleaning chemicals, and polluted air may have a negative effect on your body's immune system. This might disrupt the normal functioning of your body.

Any compromise on your immune system can expose you to various sicknesses.

Some people claim that a colon cleanse might help to reduce some of your problems.

If you have a poorly performing colon, you may be unable to absorb sufficient nutrition which could cause you to become less healthy. Cleansing the colon, so that it can work to the best of its ability, may help to improve your general well-being.

Our modern lifestyle often encourages many people to consume more frequent and higher amounts of caffeine and alcohol.

Many people also take more prescription and over-the-counter medications.

Poor physical health may affect your mental health so that you remain depressed and feel emotionally low.

A colon cleanse is claimed to sometimes be able to relieve you of some of your physical problems and mental tensions to some extent because a healthy colon may help you think and work with less discomfort and worry.

Eating unhealthy foods may cause a build-up of layers of undigested and unabsorbed matter on the walls of your colon. There may be some mucous formation.

All this may cause more strain on your colon to the point where it is unable to excrete all of the unwanted matter efficiently. Then, waste materials may stick to the inner walls of the colon. Over time, these might turn toxic and encourage disease to develop.

If you have a family history of colon cancer and, provided that you get approval for your doctor, you might consider regular cleansing of your colon - maybe once a year - to help your colon to continue to function smoothly.

Poor colon health may contribute to the occurrence of some negative effects on your general health like fatigue, lack of essential nutritional balance in the body, poor skin quality, acne formation, poor concentration levels and a tendency to feel tired more often.



## Is Colon Cleansing Safe?

The colon cleaning process has been used for a long time. In ancient times, colon cleaning was used to try to assist with many digestive ailments.

You may find many advertisements for colon cleansing on the Internet, in magazines and on billboards. Some may claim almost miraculous effectiveness but this is not likely to occur.

There are many factors involved in this invasive procedure and you must get your colon cleansing done by an experienced and qualified professional.

Colon cleansing can prove dangerous if not done properly.

Some of the important factors include:

The temperature of the water needs to be kept within a specific temperature range. Otherwise, it could burn all intestinal cells and cause serious, permanent harm to your intestinal tract.

The amount of water inserted into the colon should match that which comes out. If excess water remains within the tract, it could cause serious abdominal cramps, vomiting, diarrhea, nausea and other complications.

You must not consider using herbal therapy for colon cleansing unless you have discussed it with your doctor, who knows your current state of health and medical history. He can advise about the suitability of the particular herbs for you.

Some people could be allergic to certain herbs. Sometimes, allergic reactions can cause irritation in the intestinal tract.

The concentration of the herb that is actually put into your system should be checked. Using the wrong strength may be very harmful.

You need to check whether anything in the herbal treatment might affect the actions or benefits of your regular medications and therapies.

Some colon cleansing products might cause gastroesophageal reflux.

One of the theories supporting colon cleansing talks about autointoxication. Autointoxication is claimed to be related to stress that the accumulated toxins within the colon could spread throughout the body over time due to reabsorption of waste materials from the colon. The proponents of this theory say that this could cause serious harm and lead to various diseases.

However, some researchers insist that there is nothing like autointoxication. They believe that their research supports the belief that your body's system can clean itself of all wastes and toxins by itself. There is no need for any colon cleansers or chances of causing autointoxication through reabsorption.

Some say that using colon cleansers repeatedly can cause serious harm. The colon is not only a storehouse of waste materials, it is the place where your body absorbs nutrients. Therefore, regular cleansing can destroy and wash off essential nutrients. Regular washing could obstruct the beneficial absorption process and perhaps cause serious health concerns. You could suffer from vitamin deficiency and other negative consequences.

Regular use of colon cleansers might weaken your body's system and your colon may be less able to function normally.

Your colon might, in some cases, suffer serious tears and damages.

This process could also cause body dehydration which could affect operation of your brain and other organs.

In many places, there is no stringent regulation of the different colon cleansers available on the market, especially some claimed to be "herbal" or "natural".

There are concerns about the extent of penetration of colon cleaners. Some of them enter deeper than twelve inches to give a thorough cleaning.

If you undergo colon therapy through a specialist colon therapist, it could be a safe option.

The possibility of infection through the colon therapy equipment may be a concern. Using disposable equipment is the safest option.

## The Difference between a Colonic and an Enema

Colonics and enemas are both colon-cleansing therapies which involve using water to cleanse the colon of residual fecal matter.

You must have a colon therapist administer a colonic.

While some people use self-use kits to give themselves an enema, I strongly advise that you do not do so before consulting your doctor who knows the risks and your current state of health and medical history.

The possible harm you might do makes prior consultation essential.

Here are some of the differences between colonics and enemas:

A colonic involves multiple infusions of water into the colon while an enema requires only a single infusion of water into the colon.

The colonic cleanses the entire colon while an enema is intended to cleanse only the lower part of the colon, sigmoid, and part of the descending colon.

A colonic uses a closed-tube system for taking out the fecal matter, so there is no smell and you cannot see the fecal matter coming out.

After the colonic session ends, you can use the toilet to pass any residual stools or water.

An enema may allow water to remain in the lower part of the colon and you then need to use the toilet to complete excretion. There is no closed tube system for excretion when you have an enema.

A colonic requires use of professional equipment which must be handled by a professional colon therapist. You cannot do a colonic by yourself and on yourself.

An enema may be done with enema kits that are available over the counter and even online. While the procedure is relatively simple and there is no legal restriction in many areas that you must have professional assistance for an enema, I suggest that you consult your doctor before even thinking about having an enema, just like you would before any other procedure.

## **Different Methods of Colon Cleansing**

There are several methods of colon cleansing, each operating with different techniques.

### ***Colon Hydrotherapy***

This method involves infusion of warm and filtered water through the anus with the help of disposable plastic tubing.

Only certified and licensed professionals can do colon hydrotherapy. The equipment should be F.D.A. approved to ensure totally sanitary conditions.

