HEALTHY TIPS

12 Miraculous Foods for Natural Colon Cleansing

By bestfolkmedicine · 03/06/2018 · 3 min read



Nowadays, due to a daily overexposure to toxins in combination with insufficient nutrients and fiber from our diet, a lot of people experience digestive issues. This causes imbalance in the digestive system and if not addressed timely, these problems can trigger other health complications. This is why there is a high need of proper body detox.

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The Benefits of Body Cleanse

In order to eliminate waste from the colon and other organs and increase the level of energy and better your health and well-being, you need to eat the right foods. By doing this, you will significantly enhance the digestive processes, trigger weight loss, balance the body's pH, strengthen your concentration, reduce the chance of colon cancer, and elevate the fertility and libido.

12 Foods with Cleansing Power

Cruciferous veggies

These vegetables cleanse the whole colon and improve the digestive processes. This is because they are abundant in fiber. In 100 calories of these veggies, you can supply the body with up to 40 percent of the recommended daily amount of fiber. They also possess potent antioxidant abilities and thus, they fight off cancer.

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Garlic

This vegetable will improve the heart and circulation and expel all waste from the colon. It has antibacterial, antiviral, and antioxidant properties that will lower inflammation in the body and better the nutrient absorption, digestion, and waste removal.

Clean water and sea salt

When the colon is properly hydrated, it functions optimally. When you deprive your body of water, the risk of constipation is higher and this leads to waste deposits in the colon. Make sure to drink at least half of your weight in ounces of water per day. What's more, adding a pinch of sea salt to your glasses of water will also trigger a proper detoxification.

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Lemons

They are known to aid the production of bile that betters the digestion. The stomach can work better with more bile and thus clean the large intestine efficiently. Make warm lemon water your morning ritual to help the colon.

Green tea

This tea is full of antioxidants and it can significantly better the bowel functioning and purify the colon of toxins. The vitamin C in it will strengthen your immunity and improve the body's natural detoxifying abilities. Opt for a cup of the tea with honey on a daily basis.

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ACV and apples

Apples contain a lot of fiber so it is great for the digestion. The pectin in the skin of the apple acts as a thickening agent in the stomach and removes the toxic deposits and makes the intestinal lining stronger.

Lentils and beans

These anti-inflammatory food options have phytonutrients and antioxidants that will detoxify the whole colon. They also possess fiber. Other nutrients present in them are protein, zinc, potassium, iron, etc. Beans are a clean plant protein without any growth hormones, antibiotics, and steroids.

Flaxseed and chia seeds

They are abundant in fats, omega-3 fatty acids, and fiber and have the capacity to improve the digestion and detoxify the colon. The omega-3 acids will decrease colon inflammation and soothe the cell walls.

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Aloe vera

This plant has the ability to decrease inflammation and prevent digestive issues. It is highly effective against constipation as well.

Fermented foods

When there is a bacterial imbalance in the digestive system, your overall health is in danger. To restore gut balance, you need to opt for fermented foods like kombucha, pickles, tempeh, kimchi, etc. They are full of probiotics or good bacteria that will restore digestive balance.

Avocados

This fruit is abundant in soluble and insoluble fibers that trigger bowel movement and thus cleanse the whole colon of toxins. Fibers will significantly minimize the chance of colon cancer too.

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Dark leafy greens

The fat-soluble chlorophyll present in these veggies will attach to the colon lining and avert growth of bacteria and eliminate any bad bacteria present. So, make sure you add kale, spinach, collard greens, celery, peas, and Swiss chard to your daily diet and watch your health improve!

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