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Colon Detoxification Through Diet, Herbs and Colonics

One of the most essential duties of those involved with natural medicine is having a thorough detox from the body by way of intestinal flushing or cleaning. This process should cover all of the intestines, large and small, as well as the colon area. Once our bodies become clogged with toxins that our organs can no longer secrete the waste products can settle in the colon causing disease. Unhealthy, or blocked intestines will result in poison toxins entering our blood stream. It never exhausts itself, it just continues to manifest as it is left untreated.

Most of us do not include enough fiber in our daily diet. While this may not seem like a big deal, it is certainly a cause of fecal matter clinging and staying in the body. It may be necessary to add supplement to the diet to keep regular bowel movements. It is wise to consider a total bowel cleanse if you haven't been on a colon friendly diet. A diet rich in fiber with fresh, organically grown fruits and vegetables will help flush the colon and remedy constipation. Indulge in raw fruits and vegetables to add bulk to your diet. This will add special enzymes to the intestines and clean them, plus there will be no more constipation problems. It may be worthwhile to put a touch of senna or slippery elm in your diet. These are known for their detox properties. Plenty of hydration should be maintained in the body. One cup of water a day won't cut it. Go for a goal of four to eight cups each day (at least).

There are also many commercially available, colon cleansing products that make it convenient and easy to detoxify your bowels. Many of these products offer a multi-faceted approach with herbal supplements, detoxifying herbal infusions and fiber rich drinks. The general consensus agrees that they felt much more energized and healthy after going through a colon detoxification.

For those individuals that need a stronger cleansing, with more immediate results, the use of a type of colon hydrotherapy is recommended. Flushing the colon with a special blend of herbs mixed in warm water is what colon hydro-therapy entails. Please note, herbs are not always used. The gentle flushing through a tube, safely removes accumulated waste and toxins from the colon.

You will be delighted once you've chosen a colon cleansing plan for yourself. There are several to choose from so now everybody can do it. Living a good healthy life can be achieved when the poisons are eventually removed from the body. A few changes in diet, along with a [colon cleanse](#) and detoxifying other body organs, is the perfect remedy for perking things up.

You can also find this article published on [Colon Detoxification Through Diet, Herbs and Colonics](#), and on the tag pages [colon cleanse](#), [colon hydrotherapy](#), [detoxification](#).