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SOME COLON BASICS

Before delving into what colon cleanse is, is it not wiser to get an idea of what your colon does? That way, you will better understand why getting your colon cleansed is immensely important. In this article, we will be discussing the colon's role in the digestive function of the intestinal tract. Colon cleansing and its benefits will also be discussed.

What is the Colon and where is it Located?

The colon is perhaps better known as your large intestines. It basically starts at the junction between your appendix and small intestines and ends up in the opening of your anus. The colon is about 1 to 2 meters in length and is subdivided into Ascending Colon, Transverse Colon and the Descending colon. The names would be better understood by a discussing of how the colon lies in your body. Basically the colon forms an inverted letter 'U', the ascending portion of it starts at the appendix and ends when the colon starts to bend. The Transverse part of the colon lies horizontally – near where your liver and stomach are located. The descending portion starts out at the bend 2nd bend of the transverse colon and goes down up to the anus.

What is the function of the Colon?

Most of the digestion and absorption occurs in the stomach and small intestines. That is the reason why when the food reaches the colon, it is basically composed of water and waste. Therefore the main function of the colon is for moving the waste for removal and also to reabsorb some excess water. The fecal matter starts out soft and watery in the ascending portion, it starts to harden slightly when it reaches the transverse portion and after further re-absorption of water, it is then extruded from the body by defecating.

WHAT IS A COLON CLEANSE?

A colon cleanse or colon cleansing is the process of sweeping out any excess waste that may be present in any segment of the large intestines. It may also include cleaning out the small intestines - but that depends on the product type. You can achieve colon cleansing by using commercial available products that help take out the plaque and the excess debris that can be found in your colon's walls. Colon cleansing is considered to be very helpful in alleviating a number of diseases and it has even been said to prevent the development of some cancers.

DETOXIFY YOUR BODY: COLON CLEANSING EXPLAINED

Living in an unavoidably toxin-filled world can have some very negative effects on our health. But since the only real option is to enclose ourselves inside a germ-free bubble, you might be interested to know that there is another way to protect yourself and at the same time, also reverse many of the detrimental influences created in your body by the atmosphere we live in.

Colon Cleansing is a healthy and helpful way to rid your body of the poisons you accumulate in your body on a daily basis. Breathing in toxins is not the only way this happens either. Fast food and generally unhealthy eating habits, in addition to lack of exercise, are also major contributors to certain types of stomach, colon and other health-related problems. With the rise in colon cancer and its status as the number one cause of cancer deaths in the United States, colon cleansings or colonic irrigation as it is also called, is a very popular means of helping to ease and prevent that disease. Plus, there are lots of other health benefits.

Take a look at this checklist and see if you suffer from any of these symptoms. If so, a colon cleansing might be a great, natural way to help relieve your discomfort.

- Constipation

- Irritable Bowel Syndrome
- Diarrhea
- Gas or Bloating
- Menstruation Problems
- Overworked Liver and Hemorrhoids
- Fibromyalgia and/or Chronic Fatigue Syndrome
- Distressed or Blemished Skin
- Allergies or Sinus Problems
- Muscle Aches, Low Back or Joint Pain
- Insomnia
- Energy Loss
- Problems with Nutrient Absorption

So what exactly is a professional colon cleansing you ask? A colon cleansing session consists of a speculum being inserted into the rectum with two other tubes – one pushing clean, filtered water into your system thereby flushing out all of the toxins out through second tube. The appointment usually lasts about 45 minutes and costs vary depending on where you live.

Many people swear to the fact that after years of self-medication and doctor's visits, a colon cleansing is what finally cured them of many of the distresses listed above. This method of cleaning the interior of the body has actually been around for thousands of years, recorded as far back Egyptian times. It might be worth considering if you've found no relief from the more common approaches of the medical community. Or if you're simply interested in finding a natural way to live a healthier life.

CLEANSE YOUR COLON FOR A BOOST IN HEALTH

A variety of health problems exist today which can all be traced back to the colon; abdominal pain, discomfort, constipation, diarrhea and lack of energy. Bowel movements are the basis of our health. If we don't have at least one bowel movement per day, we are already walking our way toward disease. These diseases even may lead to colon cancer. Therefore we require a regular cleanses of our colon, kidney, liver & gall bladder to keep our bodies healthy. A colon cleanse is the most important cleanse of all others.

