

## Toxic in your colon, is the cause of most diseases.

**Solfi Green from SNI is a very effective fiber in colon cleansing. Mixed Fruits & Vegetable Powder Drink with Rooibos Extract and Soluble Dietary Fiber.**



### **Colon cleansing**

Bowel movements are the basis of your health. If you don't have at least 1 bowel movement per day, you are already walking your way toward [disease](#). Man's body has not changed very much in the past several thousand years... however man's diet has certainly changed a lot. All the refined [sugar](#), white flour, hormone/antibiotics-filled meats we constantly ingest constitute an assault on our bodies. We are continuously violating our bodies by eating [terrible foods](#). [Colon cancer](#) is the 2nd leading cause of [cancer deaths in the U.S.](#)

So, all congestion and toxins must be removed, and it must begin with cleansing of the bowel.

One of the most frequent bowel problems that people experience today is [constipation](#).

A constipated system is one in which the transition time of toxic wastes is slow. The longer the "transit time," the longer the toxic waste matter sits in our bowel, which allows them to putrefy, ferment and possibly be reabsorbed. The longer your body is exposed to putrefying food in your intestines, the greater the risk of developing [disease](#). Even with one bowel movement per day, you will still have at least three meals worth of waste matter putrefying in your colon at all times.

Disease usually begins with a toxic bowel. Those having fewer bowel movements are harboring a potentially fertile breeding ground for [serious diseases](#). Infrequent or poor quality bowel movements over an extended period of time may be very hazardous to your health.



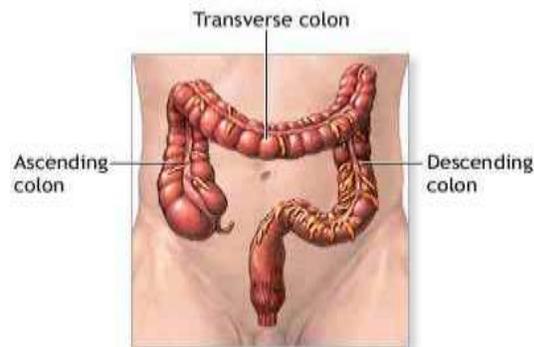
### **A Proper Colon Cleansing Program Removes the Mucoïd Plaque From the Colon.**

Even a thin layer of mucoïd plaque weakens the body. Nature intended mucoïd plaque to be sloughed off. But due to stress and diet, most Americans have many hardened layers of mucoïd plaque. The healthy colon weighs about 4 pounds. One autopsy revealed a

colon choked with 40 pounds of impacted mucoid plaque! A proper colon cleanse and detoxification program prepares your body for optimal health by removing the mucoid plaque.

Begin transitioning to a diet rich in [raw fruits and vegetables](#) with very few [cooked or processed foods](#) to help keep your digestive system free of mucoid plaque. Regular and easy elimination will be the rule, toxins will not build up and foods will be fully digested and utilized. This optimum nutrition allows rejuvenation and peak vitality. Of course it was a process of years or decades to get the body so full of plaque and toxins, so it will be a process, although faster, to detoxify and get your body pure and back to its highest possible state of health.

"Colon cleanse" or "Bowel Cleanse" or "Intestinal Cleanse" or "Intestinal Therapy" are terms referring to a procedure (or a therapy) which has as its main goal having a clean bowel. A real "bowel cleanse" can take from 3 to 4 weeks up to a few months, depending on the person. But don't get discouraged, it's worth it!



Colon cleansing is a procedure which may include the use of many different supplements, and few days of [FASTING](#). A good intestinal cleanse will also include a [parasite cleanse](#).

### **Natural Colon Cleansing**

More often than not, natural colon cleansing means following a colon cleansing diet along with taking some colon cleansing supplements which may include herbs which are known to kill [parasites and worms](#), contain [digestive enzymes](#), contain [probiotics](#) (beneficial bacteria), contain herbs that stimulates liver, [gallbladder](#) and intestines, also [psyllium husk or seeds](#), [flax seeds](#), or slippery elm, and others.

[Herbal colon cleansing](#) using psyllium, internal cleansing herbs and other natural colon cleansing products, is an essential part of a good detoxification program.



The person on a typical American diet holds 8 meals of undigested food and waste material in the colon, while the person on the high fiber diet holds only 3.

