



"Your Guide to Colon Cleansing"

By Peter Mason

Detoxify and Rejuvenate your body with colon cleansing

Proudly brought to you by

John Reese

[Email](#)

Recommended Resources

- [Web Site Hosting Service](#)
- [Internet Marketing](#)
- [Affiliate Program](#)

Please Read this First

Terms of Use

This Electronic book is Copyright © 2008. All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means; electronic, mechanical, photocopying, recording, or otherwise, without written permission from the copyright holder(s).

You do not have any right to distribute any part of this ebook in any way at all. Members of eBookwholesaler are the sole distributors and must abide by all the terms at <http://www.ebookwholesaler.net/terms.php>

Disclaimer

The advice contained in this material might not be suitable for everyone. The author only provides the material as a broad overview by a layperson about an important subject. The author obtained the information from sources believed to be reliable and from his own personal experience, but he neither implies nor intends any guarantee of accuracy.

All claims made for any product, treatment or other procedure that is reported in this book is only the author's personal opinion. You must do your own careful checking with your own medical advisor and other reputable sources on any matter that concerns your health or that of others.

Research is constantly changing theories and practices in this area.

The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it for any reason.

The author, publisher and distributors never give legal, accounting, medical or any other type of professional advice. The reader must always seek those services from competent professionals that can review their own particular circumstances.

The author, publisher and distributors particularly disclaim any liability, loss, or risk taken by individuals who directly or indirectly act on the information contained herein. All readers must accept full responsibility for their use of this material.

Any pictures used in this book are for illustrative purposes only. People in the pictures are not associated with the content or the author, publisher or distributors. People in the pictures do not endorse the content in any way.

No pictures in this book may be used by anyone for any other purpose.

Some images are © 2008 Jupiter Images Corporation.

Table of Contents

Please Read this First.....	2
Terms of Use	2
Disclaimer	2
Table of Contents.....	4
About the Author	8
An Introduction to Colon Cleansing.....	9
<i>Healthy Bowel Movements</i>	<i>9</i>
What Causes Problems	10
The Colon Cleaning Process.....	12
Why Some Doctors Do NOT Recommend Colon Cleansing	13
What is Colon Cleansing?.....	14
What is a Colonic?.....	16
The Colonic Procedure	16
<i>Do You Need a Colonic?.....</i>	<i>16</i>
<i>Side Effects</i>	<i>17</i>
<i>People that should NOT have Colonics</i>	<i>17</i>
<i>Preparation for a Colonic.....</i>	<i>17</i>
<i>After a Colonic</i>	<i>17</i>
Who Needs Colon Cleansing?	19
Why Colon Health is Important	21
Signs of Normal Bowels and Colon.....	21
<i>Importance of Natural Bowel Movements.....</i>	<i>21</i>
Health Benefits Claimed for Colon Cleansing.....	23
<i>Effects of Pollution.....</i>	<i>23</i>
Is Colon Cleansing Safe?	25
The Difference between a Colonic and an Enema	27
Different Methods of Colon Cleansing.....	28

Colon Hydrotherapy 28

Enemas 28

Laxatives 29

Oxygen-Based Colon Cleansing 30

Herbal Colon Cleansers 30

Detoxification Diets 30

Colon Hydrotherapy 31

How a Colon Hydrotherapy Treatment is Done 31

 Benefits of Colon Hydrotherapy 32

Before a Colon Hydrotherapy Session 33

Colon Cleansing at Home 35

 Basic Facts about Colon Cleansing at Home 35

Small Meals 35

Water Intake 36

Probiotics 36

Vitamin or Nutrient Supplements 36

Detox Bath 36

Eating Habits 37

Fibrous Foods 37

Getting Rid of Toxins with Internal Cleansing 38

How to Give an Enema 40

 Equipment for an Enema 40

Enema bag or can 40

Daval colon tube 40

Castile enema soap 41

K-Y Jelly, Vaseline or Cold cream 41

Where to hang the enema bag 41

Pad or heavy bath towel 41

 Procedure for Enema Administration 42

Choosing the Right Colon Cleansing Products for You 44

 Herbal Products 44

Psyllium 44

Replacing vitamins, minerals and nutrients 44

Probiotics 45

Follow Instructions carefully 45

Suitability for YOU 45

15. How to Cleanse Your Colon 46

Homemade Colon Cleanses 46

Juices Method..... 46

Bentonite clay and psyllium husk mix 46

Readymade Colon Cleanses 46

Some Suggestions about your Diet..... 47

Preparing For a Colon Cleanse..... 48

A Few days Before Your Colon Cleanse 48

Starting a Colon Cleansing Regimen 49

Choosing An Appropriate Colon Cleanser 49

Maintaining your General Health 51

Maintaining Regular Bowel Functions 52

Squatting Position..... 52

Natural Colon Cleansing Using Herbs 53

Starting a Colon Cleansing Regimen 53

Different Natural Remedies for a Colon Cleanse 53

Essential Precautions BEFORE Using Natural Colon Cleansers 56

Colon Cleanse Diets 58

Avoid these During Colon Cleanse..... 58

Foods that may Help your Colon Cleanse 58

Colon Cleansing Recipes 61

Colonic Irrigation Tips 63

After Your Colon Cleanse 64

Maintain Your Health and Vitality with Body Cleansing 65

Complete Body Cleansing 65

Colon Cleanse..... 65

Parasite Cleansing..... 65

Liver Flush..... 66

About the Author

Peter Mason had colon cleansing a few years ago.