Unlike an enema, this method can clean your large colon.

The professional will gently infuse water through the rectum into the colon to avoid any discomfort to you.

Colon hydrotherapy is the same as a colonic irrigation or colenema.

You might be able to combine this technique with an oxygen-based cleanser to get rid of almost all body toxins over a period of time.

In some areas, home-use systems for colon therapy are available, but they should only ever be used after inspection and under the supervision and instruction of a certified professional as an adjunct to professional hydrotherapy.

The potential risk is too great to take chances in the hope of saving a few dollars or for any other reason.

### ***Enemas***

This is a very common technique for relieving persistent constipation problems.

The enema solution is inserted into the rectum through the anus to clear the bowel. This solution stimulates you to excrete and often works fast.

However, you will probably find that it does not clear your colon thoroughly, although it gets rid of some feces and, probably some toxins. It loosens fecal matter only in the lower part of the colon.

Overall, an enema may provide relief in acute constipation cases, depending on the underlying reasons for the constipation and any other associated conditions.

But, don't expect this to be a long-term cure.

The insertion of the enema may be uncomfortable and must be done carefully and correctly.

That's why I recommend consulting your doctor for a recommendation to a qualified professional. Then, later on, you should ask your doctor if he or she believes that you should have another enema and if he thinks that you could do it yourself safely and correctly.

If you look on the Internet or read advertisements elsewhere, you will see many offers of home-use kits, with varying claims and suggestions for enema solutions.

Some of them may not be suitable for you – some could even be dangerous, so get professional advice.

The first time you use an enema, you might experience cramps due to the removal of hard waste from your colon.

### ***Laxatives***

These are oral medications and work similar to enemas to help solve simple constipation problems.

But, they only partially clean the colon.

The best you can expect is for a laxative to soften hard stool and stimulate bowel activity.

Some of these preparations cause contraction of intestinal muscles encouraging bowel movements and easing of the constipation.

Laxatives are only ever suitable for occasional constipation problems. They do not usually bring relief in chronic conditions.

Laxatives may also cause dehydration, intestinal cramping and discomfort.

Do not use frequently or over a sustained period of time.

### ***Oxygen-Based Colon Cleansing***

This is claimed by some people to be one of the most effective methods of colon cleansing. They use capsules which contain activated oxygen and are taken orally to help remove impacted fecal matter.

The promoters claim that this method may not cause any significant dehydration or discomfort. They further claim that the medications may be useful for both short-term and long-term constipation problems.

### ***Herbal Colon Cleansers***

These cleansers contain psyllium, a herb which is claimed to be effective at reducing constipation.

Psyllium in herbal remedies is claimed to increase the volume of your stools. They say that this causes the colon to contract and aids in easier excretion in some people.

These colon cleansers are not expensive but professional advice before considering obtaining and using any of them is possibly your best form of insurance.

These may prove effective in the short-term and only for temporary relief, but they probably cannot clear the colon thoroughly.

There is every chance that constipation will recur at some other time unless you adopt a healthier diet and lifestyle or make other changes recommended by your doctor.

### ***Detoxification Diets***

These diets are claimed to help clean your entire digestive system of some levels of toxins.

There are many different types of detox diets. They may involve drinking only water and eating a limited range of foods.

But, limiting the types of food you eat may mean that you don't get some essential nutrients or too much of another one.

You should start on such diets only after consulting your doctor.

## Colon Hydrotherapy

Colon hydrotherapy is another term for colonic or colon irrigation.

Colon hydrotherapy is an important technique of colon cleansing which may enhance the ability of your colon to absorb minerals, vitamins, and other essential fatty acids.

Some people develop serious constipation problems. The common causes for acute constipation include:

- 1) excessive consumption of processed foods
- 2) low intake of water
- 3) sedentary lifestyle, and
- 4) prolonging the urge to defecate regularly.

Waste that is not removed may accumulate on the walls of the colon. It may, over time, harden and form a layer on the wall which can reduce the efficiency with which your colon passes important minerals and water into your body, which could cause some health problems.

### ***How a Colon Hydrotherapy Treatment is Done***

A normal colonic treatment lasts around forty-five minutes. It consists of insertion of specific colon therapy equipment through the anus. A doctor or other qualified professional inserts a small speculum into your rectum.

This speculum is attached to a plastic hose that is, in turn, connected to the colonic machine.

The colon therapist regulates the amount and the temperature of water coming from the machine.

Water enters the rectum through the plastic hose and passes through the entire colon. You are filled with a specific volume of water, dependent on your personal tolerance levels.

The water induces wave-like contractions in the colon. This causes the fecal matter to pass out through the colonic hose and through the colonic machine into a clear plastic viewing tube.

The water takes out old fecal matter (which may be hard and dark in color, parasites and mucous).

The colon therapist massages your abdominal area lightly during the colon therapy. This may help to loosen and dislodge any fecal accumulation from the colon walls.

You will probably feel a warm sensation due to movement of water within your abdomen and the excretion of waste materials.

The amount of water used for colon therapy should be carefully adjusted so that it is appropriate for you.

Excess water might make the process uncomfortable and even painful.

If the amount of water used is less than optimal, it may push your colon to work harder.

Done correctly, it encourages a normal level of peristaltic activity in your colon.

A single colon therapy treatment may not bring the desired results. You may need a series of colon therapy treatments.

The initial treatment may expel more gas and mucous than hardened fecal material.

Some old, crusted-on feculent matter might only come out only during later treatments, especially where it may have been lodged there for many years.

The entire process, if done properly, does not cause any pain or extreme discomfort.

### **Benefits of Colon Hydrotherapy**

Colon hydrotherapy may be an important diagnostic tool when your doctor is trying to detect and correct clinical disorders in the digestive system.



The procedure may help him to evaluate and diagnose various ailments in the area of the colon.

Undergoing colon hydrotherapy before a sigmoidoscopy, a barium enema or a colonoscopy can produce better diagnostic results.

