

# **The Colon Cleansing Guide**

Some helpful tips and information  
for making sure your homemade colon  
cleanse is effective and safe.

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## Table of Contents

Homemade Colon Cleansing Solutions Made Easy.....	2
It's Always a Good Time for a Colon Cleansing .....	2
4 Options for Colon Cleansing.....	3
1. Enema Procedures.....	3
2. Cleansing the Colon with a Little Fasting.....	3
3. Eating Lots and Lots of Fibers .....	4
4. Probiotics: Dietary Supplements of Live Bacteria.....	4
Choosing the Best Solution for Your Colon Cleanse.....	5
Colon Health is an Important Part of Healthy Lifestyle.....	5
5 Helpful Tips for Constipation Treatment .....	6
1. Avoid Consumption of fast foods and foods that lack lots of fiber. ....	7
2. Exercise.....	8
3. Hyperosmolar Laxatives.....	8
4. Saline Laxatives.....	9
5. Stimulant Laxatives.....	9
What Colon Cleansing Practices are Both Safe and Beneficial?.....	10

## Homemade Colon Cleansing Solutions Made Easy

### It's Always a Good Time for a Colon Cleansing

Colon cleansing should be something that everyone does now and then, but taking preventative measures will ensure that you already have a healthy colon and don't need to worry about “flushing it out” as often. Sometimes our lifestyles don't allow us to be as healthy as we want to be and our digestive system will suffer. But at some point you will have to have a colon cleanse. Either you will be forced to have a colon cleanse because you are suffering from all kinds of ailments, or you can get one done before you start facing some of the more serious side effects of an unhealthy colon.

## **4 Options for Colon Cleansing**

### **1. Enema Procedures**

Enemas may be popular but they are not a very good colon cleanser as a homemade colon cleanse agent and they have been around for hundreds of years. In the ancient times, people found that to incite bowel movements, you could easily pour water through the anus into the colon. So, they started applying that to themselves when they had digestion problems and found it hard to pass their wastes.

Enemas are not hard to get or create. They are made from a combination of water and oils which are squirted into the colon until the colon is full and then initiates the bowel movement required. The thing with this method is that it is invasive, embarrassing and unenjoyable. Moreover, it is not something you can do while on the move. You must be close to a toilet otherwise, you will suffer the embarrassment of doing it on yourself. How's that for thought! People who use the homemade colon cleanse enema tend to apply more water quantity than the commercially available ones; for instance, a homemade colon cleanse enema contains  $\frac{3}{4}$  of water, peppermint, frankincense or fennel. Sometimes they combine one or more of these together or even all at the same time.

It is important to note the role these oils play in getting an individual to have bowel movements. They act as stimulators of the colon muscles which in turn contract to expel the stool in the colon. Please note that in case you settle for this option, you need to add nothing more than 1-3 drops of the oils to the water you'll be using as enema. While you may be satisfied with this, it is better that you know that applying it is pretty difficult. It entails having to lie down comfortably, being close to the toilet, the temperature of the water being between ninety eight and one hundred and three (98-103) degrees Fahrenheit, bag containing the enema hanging at least 2 ft above the body etc. It is a whole complex stuff and besides, it doesn't do a thorough job of properly eliminating impacted fecal matter clinging to your colon walls so if you are looking for the best homemade colon cleanse solution, you might want to check some other option.

### **2. Cleansing the Colon with a Little Fasting**

The second option that could be used as a homemade colon cleanse solution is not very conventional but it works! This method is called fasting. This method is very cheap in that it doesn't involve having to buy stuff to cleanse the colon. All you need is your determination to carry it through. It takes time –some say twenty one days- to see results. You would actually feel your breath come as fresh as that of a baby; okay that's

going too far but you get the idea.

The idea behind using fasting as a way to have a very effective colon cleansing is that when you do not eat, your body is forced to digest whatever it finds in the colon in the bid for survival. It is also of importance that your colon be well rested during this period. It is for this reason that people who fast regularly find it hard to go back to eating because of the total sense of well being that emanates from the single act of fasting.

But you need to realize that while this works for some people it definitely cannot work for those who have got stomach ulcers, and people who are not disciplined. Be sure to know that your body may be forced to do it, but what is the long term effect? If the body really feels it did not need this waste materials previously, why force it to digest what it feels is toxic and should be passed out as waste? So you can see now that except you are comfortable with the idea, it is not a very good option to take.