He believes that it was beneficial for him.

He wrote this guide to help demystify Colon Cleansing by explaining the possible benefits, reasons for having the procedure, and possible risks.

Peter says that much of the information which we are exposed to is driven by advertising and other reasons where some of those doing the promotion do not explain everything which you need to know before and after you have colon cleansing.

Peter hopes that his guide will not only help people who may decide to have colon cleansing but also provide unbiased information and help for those close to them.

An Introduction to Colon Cleansing

Colon cleansing is fast becoming a very popular therapy to combat digestive problems and to avoid weight gain. It is a means of improving your general health.

The **colon** is a part of your large intestine. It absorbs water and stores your body's waste products until they are excreted. Your colon is responsible for maintaining the electrolyte and water balance of the body.

Healthy Bowel Movements

It is usual for many healthy people to have one or two bowel movements every 24 hours.

Most bowel movements will have a brown or green color. An adult may have from five to forty pounds of compacted waste in their bowels.

Your feces (excreted matter) should be mostly solid.

You should not strain or experience any serious straining when excreting.

Frequent straining and exertion in excretion may cause improper or incomplete removal of waste materials from your body.

What Causes Problems

It may sometimes be difficult to identify the root cause of a problem. However, improper absorption of the food that we eat and ineffective elimination of waste products from our body may have a negative effect on our health and encourage development of disease or deterioration of our state of health.

Diet

Your body state is linked to the type and amount of food which you eat. Proteins are necessary for your body but excess proteins may be harmful. Many American's diets are too high in fats and carbohydrates. These put pressure on your colon and may cause it to become inefficient.

Overloading of the colon is often due to unhealthy food habits like:

- eating junk food
- a diet consisting mainly of processed and refined food
- eating at odd hours, and
- either overeating or under-eating.

Also, stress, pollution, and other harmful elements in our environment may increase the chance of serious problems with your digestion.

A sedentary lifestyle may aggravate the condition.

Delaying Excretion

You should follow the signals your body gives you. Do not delay excretion when you feel the urge. This can make it more uncomfortable for you and put extra strain on your system when you do try to eliminate the waste products.

You should not strain or experience any serious strain when excreting.

Frequent straining and exertion in excretion may cause improper or incomplete removal of waste materials from your body. The remnants of food

remaining within your colon may contribute to the development of serious illnesses.

The waste materials are unwanted parts of your food. If you do not excrete them and some remain in your colon, they may be reabsorbed.

These waste materials could undergo further decomposition and be a breeding ground where harmful bacteria thrive.

The accumulated toxins may cause various symptoms like constipation, headaches, fatigue, allergy symptoms, depression, irritability, bad breath, bloating and infection.

Toxins may help to stop important organs of your body from functioning to their normal capacity.

The accumulation of toxins may cause or increase the effects of many problems like acne, obesity, cancers, heart ailments, hemorrhoids and ulcerative colitis.

Colon cleansing is intended to help to clean your body of unwanted toxins.

Colon cleansing is claimed to be an effective process for detoxifying your body. Its promoters say that it not only cleanses your colon but may also clean your entire digestive system, including your small intestine, stomach and large intestine.

Keeping your digestive system clean can help to ensure a healthier body.

After you complete the process of colon cleansing, the promoters say that you will feel a lot better, due to the removal of toxins from your body.

They claim that the process helps you to develop healthier bowels with the possibility of less constipation in the future. Some suggest that it may also make you feel much lighter and fresher. You might have less body aches and pains.

It is essential to stay away from junk food and not overeat while you undergo colon cleansing.

The Colon Cleaning Process

Colon cleansing involves the use of a colon cleanser, usually a commercial product which may be chemical-based or a product that contains one or more natural ingredients which are claimed to have cleansing properties.

Some people take a fiber shake; a liquid containing natural, high-fiber ingredients. They may start by having just one a day. Some will gradually increase their intake to three or even five times a day over a period from two to four weeks.

Some people prefer to use commercial colon cleansers like OxyPowder[®], Colonix[®] or Dual Action Cleanse[®].

You might also use one of several available herbal "natural colon cleansing" preparations.

Their users say that they may be less harsh on your body than the chemical based products and may provide a more thorough cleansing.

Many of these products are oxygen-based colon cleansers.

Stabilized oxygen therapy is claimed by some people to clean the entire colon by removing the old impacted fecal matter and to detoxify your body.

They say that some fiber products, including Psyllium, may only flush out only the larger debris clogged within your colon.

I am not aware of any definitive tests which would support these claims.

Why Some Doctors Do NOT Recommend Colon Cleansing

Colon cleansing is an invasive procedure which should only be done after full consultation with your doctor and under the direction and supervision of a qualified and experienced medical professional.