The normal discomfort associated with a barium enema may be absent if you undergo colon therapy.

Undergoing colon hydrotherapy before bowel surgery may reduce the risk of postoperative complications due to the presence of bacteria at the suture line.

Removal of fecal deposits through colon hydrotherapy may bring some welcome relief for you. You may be able to follow your daily routine better and feel healthier afterwards.

Colon hydrotherapy is believed by some to be a useful detoxification process for alcoholics and drug addicts by helping with the internal cleansing process.

Colon hydrotherapy may help your doctor or medical specialist to more easily detect any presence of colorectal cancer or parasites.

Cleaning and examining the colon for blood twice in a year is claimed by some to help with early detection of some instances of colon cancer.

It may also eliminate the opaque residual material on subsequent upper GI series tests, allowing additional radiation exposure.

If you undergo colon hydrotherapy before undergoing general anesthesia for any treatment, it may help to reduce the effects of any bowel problems occurring due to surgery.

### ***Before a Colon Hydrotherapy Session***

You need to prepare yourself before having a colon hydrotherapy session.

Some suggestions to check with your doctor:

- × Do not eat anything for two hours before the therapy
- × Do not drink any liquids for an hour before the therapy
- × Do not eat any processed foods, packaged foods, or fatty foods

- × Do not drink any carbonated juices for two days before the therapy

Although colon hydrotherapy is a safe course of treatment, it is essential to take the advice of your physician before undergoing the therapy.

If you suffer from ulcerative colitis, diverticulitis, Crohn's disease, rectal or intestinal tumors, or severe hemorrhoids, you should not undergo colon hydrotherapy.

Also, pregnant women should not undergo this therapy, especially in the last three months before the birth.

Undergoing colon hydrotherapy alone cannot cure you of all your colon problems. Colon cleansing may get rid of most body toxins and perhaps help prevent as much build-up of toxins in your system from then on.

But, you should adhere to a proper diet with lot of fibrous foods, vegetables and fruits, and restrict consumption of processed and refined foods.

Regular exercise and drinking lots of water may help to keep your colon healthy.

## **Colon Cleansing at Home**

Colon cleansing may be a great help with improving your current state of health. A healthy colon promotes a healthy body, healthy skin and may have a positive effect on your energy levels.

Some might feel that visiting a doctor for their colon cleansing could be embarrassing and uncomfortable.

You might want to cleanse your colon at home by yourself.

You should first discuss the situation thoroughly with your doctor. He or she will be able to advise you, based on your medical history and current state of health whether that course is likely to be safe and successful.

Colon cleansing helps remove all old fecal matter from your colon that might otherwise encourage the development of serious health issues.

You should discuss whether to use one of the commercial cleansers or a specific home-brew with your doctor.

Whether you are considering a solution that is chemical or herb based, you need to be aware of any possible effects on your health or interaction with other treatments that you are having.

### **Basic Facts about Colon Cleansing at Home**

#### ***Small Meals***

When preparing for a colon cleanse at home, you may be wise to eat only small meals such as soups and broths.

Heavy meals might put more pressure on your colon and reduce the effectiveness of the cleansing procedure.

Having broths and soups after you are over the immediate effects of the procedure may help your body to replenish the electrolytes lost during the colon cleanse. Maintaining the necessary electrolyte balance is essential.

### ***Water Intake***

The colon cleansing process may cause dehydration. Your state of hydration must be monitored and maintained to reduce occurrences of headaches or other symptoms.

Check with your doctor about what sort of fluids you might drink. Stay away from carbonated drinks.

### ***Probiotics***

Your colon also has various good bacteria that helps easier digestion of your food.

A colon cleanse might wash away many good bacteria.

They must be replaced.

Some people claim that Probiotics are a suitable source for replacing good bacteria to repair the necessary balance in your body.

### ***Vitamin or Nutrient Supplements***

Your colon cleanse may wash away some essential nutrients from your colon. Some people believe that taking suitable nutritional or vitamin supplements may help in easing the absorption of valuable minerals into your body.

Many people use vitamin supplements that include vitamin C as they say it may help to keep your immune system strong and possibly protect your body from some infections.

You should discuss whether it is a good idea for you to take vitamin supplements during this time with your doctor.

### ***Detox Bath***

A detox bath, which involves bathing in hot water containing herbs, is claimed to help remove body toxins through your skin.

The routine which I read suggested that you wrap yourself in a blanket after taking the bath to promote sweating which is claimed to help to remove some toxins from your body.

But, you should refrain from such a bath unless your doctor advises it as part of your treatment.

I don't know of any documented research which supports these procedures.

### ***Eating Habits***

Your body normally eliminates much of its waste in the morning.

Some people say that it is best to avoid eating any heavy food during this period.

But, many authorities recommend a healthy and sustaining breakfast.

### ***Fibrous Foods***

Fibrous foods are usually considered very good for the health of your colon.

Although some fruits and vegetables are among the richest sources of fiber, you may also eat nuts and other foods that are high in fiber.

## Getting Rid of Toxins with Internal Cleansing

You eat all types of foods during a day. However, your body may not require all the ingredients of the food which you consume. So, the waste materials from different foods should be excreted over a period of time.

You may have a potential or actual current problem with your colon but be mostly unaware of the real situation.

Many people reach for an over-the-counter preparation when they feel any adverse symptoms hoping to get better without incurring the cost or time required to access proper medical attention.

But, a pill may offer, at best, only some temporary relief.

Many symptoms remain active within the body and may be the forerunner to more serious problems if not properly investigated.

Some people claim that a through internal cleansing system may help you to reduce the effects of some symptoms. But, I advise that you discuss any symptoms and possible treatments with your doctor at the first opportunity.

You should certainly discuss the possible benefits and risks of any internal treatment with your doctor before making any decision.