Different Types of Colon Cleansing

The different methods of colon cleansing are 1) Colon Hydrotherapy, 2) Enemas, 3) Herbal supplements, 4) Laxatives and 5) Oxygen-based Cleansers. Here is a brief description about each of these cleansing methods.

1) Colon Hydrotherapy: In this process of colon cleansing warm and filtered water is used to fuse into the colon via a plastic tube. With this method, only the large intestine can be cleansed. Colon hydrotherapy process is also termed as 'colonic irrigation' and 'using colenemas.'

2) Enemas: The problem of constipation is being treated by this process of colon cleansing from many earlier centuries. The effectiveness of this treatment mainly depends on the type of enema used. Enemas are used to remove the waste material only from the lower part of the colon. Enemas are also useful in emptying the rectum. The different types of enemas are water enemas, coffee enemas, clay enemas, etc. Most people do not like inserting enemas through their rectal cavity.

3) Herbal Supplements: Nowadays, different herbal supplements are available on the market in the form of pills or capsules. These herbal supplements are very inexpensive and are not always fully effective in cleansing the bowel.

4) Laxatives: Like enemas these are also used as the temporary treatments of constipation. This treatment can be considered as the most dangerous treatment among all other colon cleansing methods as there may be serious dehydration and even loss of muscle round the colon lining.

5) Oxygen-based Cleansers: The best method among all the colon cleansing methods is the Oxygen-based Cleansers. In this process of colon cleansing the compacted matter can be melt away by oxidation reduction reaction. A good oxygen-based colon cleanser works in the whole system and can completely cleanse the entire intestinal tract and it also fully detoxifies the whole tract.

The Benefits of Colon Cleansing

- Prevents irregular bowel movements and constipation
- Helps to promote clearer skin
- Improvement in Concentration
- Absorb minerals and vitamins easier

- Colon cleansing is also believed to help prevent colon cancer

COLON CLEANSING IS PREVENTATIVE HEALTH CARE

Colon cleansing is preventative health care, rather than a treatment for a disease. It's critical because it helps to detoxify your body of all the unnecessary and unwanted toxins that build up in your body. It's also regarded as a safe and alternative method to treat many of our symptoms and problems. Colon cleansing is a procedure of cleansing the body, resulting in the release of toxins, poisons, carcinogens and free radicals. Natural colon cleansers are also available and if you think you don't have much time and money for clinic sessions, you can do colon cleansing at home.

An herbal colon cleanse is a natural version of a laxative basically. Herbs that help you move waste through your system include cascara sagrada bark, aloe vera leaf, and fenugreek seed. These are often found in herbal formulas for constipation.

Other herbs that support the laxative effect of the above botanicals are fennel seed, which helps with gas and cramps, and peppermint, which aids the digestion. Along with laxative herbs, a colon cleanse is likely to include herbs such as dandelion root or red clover, which are cleansing to the blood and the urinary tract, so that the whole system gets cleansed of toxins.

Unfortunately, herbs can be as harsh to the system as conventional laxatives. There is another type of natural colon cleanse on the market. This is an oxygen based formula that reacts chemically with the hydrochloric acid in your stomach. This chemical reaction causes the fecal material, sometimes called plaque, to melt into liquid and gas so it can be expelled easily.

The herbal colon cleanse will cause you to pass rubbery dark material with the consistency of a tire tread; while the oxygen based natural colon cleanse will give you liquid or soft stools.

Another aspect of natural colon cleansing is to add fiber to the diet. This can be in the form of bran, psyllium seed husks, prunes, and many other natural foods. It's sensible, if you have problems with constipation anyway, to eat a

fiber rich diet. Fiber alone, however, will not provide a complete colon cleanse. Still, it makes sense to eat more fiber rich fresh fruit, vegetables, and whole grains, and less junk food.

Colon cleansing can also include enemas. In fact, during a colon cleanse, you might be advised to have an enema on any day that you do not have a bowel movement. The goal is to have three or four bowel movements on any given day, which are achievable if you choose an oxygen-based cleanse.

Removing the fecal matter from the digestive tract will eliminate many toxins from your system. This can result in clearer skin, more energy, fewer headaches, improved allergy symptoms, and many other benefits. Of course, results vary from individual to individual, but there are many reports of multiple benefits from doing a colon cleanse.

Colon cleansing herbs are of paramount importance to the health of the body as they can eliminate the many toxins in the body system which the body cannot normally expel. They're available in two different forms – namely, a pre-made formula or just as single herbs. All in all, they're simply mixtures of herbs that have been found to help expedite the removal of waste from a person's body in an efficient way.

