

# Colon Cleansing

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Colon cleansing can help improve your body's overall health and wellness, and may even reduce your risks for colon cancer.

## **Makes the digestive system more effective**

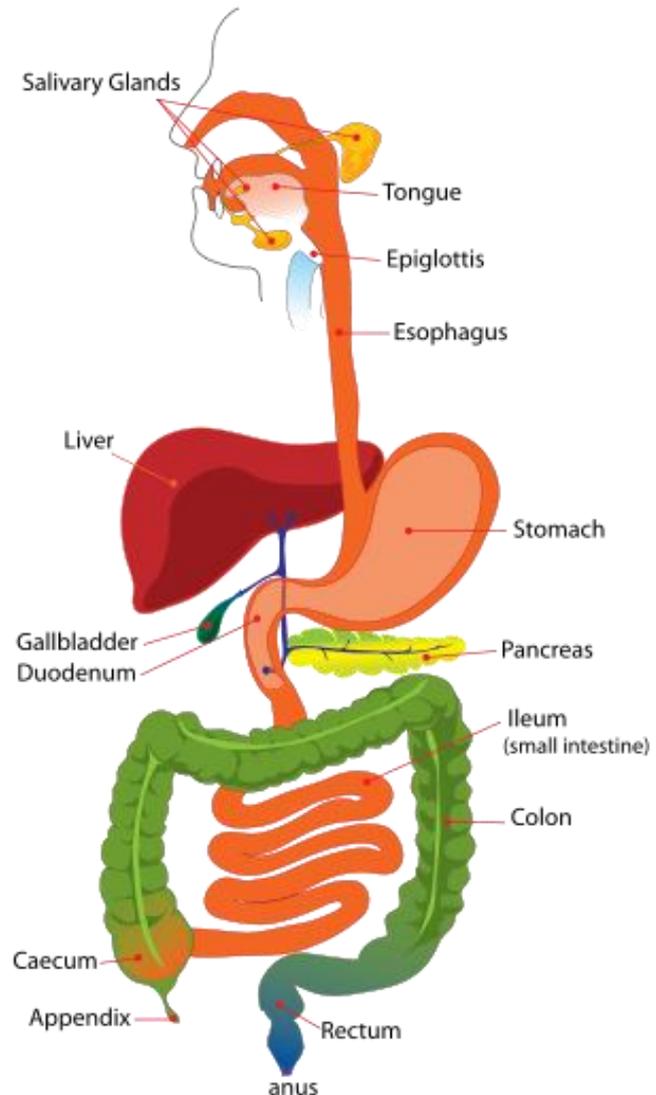
As the colon is cleansed, it pushes undigested waste through your system, clearing the way for good nutrient absorption. If waste remains in the body for too long, it becomes a breeding ground for bacteria and illness. A clean colon from a colon detox allows undigested waste to pass easily through your system.

## **Maintains regularity and prevents constipation**

Constipation — especially when it's chronic — causes a sluggish digestive response, which in turn leaves waste in the system longer. This increases the likelihood that toxins will be released into the bloodstream. It is also a cause of other illnesses and irritations, such as hemorrhoids and varicose veins.

## **Increases energy**

Releasing the toxins from your body is rejuvenating because it refocuses the energy usually used for forcing waste through your intestines to other parts of your body. People who have



undergone colon detoxification say they have better blood circulation, more restful sleep and a boost in energy.

### **Increases the body's absorption of vitamins and nutrients**

A colon that has been cleansed allows only water, vitamins and nutrients to be absorbed into the bloodstream, rather than releasing toxins and bacteria through the colon walls. When the colon is detoxified, it clears the way for essential nutrients to filter into your body unobstructed.

### **Improves concentration**

Poor diet and ineffective vitamin absorption can cause you to become distracted and lose your concentration. The buildup of mucous and toxins in your colon can keep your body from getting what it needs to function, even if you eat a consistently healthy diet. Cleansing the colon with a detox diet can be the difference between feeling alert and not being able to focus. This has far-reaching ramifications for work, your relationships and your overall health.

### **Kick-starts weight loss**

Foods lacking in fiber move through the digestive tract at one-quarter the pace of high-fiber choices. This slow-moving food produces excess mucous that literally sticks to the intestinal walls, weighing the intestinal tract down with pounds of decaying fecal matter.

Colon cleansing has the potential to aid weight loss; some people claim to have lost up to 20 pounds over the course of a month. The average human colon weighs about four pounds empty and can hold up to eight meals' worth of food before digestion finally occurs. A colon cleansing can result in significant weight loss and kick-start your metabolism, as well as refocus your attention on better food choices and whole-body wellness.

### **Decreases risk of colon cancer**

All the toxins that you eat, drink, breathe in and absorb through your skin end up being processed by your gastrointestinal system and liver. If they are not forced from your colon and liver as quickly as possible, they can wreak havoc on your body's systems. By releasing

stagnant body waste, you reduce the causes and the risk of polyps, cysts and cancerous growths in your colon and gastrointestinal tract.

### **Increases fertility**

Colon cleansing, as well as increased fiber intake and healthy food choices, improves regularity and helps keep your weight under control. Fat is estrogen-based, and if too much is present, becoming pregnant becomes more difficult. A colon that is weighed down by years of buildup can also press on the uterus and surrounding reproductive organs in women, causing strain.

Colon cleansing rids the body of many chemicals and toxins that affect the egg and sperm. Many naturopaths recommend that both partners undergo colon cleansing before attempting pregnancy.

### **Maintains pH balance in the bloodstream**

Foods that cause colon blockages are acid-forming — particularly high-protein diets without enough fiber. This leads to general malaise in the body. The tissue of the colon eventually becomes diseased and inflamed, reducing the colon's ability to do its job, which is to allow only water, minerals and vitamins to pass into the bloodstream. If yeasts, molds, fungus, bacteria, parasites or fecal material enter the bloodstream and connected tissue, the body's pH will be thrown out of balance.

### **Improves whole-body well-being**

Ridding the colon of waste and toxins by releasing layers of colon buildup can lead to feelings of lightness, strength and overall good health.

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