One type of internal cleansing system involves:

- 1) Eating healing foods like yeast flakes, salmon, fish oil, olive oil, sea salt, organic foods, and Flax seeds.
- 2) Drinking vegetable juices, herbal tea and lots of water.
- 3) Undergoing colon cleansing by taking a Psyllium husk and bentonite clay shake once a day and maybe increasing the amount over a period of two to eight weeks.

Alternatives, which you might also discuss with your doctor, include:

- Enemas
- Colonics

- A liver cleanse to try to excrete gallstones that may obstruct easy and normal functioning of the liver leading to various digestion problems from your body.
- Undergoing a parasite cleanse with products like Paranil or other preparations.

After undergoing these internal cleansing processes, the promoters claim that you may feel healthier and have higher energy levels. Many products are promoted as also assisting you to lose weight, have better-looking skin and even feel more at peace mentally.

## **How to Give an Enema**

This procedure should never be done without first consulting your doctor for advice based on your personal medical history and the current state of your health.

An enema is claimed by some people to be more gentle than some laxatives and suppositories.

The enema works only to clear the last two to three feet of your digestive tract.

One useful point is that you may be able to schedule your plans so that you can time your enema conveniently.

Laxatives may start working anytime and not necessarily in line with your schedule.

### **Equipment for an Enema**

#### ***Enema bag or can***

If you are self-administering an enema, you might use a hot water bottle or fountain syringe to help you manage the bag easily after it is filled.

If somebody else administers an enema on you, they might use a stainless steel irrigation can.

Although this is expensive equipment, it may prove easier to set up and clean.

Frequent travelers might make use of a folding enema bag travel kit or disposable enema bag units as are available in hospitals. The different equipment for enemas are available at pharmacies and online drugstores.

#### ***Davol colon tube***

This flexible red rubber tube attaches to the hard plastic enema tip. This is claimed to be a safe and comfortable attachment. The tubes are available in various sizes denoted by numbers which denote the inner diameter of the tube.



Hence, higher numbers can allow more solution to pass at any given time. Normally, Fr. #26 to Fr. #30 is considered the size which might be used for an average adult.

These tubes are available from medical supply stores.

### ***Castile enema soap***

This is mild cleansing enema soap. It is claimed to be able to bring relief in some cases of stubborn constipation.

It is available in a liquid form in a box of fifty single-use packets. It is inexpensive and easily available across various surgical supply stores.

### ***K-Y Jelly, Vaseline or Cold cream***

This is a lubricant useful for easy and comfortable insertion of the rectal tube.

### ***Where to hang the enema bag***

You can place a hook or a nail to suspend the bag from the wall.

Use a strong cord to hang the bag around eighteen inches above your rectum while you lie on your side. If you want to use an enema in the bathtub, loop a string over the shower pole or use of an 'S' hook to suspend the bag.

### ***Pad or heavy bath towel***

Place this beneath the buttocks to absorb any leakage. Placing it in the tub can be more comfortable than laying in direct contact with the cold surface of the tub.

## Procedure for Enema Administration

These instructions are no more than a broad overview. They are not sufficient for anyone to use to do an enema.

An enema is an invasive procedure with serious potential risks.

You need to discuss the fine details of the procedure, including all precautions and possible risks, with your doctor before even considering having an enema.

The author only provides this as a broad outline and cannot be responsible in any way for any action that anyone may take. Anyone using this information in any way must accept full responsibility for doing so.

If you try to self-administer an enema, suspend the hook at a proper height and place the bath towel in the proper position.

The water temperature should be little more than the body temperature. Be very careful about this because water that is too hot could damage mucosa while it could cause cramps if it is too cold.

If you have a combination hot water bottle and syringe, or an enema can, empty the sachet of castile soap into it and then fill it with warm water. For disposable bags, fill the bag with one-third water and thereafter pour the castile soap. This may prevent any running out of enema solution after expelling of the air.

It is preferable to use distilled water or other sterile water.

Lubricate the rectal nozzle with Vaseline, K-Y jelly, or cold cream. Lubricate your anal area thoroughly with the lubricant.

Some people lubricate the inner area of their rectum which is difficult to try to make a protective covering against the effects of the passage of the hard wastes during the enema.

Hang the enema bag on the hook.

Lie in the proper position. Maintain control of the shut-off bag with your left hand. If lying on the bathroom floor, lie on your back with both legs drawn up and knees bent. Use one or two pillows underneath your chest and lean on them if somebody else is giving you an enema.

Insert the rectal tube gently and not too far into the rectum.

Gently rotate and twist the tube for better insertion.

Open the shut-off valve and allow the solution to flow gently. If you feel any discomfort, stop the flow for some time and start again when you are ready. You can interrupt the flow as many times as you want.

Taking small and deep breaths in between may also be helpful.

You will feel full once the enema progresses.

Once you empty the bag of solution, clamp the shut-off, and remove the rectal tube slowly.

Remain in the same position for some time to retain the solution for the length of time which your doctor advised you.

Go the toilet and expel the enema. You may require many visits to the toilet, as the enema is not likely to be entirely expelled with a single visit.

Clean any multi-use equipment thoroughly with appropriate cleaning agents and hang it up to dry completely.

It is very important that the equipment be cleaned to a very high standard.

## **Choosing the Right Colon Cleansing Products for You**

There are various colon-cleansing products.

Consult your doctor about which products might be okay for you. Deal only with reputable companies which abide by all rules and regulations applicable in your country and state.

Reviews and customer testimonials may be biased or even inaccurate.

Always check the expiry date of any colon cleanser before use.

Choices for assisting with colon cleansing may include:

### **Herbal Products**

Herbal products are claimed to be usually fairly gentle.

Claims are made for products that contain such herbs as basil leaves, coriander leaves and even mint leaves, but always consult your doctor before even thinking about purchasing or using any colon cleansing products.

Herbal products may be too strong for you, especially at first.

### ***Psyllium***

This is a natural product extracted from psyllium seed husks. Psyllium is a water-soluble fiber and forms a thick mucilage if mixed with water. This mucilage is claimed to help push out waste from your colon.

