

## **Colon Cleansing For Our Health**

by Angela Chang

Chances are there is some aspect of your health you want to change, whether it's acne, not having enough energy, a yeast infection (candida), leaky gut syndrome, being overweight or chronic constipation. My friends, for instance all complain about not having enough energy, and feeling sluggish often. They assume it's something they simply have to deal with. No matter what type of ailment you have, cleaning, tonifying and strengthening our colon will have a beneficial effect in relieving us of our various ailments.

Why is the colon arguably the most important organ in the human body? For starters, the colon is one organ that indirectly and directly affects all the other organs in the body. When it's clogged up, the liver can't do its job properly. When the liver can't work efficiently, the kidney suffers, etc.

The colon is where all the wastes in our body is stored until it is ready to be excreted. When our colon is clogged up with "mucoid plaque", toxic matter can't be released as it stays in our colon longer than normal. The results? Proteins start to putrefy, fats rancify, and carbohydrates start to ferment.

The longer toxic matter remains in your body, the higher your chance for disease. To make matters worse, most of us consume foods that our body can't tolerate (think junk food). All of these toxins circulate back to our bloodstream, attacking our organs and joints, and ultimately causing various diseases.

So to start curing our symptoms and to get better, we must first start cleansing the colon.

For most of us, our colon is in a very unhealthy state. Why is that?

Take, our diet for instance. Most Americans consume too much protein. Protein is necessary, and completely healthy, but too much can lead to over-acidity, which is not good. An overabundance of acid in the body can take a toll on the colon, as it depletes necessary minerals and electrolytes from our body. This then leads to the inability of the colon to tackle harmful bacteria, and toxins.

Many of us also overeat. We all know weight gain is a huge problem, but that notwithstanding, eating too much in one sitting can have serious long-term effects. Ideally, we shouldn't eat more than a handful of food in 1 meal. Overeating leads to an overuse of enzymes, and can cause our colon to work even harder.

Of course, I haven't even mentioned the "food" we eat in a daily basis. Cookies, cakes, processed foods, chips, sweets, etc. all were not meant to be eaten by man. Eating unnatural foods is a big reason why there is mucoid plaque stuck in our colon.

Living in a World of Toxins

Our environment is also another major cause for an unhealthy colon. Unless you live with the Eskimos, you probably are subjected to pollution, secondary smoking, harmful chemicals, pesticides, etc. every single day. Our immune system has to work overtime to rid our body of

these nasty chemicals. This weakening of the immune system leads to a weakening of the colon as well.

Colon cleansing is a safe, alternative method to treat many of our symptoms and problems. It's not just for people with constipation, but for anyone who wishes to feel better, and strengthen their inner organs. Cleansing is necessary to rid our body of toxins that accumulate as a result of an unhealthy diet, environmental pollution and chemicals, and a constant use of antibiotics.

Bowel cleansing is not just about cleansing the colon. It's about indirectly cleansing our small intestines, large intestines, and stomach as well. When we do a cleanse, we are actually cleansing our entire body.

How do I know if I have a healthy colon?

Simple, if you have at least one bowel movement a day, with solid bowels, and very little constipation. Of course, if you're a weight-lifter and eat 4000-5000 calories a day (Scary, I know), 2 or so bowel movements is normal. But if you're like normal people, you should ideally only have 1-2 bowel movements a day. No more, no less.

So, what do normal bowels look like?

- A healthy bowel is 8-12 inches long and around 2.5 inches wide.
- The bowels are solid, aren't in little pieces or slimy-like.
- Contrary to popular belief, healthy bowels do not have to sink. Or float. Depending on your diet, it can go both ways.
- Normal bowels have a brownish color, but a light green color is ok too.
- A normal bowel movement involves absolutely no straining whatsoever. It's pain-free, and effortless.

Many people who choose to clean their large intestines have constipation problems, marked by constant straining when excreting. This is unhealthy and can lead to other serious illnesses. When constipation occurs, remnants of foods remain inside your body longer than they have to, which is dangerous. Think about this: What happens when you leave a peeled banana outside for several days? It turns rotten. Well, you can imagine why this could cause problems inside your body.

We all need Cleansing

Even if you don't have constipation, colon cleansing can help anyone, especially older people. All of us are subjected to unhealthy toxins day in and day out. These toxins come from an unhealthy diet, the environment (such as pesticides or pollution), stress, overeating or under-eating, or malnourishment. These toxins all place a burden on our colon and make it work harder than necessary. Colon cleansing can remove these toxins and make our colon work more efficiently.

We routinely clean our furniture, our toilets, our cars, and the like. Why? To get rid of junk that accumulates. Our body essentially works the same way. Junk, in the form of toxins accumulates and burdens our major organs such as our large intestine. When our intestine is clogged, we can't absorb necessary nutrients. Toxins circulate back to our body, causing diseases such as acne (that's why so many people get better fighting acne internally). Cleansing our bowels is a way of maintaining a clean, efficient body.

Colon cleansing is especially critical to those who want to start detoxifying their bodies. In order to start cleansing other organs such as the liver, or kidneys, one should start with the bowels first. Why? Because when you detoxify other organs, it will lead to toxins leaving the body through the colon. But if the colon can't do its job effectively, these toxins will eventually return back to the body, which can cause a whole myriad of other problems.

So, it's essential that you do a colon cleanse before you clean out your other organs.

What does cleansing involve?

Colon cleansing, whether it involves a commercial product such as Oxypowder, or a natural recipe consists of taking a fiber-shake once a day, usually lasts for 1-2 months. times a day for 2-4 weeks. People usually do a quick fast beforehand, it's not necessary. During the cleanse it is important not to overeat, and not to consume any junk.

By the end of the regimen, most will feel the difference and feel livelier due to the removal of toxins, healthier bowels, no constipation, and faster transit times.

To learn more about how to do colon cleansing, the benefits, what to eat during a cleanse, and essential tips, visit Angela Chang's site at <http://www.colonzone.org>