So, the natural way of colon cleansing involves a cleansing diet of some herbs that are known to kill parasites and worms, also included are digestive enzymes, probiotics, herbs that stimulate the liver, gallbladder and intestines, psyllium husk or seeds, cascara sagrada or flax seeds, or slippery elm and many more.

A standard bowel cleanse will often contain the following:

- Water, juices, raw fruits and vegetables
- Probiotics to help replenish the good bacteria in the intestines
- Psyllium husk and/or seeds or flax seeds help absorb water and expand the colon allowing for the removal of toxins and mucus.
- Bentonite clay is edible clay that acts as a laxative by absorbing water and then forming a gel. It binds toxins and helps to carry them out of the colon.
- Salt water enema

However, please remember that you should consult a medical professional for advice before starting any new health regime.

SHOULD YOU USE A HOMEMADE COLON CLEANSE?

A homemade colon cleanse might seem like the ideal way to regain power over your health, particularly if you have been experiencing the after-effects of a poor diet, insufficient exercise and the general stresses and strains of our every day modern life. While there is little doubt that a sluggish digestive system can wreak havoc on your sense of wellbeing, is finding out how to make our own homemade colonic remedy the answer?

While tweaking your diet every once in a while to help maintain optimal colon health is no bad thing, discovering how to make home colonics can cross into trickier territory.

Just because something is homemade, this doesn't mean it can't be potent. There are some powerful herbs that can not only offer you a great homemade colon cleanse, but can unbalance your fragile digestive systems if used incorrectly.

A homemade colonic can be a wonderful way to empty your digestive tract of the buildup of debris that might just be wearing you out, but do remember that colon cleansing is a powerful procedure, and can cause adverse effects when used improperly.

Always verify anything you read on making a home remedy colon cleanse with another source, and check with your doctor or alternative health practitioner if in any doubt. Millions of people report the wonderful effects that colon cleansing can bring – make sure you don't become a part of an uncomfortable, or pained, minority by performing your homemade colon cleanse safely.

COLON CLEANSING AND BACTERIA

Colon cleansing involves a process called detoxification. Detoxification is geared toward clearing out toxins in the body by means of neutralizing or transforming them, as well as clearing excess mucus and congestion in the

colon. Most of the toxins that are congesting the colon come from the food we eat, drugs we use, or environmental exposure both acute and chronic.

Fats (especially oxidized fats) and cholesterol, free radicals as well as other irritating molecules act as toxins. Likewise, poor digestion, colon sluggishness and dysfunction, reduced liver function and poor waste disposal by the kidneys, respiratory tract and skin all contribute to increased toxins in the colon.

For detoxifying or cleansing the colon, it's important to include probiotics in your diet in order to replenish the good bacteria in the intestines. A probiotic is an organism which contributes to the health and balance of bacteria in the intestinal tract. It's also commonly referred to as the body's friendly bacteria and helps in fighting illness and diseases.

A healthy intestine contains at least 85% of beneficial bacteria to prevent over colonization of disease causing organisms like salmonella and E. coli. But sadly, most people do not have the required amount of friendly bacteria in their intestine, resulting to various colon related diseases. Probiotics are also excellent immune system enhancers since they prevent unfriendly organisms from congesting the body. Probiotics also prevent overgrowth of yeast and fungus and produces substances that lower cholesterol.

Your colon has both good and bad bacteria. The good bacteria maintain the health of your colon by keeping the bad bacteria from multiplying and reducing constipation.

Most people have bad bacteria as the dominant condition in their colon. You can see this by the illnesses that exist throughout the world. Most people later in their life suffer from diseases that resulted from colon neglect and abuse.

Bad bacteria multiples when you ...

- Are exposed to pollution, pesticides, food additives such as preservatives, coloring, etc.
- Drink alcohol
- Eat processed foods
- Experience excessive anxiety
- Lack fiber in your diet
- Use birth control pills
- Use drugstore laxative
- Use drugs and medication

Good bacteria in your colon consists of hundreds of species of bacteria. The good bacteria are most active in a pH of 5.9 to 6.9- an acidic environment. This makes for a healthy colon.

Your colon serves as a home for the good bacteria, which ferment specific carbohydrates, which in turn keep your colon environment slightly acidic. The acid environment favors the good bacteria and keeps the bad bacteria and pathogens from multiplying.