You can take daily doses of psyllium for a natural cleanse. However, it is best to take sufficient water with psyllium to get the best consistency.

Always follow directions carefully.

### ***Replacing vitamins, minerals and nutrients***

Colon cleansers may clear your colon of some essential nutrients and vitamins.

Some people claim that taking regular vitamin and nutrient supplements may help to restore the levels of some nutrients that your body needs. But the

various mixtures that are sold have different levels of the various substances and most nutrients are better absorbed when part of your regular diet.

### ***Probiotics***

Most colon cleanser kits include probiotics. Your colon contains both good and bad bacteria. Colon cleansing may wash away both good and bad bacteria. Probiotic supplements are claimed to sometimes help to replenish the stock of good bacteria.

### **Follow Instructions carefully**

Use colon-cleansing products strictly according to the instructions available on the labels.

Only use products that your doctor advises you to and get them from companies which abide by the regulations and statutory requirements of your country's health regulators.

You should take care to only purchase licensed products which are approved by your doctor.

### ***Suitability for YOU***

While choosing colon cleansers, you should choose one that suits you the best. Your colon health degrades with your age. Therefore, you need to detoxify with the help of a colon cleanser that can prove gentle on your colon.

The choice of a suitable colon cleanser should only be done in direct consultation with your doctor who knows your medical history and current state of health.

Also, check if you have any allergies in regard to any specific product or ingredient.

## **15. How to Cleanse Your Colon**

There are many ways to cleanse your colon, including at-home colon cleansing products.

The most satisfactory way for you may be to undergo a professional colon cleanse by a qualified and experienced colon therapist.

Purchase or use of any of the preparations listed below should only be considered after thorough discussion with your doctor.

### **Homemade Colon Cleanses**

There are different types of homemade colon cleanses.

All these products take time to cleanse your colon and do not offer instant results.

These methods include:

#### ***Juices Method***

You consume mostly raw fruit and vegetable juices.

Juices should be fresh to help preserve all the natural enzymes, which might be destroyed or removed during cooking and processing.

#### ***Bentonite clay and psyllium husk mix***

With this method of homemade colon cleansing, you mix psyllium husk and Bentonite clay with water or juice, make it into a shake, and drink it.

The clay is claimed to bind with the fecal matter.

The psyllium husk is supposed to mix with the water, making your fecal matter softer and increase the volume of the fecal matter.

Both substances are claimed to help easy movement of fecal matter within the colon and then help with easier excretion.

### **Readymade Colon Cleanses**

You might, after consulting your doctor, choose to purchase a commercial colon cleansing product. These may be available in powder or tablet form. Some include a special tea for use with the product.

However, before deciding on a particular product, consider all options and get professional advice from your doctor to make sure that you get the product which is most suitable for you.

### **Some Suggestions about your Diet**

Before, during and after a colon cleanse, you must be careful to follow the dietary advice which your medical professionals advise.

Do not overeat.

Some people eat three to four small meals in a day.

You may be advised to avoid:

- Eating heavy foods
- Coffee, tea, or soda
- Fast foods
- Junk foods
- Sweets, cookies and cakes
- Candy, chocolates and pasteurized milk

You may be advised to eat:

- More fibrous foods
- Raw fruits and vegetables
- Whole grains
- Probiotics
- Vitamin C or other vitamin supplements
- Oil supplements

## **Preparing For a Colon Cleanse**

Going for a colon cleanse the first time could prove overwhelming and disturbing.

It's possible that you might feel embarrassed and even wary about how to get a colon cleanse done efficiently.

However, a colon cleanse which is undertaken after consultation with your local doctor might help you.

### ***A Few days Before Your Colon Cleanse***

Restrict your intake of sugar, fats, alcohol, proteins, and soda. These might make you more uncomfortable.

You might be advised to have more light meals like salads and soups. The soups should be low in salt and high in appropriate vegetables.

You might choose to eat more raw or cooked vegetables that contain useful forms of fiber and may aid colon cleansing.

Drink sufficient water and, perhaps, some fresh fruit juice.

You might be advised to reduce your intake of grains like wheat and dairy products.

Focus more on getting sufficient suitable exercise. Good exercise may help to improve the flow of blood through your colon, helping the colon cleansing process.

Develop and maintain a positive attitude and a calm frame of mind before starting with your colon cleanse. Strong emotions may upset your digestive system and affect the normal functioning of your colon.

Get your doctor's advice on which medicines, especially over-the-counter ones, that may negatively affect your colon cleansing results.



## **Starting a Colon Cleansing Regimen**

The first step towards an effective colon cleanse is to quit all poor dietary and eating habits.

This will take some time, as you probably will not be able to give up your eating habits immediately.

Once you have done this, you can prepare for your colon cleanse.

Avoiding junk foods and eating more healthy foods before a cleanse is worth considering.

Fasting could prove helpful for some people.

Some people have a juice fast or a day of complete fasting before starting on a colon-cleansing program.

Some have a "water fast" by drinking only water with, perhaps, a little salt. Some other people have a juice fast by drinking only fresh fruit and vegetable juices.

Fasting of any kind is not mandatory and any particular type may have negative effects on some people.

You should always consult your doctor before trying any sort of fast.

Some people only eat light meals for few days prior to a colon cleanse.

## **Choosing An Appropriate Colon Cleanser**

When choosing a colon cleanser, you should locate a cleanser that not only eliminates fecal buildup but also may help your body to regularize bowel movements.

Before purchasing any product, you should consult your doctor.

Don't just read and believe the testimonials and product description.

Even if someone has really had excellent results with a product, they are unique and you should only consider using the product or procedure which is safest and most suitable for you. You're also unique and any damage may be hard, expensive and painful to repair.

Some people claim that using a natural colon cleanser may help remove all impurities left behind from your meals.

Promoters also may claim that they will not leave behind many impurities from the cleanser itself. You should check that the product you are considering has been tested and approved by the relevant authorities in your country.

Also, stick within the prescribed dosage so that you can get the maximum benefit from the use of the product with less risk.

