

CLEANSING

Millions of people suffer from disease, sickness and pain because they simply put they are not properly eliminating poisons, chemicals, preservatives and environmental toxins from the system. The colon's job is to store waste before it is evacuated from the body and to reabsorb water from the residual waste. Years of bad eating habits, low water intake, low-fiber diets, sedentary living and other lifestyle choices can slow the digestive processes. If waste sits in the colon too long, toxic materials build up there and are absorbed back into the body. A toxic colon eventually lead to a toxic kidney and liver, which pollutes the tissues and the bloodstream, causing a person to become very sick.

DO YOU HAVE ANY OF THESE SYMPTOMS?

Aches, inflammation & Pain

Allergies - Food, Chemical and or Sinus

Anemia

Arthritis - Rheumatism

Body Odor

Bad Breath

Brittle Nails & Hair or Hair falling out

Blood Pressure (High or Low)

Memory Loss, Loss of Concentration or Focus

Circulatory Problems

Cold Hands or Feet

Depression

Fatigue - Exhaustion

Fibroids - Endometriosis

Gas, Bloating, Constipation

Headaches

Hot Flashes as with Menopause
Infertility
Insomnia
Irritability
ADD
Low Sex Drive
Menstrual Irregularities and/or Pain
Nausea
Nervousness, Anxiety
Overweight, especially Obesity
Pot Belly Syndrome
Swelling in the Legs & Feet
Skin and Nail Problems

These are some of the many types of problems that toxicity in the body can cause. There are many poisons which can be found in the colon and in many cases, these toxins can seep out of the colon and poison the rest of the body through the bloodstream. The bloodstream nourishes all the organs.

Here's a list of some poisons found in the Colon:

Phenol, Cadaverin, Agmatine, Indol, Sulphuretted Hydrogen, Cresol, Butyric Acid, Botulin, Putrescin, Urrobilin, Histidine, Ammonia, Muscarine, Methylmercaptan, Indican, Methyganginine, Idoethylamine, Sulpherroglobine, Ptomarropine, Pentamethy Lendiamine, Neurin, Sepsin, Yeast

Toxins in the Colon can:

- Weaken and stress the heart
- Cause various skin blemishes, paleness as well as psoriasis, liver spots, wrinkles

- Irritate the lungs and cause foul breath and body odor
- Disturb mental function
- Cause pain and stiffness
- Cause muscles weakness and chronic fatigue
- Rob you of your youthful appearance and ruin your health

Reasons to keep the Colon clean:

- Prevents constipation and disease of the colon
- Eliminates waste such as fatty tissue, cholesterol, cellulite, toxins, mucus, hardened fecal plaque and harmful drug residues
- Controls your weight
- Increases your energy levels
- For the glow of health inside and out that shows with clear skin, bright eyes, and shiny hair

Polluted Environment

Our environment is full of chemicals, preservatives, pesticides, additives and other potential toxins. Ideally these toxins are processed by the liver, dumped into the large intestine (or colon) and eliminated from the body. But when this process malfunctions, serious problems arise that no simple laxative can cure.

Autointoxication

Autointoxication is defined as a state of being poisoned by toxic substances produced within the body and stored in the lymphatic System and the Colon. So, the second reason for concern about colon health involves autointoxication, or self-poisoning. When the digestive system doesn't work properly, autointoxication may set in. This happens when food begins to break down without before being eliminated. Over many hours and even days proteins putrefy

and rot, carbohydrates ferment, and oils and fats turn rancid. The body actually becomes poisoned from its own waste.

Doctors Promote Cleansing

"If the colon is not working efficiently, toxins must exit the body through other routes: the kidneys, the skin, the breath. Many of these patients have bad halitosis (bad breath, body odor, etc.). When a person becomes ill from colon disease, they may develop a variety of symptoms, including headaches, muscle aches, fatigue, autoimmune diseases like lupus or rheumatoid arthritis, cancer or cardiovascular diseases.

I like to think of colon cleansing as whole-body cleansing. Cleansing the colon helps virtually every tissue and cell in the human body. Laxative herbs are important, and they are the major component of many cleanses. Many cleanses contain too much of strong laxative herbs, which results in cramps. It's always better to use a combination of herbs and botanicals, especially Aloe Vera that can balance each other.

The body moves the bowels every time we eat. It's called the gastro-colic reflex. After we eat, the stomach gets the signal that it's distended, and it sends a nervous energy to our colon telling it to make room. But in western civilization we stress eat on tight schedules. And it's a little inconvenient to be regular. When food becomes backed up in the colon, serious problems can develop.