### **3. Eating Lots and Lots of Fibers**

The third method you can use and has been tested and tried as a surefire way to get your colon cleansed is by eating lot of fibers to enable regular bowel movements and passing out of the feces frequently. As result, it is possible to see that among many homemade colon cleanse prescriptions or recommendations is the inclusion of loads of fibers in your diet. This will enhance the movement of the bowels in a short period. One of such fiber rich foods is prune juice. It is advised that if you want to increase the frequency of the bowel movements, then it is a sure option and works too. It helps loosen up the stool and promotes easier passage of the stool hence preventing lots of straining and disallowing the impaction of feces on the colon wall. However, if the feces was there before you started taking the prune juice, you might have a little problem. You will not be able to get rid of the feces that is already stuck to the walls of the colon. So you see that unless you really enjoy eating prune –as you'd have to eat a lot to notice any effect- it really takes time to work. If you've got that time, good. If not, then you can see you need a better alternative.

### **4. Probiotics: Dietary Supplements of Live Bacteria**

The fourth option that is frequently recommended as an effective homemade colon cleanse solution is the use of probiotics. These are simply organisms that are effective in helping the colon sustain its required balance. This they do by the prevention and disallowing of the growth of pernicious bacteria or organisms that are readily abundant in the digestive system of every individual. They improve the immunity of the

body to these organisms and enables the body to provide all the mineral substance and vitamins that it needs.

Probiotics do not have to be expensive as they can be found in different foods like bananas, garlic, onions, and ginger. The downside of this method is what quantity is needed to get the desired effect? No one knows up till the time of writing. Not many people are aware of that fact. Besides this, there are some people who would rather die, than take raw garlic or onions in the name of colon cleansing. If you belong to that category then it means you definitely are not going to opt for this method of colon cleansing.

## **Choosing the Best Solution for Your Colon Cleanse**

Now given all of these methods, which of them is best? None. The problem with them is the fact that they are not universally applicable. So, eating loads of fibers might be good for Greg while Jane cannot take it because she's got irritable bowel syndrome. Get the picture? However, you might want to try out herbal colon cleanse solutions like Bowtrol.

[You can find Bowtrol Here.](#)

These are universally appealing and acceptable as they cut across all boundaries and situations. Someone who has IBS can take it. So also does someone who doesn't like the idea of inserting an enema in his anus. They are also able to hasten the process of the colon cleansing, can be taken on the move and is very un-invasive. All you need is a pill or two in the morning and at night and you are good to go. I am sure that by now you have realized that there is no fast acting homemade colon cleanse solution. If you are willing to do trial and error, fine. But if you want quick result, use [Bowtrol Colon cleanse.](#)

## **Colon Health is an Important Part of Healthy Lifestyle**

Colon health is an important part of a healthy lifestyle. Many people spend hours in the gym or health club, take walks every night, do power walking or jogging, endless push ups, sit ups, jumping jacks and crunches, and go out of their way to become healthy, but never give a minute's thought to their colons.

The heart, liver and lungs are all thought of, but the colon is often ignored, and that

is a shame because the colon is one of the most important organs in the body, and one of the most complicated. Witness the fact that the colon contains more nerves than any other organ in the body other than the central nervous system itself, the brain and spinal column. The colon serves as a focal point for all food that enters the body to provide nutrients, and is the area where this food leaves the body in the form of waste or fecal matter.

A problem with fecal matter is that it can become backed up in the colon, so keeping the colon cleansed is a major part of keeping it healthy, and gaining the benefits of a healthy colon for the rest of the body.

Imagine if you will the walls of the colon lined with aging and deteriorating fecal matter. Not a pleasant thought, but a necessary one. This fecal matter contains bacteria which multiply. They in turn release toxins into the body. These toxins are poisons that can make you sick. This results in a condition called spastic colon, or irritable bowel syndrome. This irritable bowel syndrome can result in constipation, diarrhea, headache, body ache, water retention, bloating, cramping and abdominal pain and discomfort.

These symptoms can be alleviated through proper cleansing of the colon. Proper cleansing is done through a healthy diet, high in fiber, low in fat, containing healthy foods like whole grain bread, whole grain pasta, brown rice, green leafy vegetables like spinach and lettuce, and legumes, like black beans, pinto beans, green beans and even peanuts. Use of the supplement [Bowtrol Colon Cleanser](#) is also an important practice for cleaner and healthier colons. This, along with healthy eating should result in more thorough and more regular bowel movements, hopefully two or three times a day. Using [Bowtrol Colon Cleanser](#) can help flush out the system and remove these harmful toxins and can help get the poisons out of your system, and should be used on a regular basis by those really concerned with their health.