## **Maintaining your General Health**

These tips will help you to get the best results from your colon cleansing procedure.

Always keep your body fully hydrated. That might require you to drink up to eight or ten glasses of water.

This helps maintain the necessary electrolyte balance in your body.

Many people don't realize that your brain is one of the first body organs to be negatively affected by lack of hydration in your body.

Also, drinking coffee, tea or sodas drains extra valuable water from your system because water is used to carry the waste products produced from those other liquids out of your body. Always have more water after drinking those sort of liquids or, better, reduce your intake of them.

Some people take regular vitamin C supplements because they believe it may help to preserve the necessary level of nutrients and vitamins in their bodies.

But, it is better to get as much as possible of the essential nutrients and vitamins from regular food rather than using supplements.

Other people supplement their diet with Yeast Flakes by mixing it in milk or juices.

Eat food in a calm and stress-free environment.

Include spices like ginger in your daily diet.

Only have an enema or colonic if there is a demonstrable need, not because it is promoted through a magazine article, television show or because many of your friends are having them.

## **Maintaining Regular Bowel Functions**

Although colon cleansers may be good for some people by helping them to maintain proper bowel health, the most important factor is understanding and looking after your body's systems.

Eating enough high fiber vegetables can encourage proper and easy bowel movements.

### ***Squatting Position***

This is considered important by some people but is not endorsed by all researchers or doctors.

You must ensure that you have the physical strength and coordination to handle this maneuver without any risk to yourself.

I do not recommend this suggestion and anyone that tries it must accept all responsibility for any consequences of any kind.

Conventional toilets offer a squatting position. This is claimed by some people to cause some waste to accumulate in the lower regions of the colon before getting excreted.

They suggest that keeping both feet on the rim of the toilet can offer smooth bowel movements through the squatting position. Those who support the theory believe that because the squatting position causes your head to be in a forward position, this helps to straighten your colon and make excretion of fecal matter easier and more complete. They also suggest that this may also help people with hemorrhoids. Their view is that this position allows fecal matter to fall off easily, so there is no strain or pressure on the veins.

Their view is that sitting on a toilet seat may cause the colon to be curved at the end during excretion which may prevent complete clearing of the colon and causes some fecal matter to be left behind in the colon.

## **Natural Colon Cleansing Using Herbs**

Some people claim that specific herbs may kill some parasites and worms. They suggest that some herbs may also help in clearing your colon of some residual fecal matter.

However, herbal preparations are not suitable for every person who may have a problem related to their digestive area.

Also, they do not act instantly and you may have to follow a specific regimen for months to get results which will, of course, vary between different people.

### ***Starting a Colon Cleansing Regimen***

Fasting is claimed by some people to be a good way to start a colon-cleansing regimen. Fasting is claimed by them to help quicken the pace of waste removal from your body.

### **Different Natural Remedies for a Colon Cleanse**

Various herbs like Indian gooseberry, hoodia, garcinia, eclipta, Terminalia and chebula are claimed by some people to sometimes help to clean your intestines.

Various products may include a single herb or a concoction of various herbs together.

Herbs like Terminalia chebula or triphala are claimed to be useful for some people to help with colon cleansing.

Fibrous foods may act, in part, as natural colon cleansers. Fibers contain lot of roughage. They may bind the fats in the intestines and help to expel more of them with your feces.

Fiber-rich foods may induce peristaltic movements within the intestine. This can help to ease expulsion of some waste materials with less strain.

Fibrous foods need sufficient water available within your system to bind with the waste.

Drinking some water may sometimes help you overcome less severe constipation problems.

Water helps in easy flushing of toxins from your body. Drinking lukewarm water is claimed by some people to have more effect than drinking chilled or cold water.

Simple and commonly available herbs like ginger, garlic, black pepper, cumin seeds, and cinnamon are claimed by some people to sometimes help clear your intestines and even reduce the level of parasites in your system.

Some people can combine these herbs with fresh fruit juice or dark green leafy vegetables. They say that this may help produce clean and thorough bowel movements.

Colon disorders may sometimes be due in some part to problems of indigestion.

Herbs like coriander leaves, cinnamon, asafetida, cumin seeds, garlic, and ginger are claimed by some people to contain natural enzymes which may help in the proper digestion of food and cleansing of the colon naturally.

Some people suggest that colon problems which may be due to parasite or worm infestations may sometimes be helped by using preparations which contain herbs like *Butea superba*, *Embilica ribes*, and *Piper longum*. These herbs are available as a single herb or in a pill form containing many herbs in a specific formula or blend.

Some people consume them with a glass of lukewarm water.

I don't know of any reliable, independently reviewed tests which tend to confirm any of these claims, so always consult your doctor for access to the latest research and recommendations.

Some people claim that substances like natural citric acid, ozonated magnesium oxides, organic germanium, and probiotics may help with colon cleansing. Other herbs like aloe leaf, barberry root, rhubarb root, buckthorn bark, aloe leaf, mint, *Yebra mate*, black radish root and *Echinacea* have also been promoted at some time as possible aids to good bowel cleansing herbs. But, I could not find any independently verified test results.

Psyllium husk or seeds, cascara sagrada or flax seeds, slippery elm, and liver stimulative herbs have also been suggested by some to help with a colon cleanse. Of these, the most commonly used herb is psyllium. This is a natural fiber which absorbs lots of water. It is also water-soluble. This fiber increases in volume absorbing water and causes the colon to expand which may help in the easy removal of toxins and mucous from the colon.

Psyllium is claimed to encourage growth of healthy intestinal bacteria which might help in regulating bowel movements.

You may be advised to consume some water with your psyllium dosage.

It might take up to two weeks for results.

Bentonite clay is edible clay and acts as a laxative. This clay absorbs water and is said to help form a gel-like substance which is claimed to bind some of the toxic substances in the colon and helps to push them out smoothly and easily.