## Start your detoxification program with the COLON

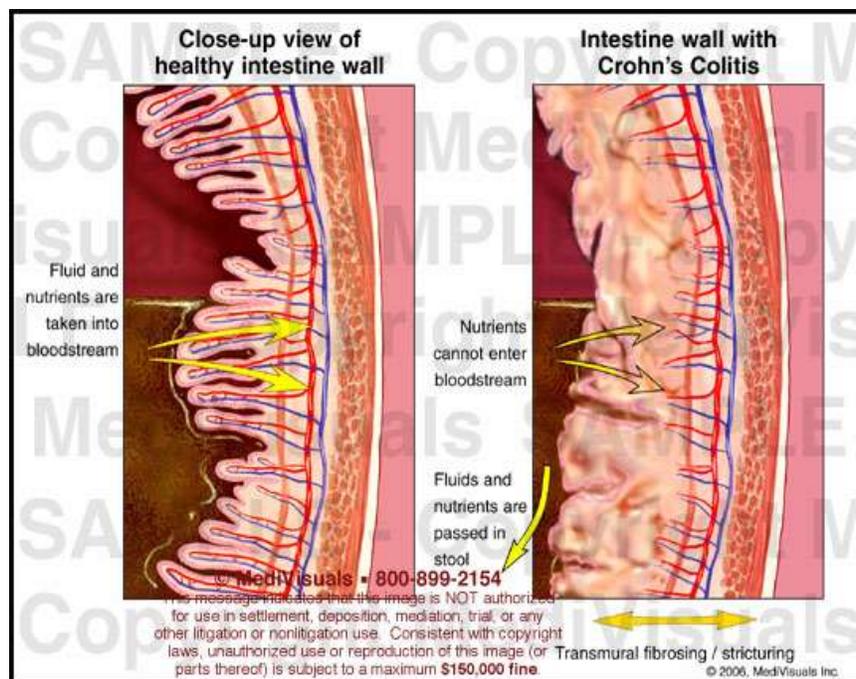
A good cleansing program should always begin by removing the waste in your colon, the last portion of your food processing chain. If you attempt to clean your [liver](#), blood, or [lymph system](#) without first addressing a waste-filled bowel, the excreted toxins will only get recycled back into your body.

### Decrease Bowel Transit Time With Intestinal Cleansing

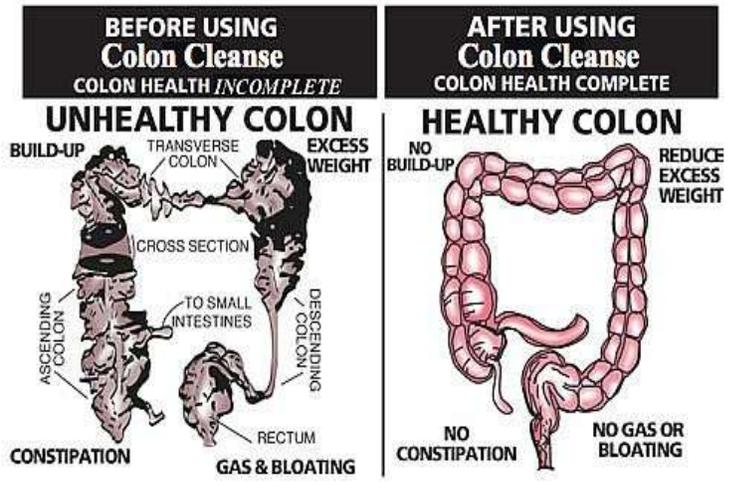
[Constipation](#) and diarrhea, are also indications of foul matter in your intestines. Furthermore, the much more serious problems of [cancer](#) and [immune system](#) dysfunctions begin with a toxic bowel.

Once we truly understand that the "single greatest challenge our bodies face is the effective removal of wastes and toxins", we will never again undermine the importance of frequent bowel movements.

As the colon becomes impacted with dry putrefactive waste, its shape and function are affected in numerous ways. It may stretch like a balloon in certain areas, or develop something called "diverticula" (pouches on the intestinal wall which may become infected), or fall down upon itself (prolapsed colon). All of these colon malformations greatly impair your large intestine's ability to function, which in turn places severe strain on your digestive organs and glands and affects nutrient assimilation and absorption. The colon is the body's "sewer system", and if not treated properly can accumulate toxic poisons, which are absorbed into the bloodstream. This in turn can cause [many diseases](#)



# Colon Cleansing and Weight Loss



If you are someone who is interested, it's healthier, you may consider the relationship between weight loss and colon cleansing. First, you have to understand what colon cleaning is better for you to evaluate how it can help them achieve their goals of weight loss.

Colon cleansing is a process of cleansing toxins and to create a plaque in the colon. This can help eliminate symptoms such as sluggishness, acne and constipation. This refers to creating a lifestyle that is often full of bad dietary choices, such as chips and donuts and colon cleansing can be removed from its creation and to improve the health of the gastrointestinal tract. Extra weight is often the result of bad habits. What is the relationship between weight loss and colon cleansing? In fact, cleaning is a way to restore your digestive system the most efficient. Instead of the Gunks for their stay in the digestive system is capable of nutrients more easily, and it really feels healthier. Not to mention the creation of volume, which is considering whether a pound.

This is not a decision lightly. Colon cleaning is only part of a comprehensive review on the habits of lifestyle. Although the treatment will allow you to have a healthy digestive system and feel less good, the rest of the weight loss comes from the regime of diet and exercise, should take.

If you're always feeling bloated or constipats, or dream, could benefit from the opportunities to clean colon. Even if only a little extra weight, you look thinner and feel more energy as a result. The last thing we want to do is go into the habit of taking laxatives, or other alternatives. You should clean your colon, and not abuse it.

The answer lies not in a healthy sense of "get-thin quick schemes, diet pills, or the current diet. He comes from a healthy lifestyle complemented by the creation occasional toxic cleaning. To achieve this level of health, colon cleansing and weight loss go hand in hand.