## **5 Helpful Tips for Constipation Treatment**

Got constipation? Well most of us do once in a while for some and frequently for others. In this section we'll look at how you can get all the constipation help you'd probably need. While this is not all inclusive in itself, you can consort other sources for all the constipation help you might need. Most people who suffer from constipation will tell that it is one of the most uncomfortable experiences they've had. There are various reasons and causes of constipation:

## **1. Avoid Consumption of fast foods and foods that lack lots of fiber.**

This is the single major reason behind most occurrences of constipation. Because we live in an "instant" age, fast foods have become the order of the day. People just don't know what it is to eat healthily. As long as you can grab some sandwich, burger or fried chicken and the stomach feels full, everything's settled. As a result, foods are not readily digested. All the fiber necessary to stimulate bowel movement are almost non-existent.

### **Inadequate fluid intake.**

People don't drink fluids these days -at least not enough to compensate for bodily needs. Hence, when the feces gets to the rectum, the little moisture remaining in it is absorbed by the rectum. Because stooling requires moisture to enable the easy passage, it becomes hard to freely pass stool. That's why there is a lot of straining to get eliminate the waste.

### **Leading a sedentary life.**

People who don't take care of themselves physically, tend to easily develop constipation as a result of the fact they are not involved in any sort of exercise. One of the very first recommendations for those who need constipation help is exercise. The fact that you move around would improve your bowel movements and hasten the relief of constipation. Pregnant women also suffer from constipation as a result of a change in hormonal balance in the body and also because of the pressure of the now occupied uterus on the intestine. Since you have read some of the causes, it would be better if we moved so you can get all the constipation help you need:

### **Eat lots of Fiber**

Dietary fiber which is also known as bulk forming laxatives is gotten from the consumption of fruits and vegetables. The easiest way to incorporate this into your lifestyle is by increasing the quantity of fruits and vegetables in your meals and cutting down on the excess of dairy and meat products.

In some cases however, some individuals may find it hard to cope with the bulk of fruits needed. When this occurs, it is best that fiber supplements such as wheat bran, oat bran, psyllium seeds be added to the daily diet. To make this routine easier, when you have the itch to grab a snack, pick a fruit instead and you're on your way to relief. The

only downside to this method is if the patient has strictures and adhesions. In this circumstance, it is advisable to consult a physician before getting on in the treatment.

Also, some fibers have sugar; as a result, diabetic patients cannot take such. When this occurs, it is best that the patient gets sugar-free fibers. Fibers should not be taken in large quantities suddenly. Small quantities are best for starting. Then, it can gradually increase if the patient finds it necessary. A space of one week is adequate for each phase of increase in fiber content. Sources of fiber are fruits, vegetables, Citrucel, Konsyl Fiber, Maltsupex et.

In the first part of this section on constipation help, we examined the causes of constipation and also stated one of the solutions. In this concluding part, we will be seeing the five various tips leading to the cure of constipation.

## **2. Exercise**

Individuals who do a lot more exercise are often better physically than those who live a sedentary life. They look younger, brighter, their eyes sparkle, they have boundless energy and are generally healthier. They have a limitless zest for life and as a result of all these can fight diseases because they have a vibrant, healthy immune system. Recent stats have proved that people who lead sedentary lives are more easily prone to constipation than those who are active. So, just getting up and walking around the block in the morning is good enough to get your bowels moving.

## **3. Hyperosmolar Laxatives**

These are compounds that can't be digested or absorbed into the intestine. As a result they remain in the colon to retain the water that is in the colon. Hence, there is a softening of the stool as a result of the presence of moisture. Examples of this are sorbitol, lactulose and polyethylene glycol.

These laxatives are only available by prescription. They have side effects—hence the restriction in access to it—and are used for the long term treatment of constipation. Part of the side effects it has on the body is abdominal bloating and flatulence. This occurs as a result of the laxative being digested by bacteria and its subsequent turning into gas. If this continues, a reduction in the dosage usually reduces the incidence of

bloating and flatulence. In some cases however, the gas may reduce in volume by itself.

