

Colon Cleansing – Why Do It?

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Colon Cleansing has made a comeback in the last several years. Your grandparents may have routinely performed a colon cleansing as part of their preventive health regimen.

But is it really necessary?

The body is an efficient machine that runs smooth and quiet, like clockwork 24/7...IF you maintain it. Just like any other hard-working machine, a proper maintenance routine is essential to peak performance.

Your body was designed to function properly whether awake, asleep, hot, cold, young or old. When your body performs as designed, it maintains a perfect weight and appearance.

But your body was not designed for the processed foods, chemicals and pollutants that it’s bombarded with on a daily basis.

When the only fuel you give this efficient machine is laced with preservatives and chemicals, you’re in effect self-poisoning yourself ‐ called autointoxication.

Autointoxication is the process of being poisoned by your own body as a result of inadequate digestion and/or elimination. Every single cell in your body is affected by this - blood cells, nerve cells and cells in your lungs, skin and every other organ in your body.

How do you know if you’re toxic? If you’re irritable, depressed and hard to live with, your nervous system may be affected. If you feel weak, toxins may be pooling in your heart tissue. Nasty breath can come from toxins residing in your lungs.

Rashes and blotchy, blemished skin or wrinkly skin and pale complexion can result if toxins accumulate in your skin. A bloated feeling can come from toxins congregating in your stomach. Or you can experience tiredness, lethargy, lack of sex drive and have an old-looking appearance if they accumulate in your glands.

But what does all that have to do with colon cleansing?

Anyone who has been on a Standard American Diet (S.A.D.) for more than a couple of years would benefit from a periodic cleansing (once or twice a year).

The S.A.D. diet is seriously lacking in fiber and healthy liquids while it is abundant with sugar, caffeine, excessive amounts of salt, fried greasy foods, fatty foods, processed foods, alcohol, preservatives, additives, chemicals and parasites.

All of these work to clog the mucous linings of your intestines, building up and preventing them from removing water and receiving B-vitamins produced by healthy intestinal bacteria. As well as adding pounds onto the scale when you weigh yourself.

The first place where autointoxication exhibits itself is the colon. If the colon doesn’t function properly, the rest of the body will be affected eventually.

Think of your body as a small community, and the colon as the sewer system carrying waste from your home to the waste treatment center of the community. If this pipeline gets clogged and narrows, the waste material backs up and eventually overflows into all the homes in the neighborhood, even those with a free-flowing sewage line into the community pipeline.

In order to get the colon and thus, the rest of your body back to properly functioning as a streamlined efficient machine once again, a safe and healthy colon cleansing is a perfect first step and will go far in making you feel healthier. **Please note if you have a serious medical condition you should check with your physician first.

A good colon cleansing product should work in several synergistic ways to achieve a healthy colon and should contain:

- Soluble fiber to promote normal water balance in the colon (like Psyllium husks and flax seeds)
- Peristalsis support to achieve proper smooth muscle contraction of the colon (like slippery elm, marshmallow root and fennel seed)
- Soothing botanicals to prevent spasms and inflammation (like turmeric, hyssop leaf and ginger root)
- Probiotics to promote normal digestion and metabolism (like Lactobacillus and Bifidobacterium)
- Anti-parasitic support to help kill and expel harmful intestinal parasites (like black walnut hulls, wormwood powder and

clove bud powder)

Colon cleansing can indeed be a very effective means to restoring better health, gaining more energy, promoting weight loss, and creating a more slender profile. And aren't you worth a healthier body?