Wheat bran, apple pectin, and oat bran are dietary fibers. Wheat bran is insoluble while the other two are soluble. These fibrous foods are claimed to sometimes help some people clean their colon and may also assist in the lowering of blood cholesterol levels.

It may be worthwhile for some people to include a few probiotics in their diet to help replenish the stock of friendly bacteria lost during a colon cleanse or while they have been on a low quality diet.

## **Essential Precautions BEFORE Using Natural Colon Cleansers**

Herbal supplements are fairly popular as a natural colon cleanse.

But, you should always check any preparation before you buy or start using them.

Educate yourself on the available herbal supplements before purchasing them.

Always consult your doctor before you start on a herbal colon cleanse.

Next, you should check on the list of ingredients. The F.D.A. does not have the authority to approve herbal supplements and therefore consumer protection is less.

Some herbal supplements have a 'USP Dietary Supplement Verified' seal. This sort of seal asserts that the supplement may be free of environmental contaminants like lead, mercury, or drugs. But, you cannot blindly assume all herbal products to be safe for use.

You should not buy herbal supplements or any medicinal product from outside your country. There have been instances of toxic substances and incorrect ingredients and levels of active ingredients in some of them. Mistakes like this can cause injury or even death.

Some herbal supplements can cause some side effects if taken with other medicines. You should check with your doctor for possible reactions and never buy or use anything until you are completely satisfied.

Herbal supplements can affect the success of surgery. Some might reduce the effectiveness of anesthetics and could cause disturbances with your blood pressure and even cause serious bleeding.

Herbal supplements should not be used for children below the age of eighteen or elderly people over the age of sixty-five except under careful medical supervision.



Normally, if you are on heart medications, blood thinners, diabetes medications, liver medications, blood pressure medications, or Monoamine Oxidase inhibitors, you should not start on any herbal supplements.

Herbs like Ginseng, Dong quai, Black cohosh, Ginger, Ephedra, Ginkgo, Feverfew, Garlic, Kava, Milk thistle, St. John's Wort, Scotch broom and Goldenseal may have serious effects on people, whether or not they are taking any medicines or have known medical conditions.

They also may conflict with the prescription medications and drugs.

## Colon Cleanse Diets

While undergoing a colon cleanse, pay special attention to your diet.

Colon cleansing is intended to help to remove toxic substances and other waste from your body.

If you eat an improper diet, you could hamper the process.

### *Avoid these During Colon Cleanse*

You should stay away from:

- Beverages like tea and coffee
- Alcoholic beverages
- Soft drinks and carbonated drinks like Coke and Pepsi
- Pasteurized milk
- Fast foods and noodles
- Potato Chips, cookies, and other junk foods
- Smoking
- Rice

### *Foods that may Help your Colon Cleanse*

**Probiotic:** A colon cleanse cleans your colon of both harmful and good bacteria. Good bacteria help in better digestion and maintain floral balance. Probiotics may help you to restore your supply of healthy bacteria.

**Raw egg yolks:** While they are not advised for everyone, they are nutritious and contain some essential nutrients, vitamins, and minerals. You can mix a raw egg yolk in a glass of vegetable or fruit juice or you can have it as a salad dressing. If you have never had any raw egg yolks, you can start by having a teaspoon on the first day. Then, gradually, you can increase the quantity. This could help your system to get adjusted to it.

**Healthy Oils:** Your body requires fatty acids and essential oils to maintain the hormonal balance. the quality of your skin and for lubrication of body parts.

Essential oil supplements include fish oil, oregano oil, olive oil, coconut oil, cod liver oil, wheat germ oil, and others. Each type of oil has its own benefits. Wheat germ oil contains vitamin E while fish oil has Omega-3 fatty acids.

Of course, the best way to get these benefits is through regular food which you consume as part of your diet.

**Kefir and other fermented Foods:** Fermented foods may help some people to restore the good bacteria within their intestines.

Kefir is claimed by some people to be a good natural option. Other people promote fermented sauerkraut which, they say, is also a good probiotic with a lot of good bacteria.

**Vitamin C supplement:** Colon cleansing often makes you feel tired and sluggish. You may feel a little disoriented although temporarily.

Some promoters claim that taking vitamin C supplements can help you overcome these feelings.

**Yeast Flakes:** This is claimed to contain B-vitamins and to be very nutritious. It contains minerals. Some people have a scoop of yeast flakes with a glass of fruit juice.

**Fibrous Foods:** These foods are an essential ingredient of every person's diet. Fiber helps to transport food inside your body and reduces the amount of waste that might remain in the gut or accumulate to form deposits.

**Water:** You should drink sufficient water at all times. The level of water in your body is important while undergoing a colon cleanse. Water keeps your body hydrated.

Among other things, it helps in the easy movement of food through your digestive organs and reduces any accumulation.

**Exercises:** While on a colon cleansing diet, follow a regular pattern of exercise so that you have regular body movements. Your exercise regimen could include regular walking sessions and a few minutes of jogging.

## Colon Cleansing Recipes

Colon cleansing can be an effective way of removing harmful toxins from your body. It can make you feel better and be healthier.

These are some suggestions which I've found about recipes which may help to reduce any digestive problems.

You should check anything you want to try with your doctor before using it.

**Juices:** You can make a variety of juices using herbs and raw and fresh vegetables like carrots, radishes, beets, celery, parsley, ginger, dandelions, cayenne, garlic, wheat grass, and others.

Some of these herbs may contain substances that can have a negative effect on particular people. Always check first with your doctor.

Also, check that the items have not been sprayed with any harmful preparation or possibly fouled by passing animals.

Drinking these juices freshly squeezed helps retain the most beneficial enzymes, which might get lost in cooking. However, since juicing proves very time-consuming, many prefer to make juices for three to four days at one time. Preserve the juices in sealed jars and minimize the amount of air in each jar. This helps to keep the juice better.

When preparing for and also after your colon cleanse, maintain your water intake.