#### **4. Saline Laxatives**

These are laxatives that are made up ions that can't be absorbed by the colon. Examples of such ions are phosphate, citrate which can be found in the following combinations: sodium phosphate, and magnesium hydroxide. They function by drawing water into the colon which in return softens that stool. This constipation help method has its disadvantages.

The disadvantages of using saline laxatives are people with weak kidneys may find it hard to expel resulting in the formation of kidney stones. This happens if it is used over a long period of time. Thus, short term usage in perfect order. It may also cause diarrhea which may lead to dehydration if the amount of fluid lost by the body is not replaced immediately. Saline laxatives are found in solutions such as Milk of magnesia or Epsom Salt.

#### **5. Stimulant Laxatives**

These incite the small intestine and colon muscles to push their substance faster. This they do by increasing the water content in the small intestine or inhibiting the amount of water absorbed by the colon. These laxatives can be found in Castor oil, Senna and Aloe Vera oils. They are quite useful in alleviating and curing constipation but also has its disadvantages.

Because of its potency, it can instigate diarrhea which would result in dehydration if the individual does not take liquids. They can also cause intestinal cramping and long term intensive use can result in colon damage and worse constipation.

Finally, not all of the constipation help methods are applicable. You can either consult your physician or get a quick, fast relief from constipation. The methods mentioned above could take quite a few days before you can start seeing results. However, there is a quick solution. You can treat your constipation in less than 24 hrs and be totally free.

## **What Colon Cleansing Practices are Both Safe and Beneficial?**

Colon cleansing is a way in which the bowels are cleaned out and the waste materials that have been staying in the bowels, melted away through the action of various components found in the cleansers. Colon cleansing is useful in body detox, promotes regular bowel movements and improves the general health and well being of an individual.

If you are considering a colon cleanse, it is best to take your time to find out what form of colon cleansing does a good job of eliminating waste from your body. Carrying out a colon cleansing operation can be done in several ways. Luckily though, some of these methods are safe and have very negligible side effects. Some however are not very safe methods such as the consistent use of laxatives which can cause harm to the colon or hydrotherapy that can stretch the colon, making you feel like you are carrying a whole load of water.

When looking to do a colon cleanse, look for colon cleansing methods like herbal supplements found in taking Bowtrol Colon Cleanser which enhance your body build up and consequently, adapts with the body system. So, whatever colon cleansing method you decide on must naturally complement your body's ability to heal itself naturally; not one that will go against it.

One other important fact you should know is it is not a good advice to take colon cleansing supplements for long periods on end. On the contrary, they can be taken for a short period of time and followed by a break from it. The idea behind this is that if you take colon cleansers for a long period of time, you will find that your bowel will begin to depend on it before it even has any movement.

Colon cleansing can be done twice a year. Have you ever asked yourself the question that "are these colon cleansing supplements actually risk free?" if you have not, then I assume you are doing the same thing that most people do. Take it without questioning as long as it works! Well, if you have been of that mindset, take a look again at your supplements. The reason behind this is to let you know that not all supplements are helpful.

Be careful. If you want to use herbal colon cleansers –which are the best as they work with normal body conditioning- Bowtrol Colon Cleanse does the magic. Because of its herbal components you can trust that it will not contradict your normal body equilibrium.

## Some Helpful Resources:

### [Colon-Cleanse-for-Health.com](http://Colon-Cleanse-for-Health.com)

“Discover These Shocking But Simple, 100%, Safe, All-Natural Colon Cleansing Methods That Will Boost Your Energy And *Automatically* Improve Your Health.”

### [77 Remedies for Constipation](http://77RemediesforConstipation.com)

“Quick, Claim Your FREE e-Lessons On How to Have Better Colon Health to Get Rid of Natural Constipation, Starting Today.”

### [DIYcolonCleansing.com](http://DIYcolonCleansing.com)

“Amazing Secret Discovered By An Indian Farmer Eliminates Almost All Constipation, IBS & Fatigue From You In Less Than 6 Days.”

### [DualActionCleanse.com](http://DualActionCleanse.com)

“Dual-Action Cleanse is the ultimate colon cleanse formula available on the market today. The idea behind a colon cleanse process is to eliminate the toxins which have built up in your digestive system. *Get free shipping forever with above link.*

### Bowtrol Colon Cleanser

“Using [Bowtrol Colon Cleanser](http://BowtrolColonCleanser.com) can help flush out the system and remove these harmful toxins and can help get the poisons out of your system, and should be used on a regular basis by those really concerned with their health.”