The bad bacteria create an alkaline environment and are most active in a pH of 7.1 to 7.9

Again, the good bacteria creates an acidic environment and are most active in a pH of 5.9 to 6.9

Acidophilus and Bifidus are the main good bacteria that exist in your colon. The ascending colon, on the right side of your abdomen area, has the most bacteria. The quantity of bacteria becomes less in the transverse colon and lesser in the descending colon. Eventually, little bacteria is found in the sigmoid and rectum.

When beneficial bacteria are dominant, in your colon, it prevents the spread of disease from various organisms – parasites, bacteria, viruses, fungi. The specific organisms Shigella, salmonella, viruses, encephalitis, protozoan, amebas, staph, herpes, flu, cold viruses, comphylobacter, and CMV, are the ones that creates killer diseases such as dysentery, blood poisoning, meningitis, pneumonia, influenza and encephalitis

The good bacteria keep these organisms in the minority, thus preventing them from multiplying, getting into the blood, and into the different body organs. They do this by their antibiotic like secretions, lactic acid production, and other secretions, which keep their environment acidic.

The good bacteria live and thrive on carbohydrates. When your body has good digestion and little carbohydrates reach your colon, the good bacteria population decreases and the bad bacteria become dominant.

Good bacteria need to be fed to keep it dominant in your colon. If there are any good bacteria left in your colon, then by feeding them, you can get them to multiply. If there are not any good bacteria in your colon, then you cannot reestablish the good bacteria by eating specific carbohydrate foods. To reestablish good bacteria, under this condition, you must do a flora enema.

In his book, *Acidophilus And Colon Health*, 1999, David Webster, also says: "Indicators of a healthy colon flora are a soft but well-formed stool, with amber color and little or no odor, and that floats in water most of the time. When the stools are dry, dark brown, too solidly formed or too loose, and especially if there is a putrid odor, these are clear indicators of a putrefactive, alkaline-producing colon flora. Chronic constipation, diarrhea, and irritable bowel syndrome are often eliminated when your colon is restored and maintained at a slightly acid pH."

In his research, Webster found that feeding the remaining good bacteria edible lactose whey rejuvenates the good bacteria in your colon. By drinking 2 – 5 tablespoons or more each day in a cup of distilled water enough lactose can reach your colon to feed the good bacteria. Webster recommends doing this for 30 days. After this period you can check your stools to see if you have reactivated you good bacteria.

THE BEST COLON-CLEANSING DIET

We've covered almost everything about colon cleansing. However, you don't want to make the mistake of going through a cleansing and then going back to your old bad habits. Eating the right food is important keeping your colon healthy. A plant-based diet has number of advantages for the colon. So let's take a look at what's contained in such a diet.

Fiber

The plant-based diets consist of vegetables, fruits, beans, seeds, nuts and whole grains which are very high in fiber content. A high-fiber diet gives you a much-needed cushion in softening the stool as well as decrease bowel transit time.

Fiber is of two types: soluble and insoluble. Though both are different in nature but both are necessary. While soluble fiber dissolves in water and increases beneficial bacteria. On the other hand, insoluble fiber is especially beneficial for elimination and prevention of constipation.

Green Foods

Green foods, which contain high chlorophyll, content makes them perfect for colon cleansing. Leave aside cleansing, chlorophyll soothes and heals damaged tissue in the digestive tract. It plays a pivotal part in preparing your body to generate more oxygen and draws out toxins. Because of this, chlorophyll is often been termed as "the internal deodorant."

Water

Water is a medicine of all the diseases. It has been believed that water is the universal solvent, and lack of water can lead to constipation and toxicity in the bowel and kidneys. The need for water arises when you do some sort of physical activity, or you are residing in hot or dry climates and when you consume meat and salty foods.

There is no denying that problems associated with the digestive system are the most dangerous, yet people ignore it. Digestive problems make its presence felt through a problem in the colon. The colon acts as the waste disposal part of the body. This is the body part where waste and toxic substances are generated before they are through from the body. Colon cleansing diets are the natural gifts to clean your colon without any side effects. If followed carefully, you will feel wonders in your body.

IS COLON CLEANSING FOR YOU?

Colon cleansing is a personal choice. Some people cringe at the idea of a cleanse. Others swear by them. If you're on the fence and aren't sure, why not try one? If you experience the positive results reported by so many others, then you can adopt a regular regiment of a couple cleanses a year. And if you don't experience the results you were hoping for, you take move on to other approaches for achieving a healthy colon.