Many doctors and other medical professionals are not in favor of colon cleansing as a measure for better health or for prevention of disease.

They recommend colon cleansing only in preparation for a medical examination or procedure. These doctors say that cleaning of the colon is a natural process that your body usually does better by itself.

Most people do not have to take special supplements, enemas, or pills to eliminate body waste material or bacteria.

Since your colon absorbs sodium and water and is responsible for maintaining the electrolyte balance in your body, such cleansers could disrupt the natural balance. This might lead to salt depletion and cause dehydration.

This might also encourage the development of serious ailments like heart failure, malnutrition or anemia.

Some doctors may advise that a better approach might be to eat a fiber-rich diet with sufficient water taken each day to help to keep your body free of constipation and resultant colon problems.

Self-administration should only ever be done if you have the approval of your doctor.

People who are recovering from cancer treatments, inflammatory bowel diseases (like Crohn's disease or ulcerative colitis) and pregnant women should not undergo any colon cleansing programs at all.

What is Colon Cleansing?

Colon cleansing is a procedure to clean your colon. The term "colon cleanse" has the same meaning as intestinal cleanse, intestinal therapy or bowel cleanse.

The main aim of a colon cleanse procedure is to have a clean bowel, whether to reduce problems like constipation or to be better prepared for certain surgical procedures.

A colon cleansing procedure may involve the use of different supplements and a few days of fasting.

A good colon cleanse would also aim to cleanse your colon of any possibly injurious parasites.

The total process might take around three to four weeks.

The effectiveness of a colon cleanse depends on your individual body condition and other factors which should be evaluated by your doctor before you even think of undergoing the procedure.

Your body requires sufficient intake of good food and water. Unless you eat proper food, you will not be able to have a healthy body.

Many people in the developed world have a diet that is rich in white flour, refined sugar and meats. These foods, in excess may cause problems which lead to accumulation of various toxins within your body.

Toxin accumulation is claimed to cause constipation. This increases the transit time for toxins to be expelled from within your body. If toxins or waste materials remain for a long time within your body, they may get putrefied and ferment.

There could also be re-absorption of some waste materials which might be very detrimental to your health. Accumulation of toxins within your body and remnants of fecal materials within your colon can encourage the growth of disease-related parasites within your body.

Where the slow disposal of toxins leads to reabsorption, these fecal materials might enter your lymph nodes and bloodstream and make you more susceptible to various diseases.

Excessive accumulation of toxins might weaken your body's important systems and make your immune system less able to fight off invasive bugs. You might become more open to various degenerative diseases like cancer.

Some claim that a colon cleanse is worthwhile because it may provide an effective and efficient way of detoxifying your body.

It may be a prerequisite of many detox programs.

What is a Colonic?

A colonic is a cleansing procedure where water is introduced through the rectum to clean and flush out toxins from the colon.

A typical colonic session may last from forty-five minutes to an hour. This is best done under the supervision of a colon therapist, an expert in colonic.

This may also be called a colonic irrigation, colonic hydrotherapy or colon irrigation.

The Colonic Procedure

After completion and examination of your complete health history checkup and consultation by the hydrotherapist, you wear a hospital gown and lie down, face-up on the treatment table.

The therapist inserts a disposable speculum, which is connected by a long disposable plastic hose to the colon hydrotherapy unit, into your anus.

The therapist slowly releases warm and filtered water into the colon. The water causes your colon muscles to contract.

This is **peristalsis**. This causes the feces to be pushed out from your colon through the hose and collected in a closed waste system for disposal.

There could be some discomfort or a weird sensation in the abdomen during the therapy.

The therapist massages in and around the abdominal region during the therapy to facilitate the process.

The therapist could comment on the color of the feces, although no smell would come out of the closed system.

After the session, you may use the toilet to pass any residual water and stools.

Do You Need a Colonic?

A colonic is normally used to remove accumulated fecal matter from the colon. Accumulated feces within the colon are the primary cause for

constipation and may, in turn, encourage the development of various diseases and illnesses. That could cause a significant deterioration in your general health.

The accumulated fecal matter could harden over time and reduce the normal processes of absorption of water and nutrients. Such an accumulation may also produce an uncontrollable growth of harmful colon bacteria and yeast.

Sometimes, stagnant toxins could be absorbed back into the bloodstream through the colon wall. This is autointoxication.

Side Effects

Common side effects of a colonic may include nausea and fatigue for several hours.

There may be a risk of perforation of the abdominal wall.

Careful monitoring is required to reduce the possibility of complications like electrolyte imbalance and heart failure due to excessive absorption of water.

People that should NOT have Colonics

People that have or are being checked for specific medical conditions like ulcerative colitis, diverticular disease, Crohn's disease, blood vessel disease, severe hemorrhoids, heart disease, congestive heart failure, gastrointestinal cancer, abdominal hernia, severe anemia, or intestinal tumors should not have a colonic.

You should refrain from having a colonic if you have undergone any recent surgery of the colon.

Pregnant women should not have a colonic as it could stimulate uterine contractions.

Preparation for a Colonic

Before the colonic, drink plenty of fluids and eat only lightly.

After a Colonic

After the colonic, eat very light foods.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