**Bentonite clay:** This is edible clay with many strong binding powers. Normally, colon cleansers with bentonite clay are combined with psyllium husk and juice or water. This colon-cleansing recipe binds with the residual matter along the colon walls and helps expel more accumulated fecal material. While on this colon cleanse recipe, you may be advised to eat raw fruits and vegetables and drink sufficient water.

**Raw egg yolks:** Eating egg yolks may help you. Although you may find it difficult to eat them initially, you can start by having few teaspoons. Otherwise, you can mix the raw egg yolks in milk or vegetable juice and

drink it. Otherwise, you can spread it on raw salad. Make a salad of red onion slices and fresh cucumber and spread little raw egg yolk on it. Add a little salt, a spoon of apple cider vinegar, three tablespoons of extra virgin olive oil, and a tablespoon of honey. Blend it well and eat it. Most people will be able to overcome the taste of raw egg yolk but they are not recommended for some individuals. Always check first.

People that promote or use cooked colon cleansers say that you should use only coconut oil, fish oil, olive oil or cod liver oil. Some claim that these oils may be good colon cleansing agents.

**Herbal Colon Cleansers:** Promoters of herbal preparations sometimes claim that herbs may be helpful in removing all fecal matter and waste from your body.

Some suggest that herbal colon cleansers may even kill harmful bacteria and promote regular bowel movements.

Some of the ingredients found in some common colon cleansers include cascara sagrada, aloe leaf, ginger, pepper, cayenne, and garlic. These herbs are sometimes claimed to not only clean out waste, but also to purify colon bacteria and maybe reduce some gastric problems.

**Other colon cleaners:** Other colon-cleansing recipes may include probiotics to promote growth of useful bacteria within your body. There are also some teas which are promoted as sometimes helping some people with their colon cleansing.

## Colonic Irrigation Tips

Colonic irrigation involves flushing of the bowels with water in different amounts, pressures, and temperatures. A normal colonic irrigation process involves the passing of water under high-pressure through one tube and removing all accumulated fecal debris through another tube. The entire process could last an hour.

**Check all colonic irrigation equipment thoroughly** before use for any possible infections and contaminations through previous clearing of colon bacteria.

**Adhere strictly to the recommended quantity of water** put into your system during a colonic irrigation. Excess water can cause severe electrolyte imbalances in the blood. This might lead to fluid in the lungs, heart failure, vomiting, abnormal heartbeats, nausea or coma.

**Do not undergo too many colonic irrigation treatment sessions.** There can be risks of breaking the bowel wall, which could be fatal.

**Only do a colonic irrigation with the help and personal supervision of an experienced, qualified colonic therapist.**

**Colonic irrigation cannot treat serious ailments of the colon.** It is only a way to help to clean your colon and is most useful as a prelude to other medical procedures.

**Always follow the suggestions and advice of your doctor or specialist before deciding on colonic irrigation.**

Avoid colonic irrigation if you suffer from any disease, especially ulcerative colitis, diverticulitis, Crohn's disease, tumors in the colon or rectum, or internal or severe hemorrhoids

Pregnant women should never have colonic irrigation.

## **After Your Colon Cleanse**

Side effects of colon cleansing may include temporary weakness, fatigue, and muscle aches, bloating, acne, and bad breath.

Occasionally, it could cause diarrhea for some time.

**Rest and relax after a colon cleanse.** It helps you overcome all side effects.

**Eat light foods like broths and stews.** Refrain from eating heavy foods, as it increases pressure on your colon and could lead to digestive problems.

Drink the amount of water recommended by your doctor and specialist during and after a colon cleanse. This may help you overcome headaches and tiredness.

Check whether your doctor recommends that you take Vitamin C supplements. Some people claim that it may boost your immune system and that Vitamin C is easily absorbed into your body. A better way to get the necessary amount and type of Vitamin C or any other additive is when it is part of the food which you normally consume rather than as a supplement which may contain ingredients that just add to the waste your colon needs to remove.

If your doctor approves, you might follow up a colon cleanse with a detox bath and a few simple exercises. This is claimed by some to help remove toxins through your skin.



## **Maintain Your Health and Vitality with Body Cleansing**

A thorough body cleansing might help to reduce the occurrence and effects of health problems like infections, Candida, acne, ulcers, and overall sluggishness.

Your body may store different types of toxins due to various factors like stress, environmental factors, irregular eating habits and poor lifestyle.

You may not always chew your food thoroughly. Many of us overeat and tax our digestive organs that have to work overtime to digest as much of the food as possible. Colon health and efficiency may be affected.

A complete body cleanse may help to keep your body healthier so that your body may absorb nutrients more effectively so that you have a healthier body and live a better life.

### **Complete Body Cleansing**

A complete body cleanse regimen might involve a colon cleanse, parasite cleansing and even a liver flush or cleanse.

A colon cleanse might be recommended to precede the others as the liver and kidney release waste. These toxic substances have to pass through the colon for excretion. If your colon is not clean, this waste could get absorbed within the body again and intensify your problems.

### ***Colon Cleanse***

Colon cleansing may help to clear your colon of toxic substances and allow better absorption of minerals and nutrients.

It may help you overcome constipation.

### **Parasite Cleansing**

Parasites are believed to be the cause of many ailments. They sometimes remain undetected for a long time.

Medications may not kill all parasites.

Some people suggest that taking a combination of herbs like wormwood, black walnut hulls, and common cloves can prove beneficial. But, these should be referred to your doctor for advice before you even consider buying or using any.

Some people promote herbal preparations that contain substances like olive leaf extract, pumpkin seeds, garlic, and goldenseal for cleaning away parasites.

But, none of them are proven to work.

You should always consult your local doctor before even considering using any such preparation.

### ***Liver Flush***

A liver flush or a liver cleanse is intended to clean your gallbladder. It is claimed to help remove stones from the gallbladder.

Some people claim that liver cleansing can prove beneficial to some degree with people that have ailments like eczema, acne, allergies, asthma, candida infections, gallstones, food intolerances and constant tiredness.

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