



A COMPLETE GUIDE FOR CLEANSING, HEALTHY & HAPPY GUT

*Improve Digestion, Metabolism, Bowel
Movements & Fitness*

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The Meaning of A Colon Cleanse

It is a process through which the digestive tract is being flushed. This is to enable the removal of accumulated waste, harmful toxins and organisms from the colon. Most people have claimed that one of the ways to boost their general health and well - being is ensuring that their colons are cleansed regularly.

Signs To Know That Your Colon Should Be Cleansed

There are those who ensure that American Standard Diet is followed religiously. These diets contain lots of processed food, sweets, meat and dairy. They can contribute to the accumulation of waste around the digestive tract. As toxins are accumulating inside your system, you will begin to experience some changes which can make you fall sick.

Changes such as these will be felt inside the body.

However, they will manifest through sickness outside of it.

A perfect example of toxic colon is when your breath or sweat begins to produce unpleasant smell. Whenever your health seems to be suffering, there is every possibility that you may suffer from sluggish bile production. It is also possible to develop abnormal conditions such as inflammatory bowel disease, diverticulitis, ulcerative colitis, or Crohn's disease. Also, unhealthy bowels can get affected by colon structures, diverticula, and colorectal polyps. Sluggish digestion is responsible for all these.

When toxins begin to accumulate inside the body due to the taking in of foods that are unhealthy, such could bring about imbalance inside your gut flora. This will enable organisms that are unhealthy to take over. The organism that is most harmful amongst others is Candida Albicans. This is what results in Candidiasis which is a form of yeast infection that can affect the entire body.

Do You Need A Cleanse?

Some signs that your system requires colon cleansing are:

Poor sleep

Mental fog

Skin blemishes

Constipation

Bad breath

Body odor

Body aches

Headaches

Poor appetite

Low energy

Colon Cleansing Benefits

Through a healthy colon, a digestive system that is healthy will be supported. This can help to ensure good health. The colon plays a very important role in terms of how the body functions. Also, it tends to be connected to almost all aspects which concerns your health. When toxins have succeeded in overrunning the colon, it becomes very difficult for water and nutrients to be absorbed. In this case, detoxification abilities will not only be affected as nutritional value of food which you take into your system will be greatly reduced. Through an organic colon cleansing, you will become normal once again.

Energy Booster

Most people have claimed that a colon cleanse has helped them through boosting of their energy levels. After the process of colon cleansing disappears, sluggishness will disappear. We have been able to get lots of positive feedbacks from those who have verified that colon cleansing has been able to make them feel much better.

Developing of New and Healthier Habits

Through colon cleansing, most people have been able to begin the process of healthy - eating. These could be eating plenty of fruits, vegetables, drinking lots of water and engaging in various exercising activities. These are habits that can help to ensure the bowel runs in a very smooth way. There will also be proper flow of blood through your colon.

Compacted Waste Removal

When processed and fatty foods are removed during the process of a colon cleansing, waste will become very easy to push out by the colon. This waste can be flushed out from your body through taking in plenty of water. There are fruits that are high in terms of fibrous quality. These will help ensure that waste is moved out from the colon. Your

colon will definitely function much better once the toxic substances have been removed.

Better Digestion

Most people have testified that they usually experience better digestion after having gone through a process of colon cleansing. Whenever the colon is reset, it will enable the digestive tracts to get food processed in a way that is more effective. This will not only help in ensuring much better bowel movements as it can also help in the relieving of constipation.

Forms of Colon Cleanses

There are various types of methods and products for colon cleansing. Their level of safety and efficacy vary to a great extent.

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