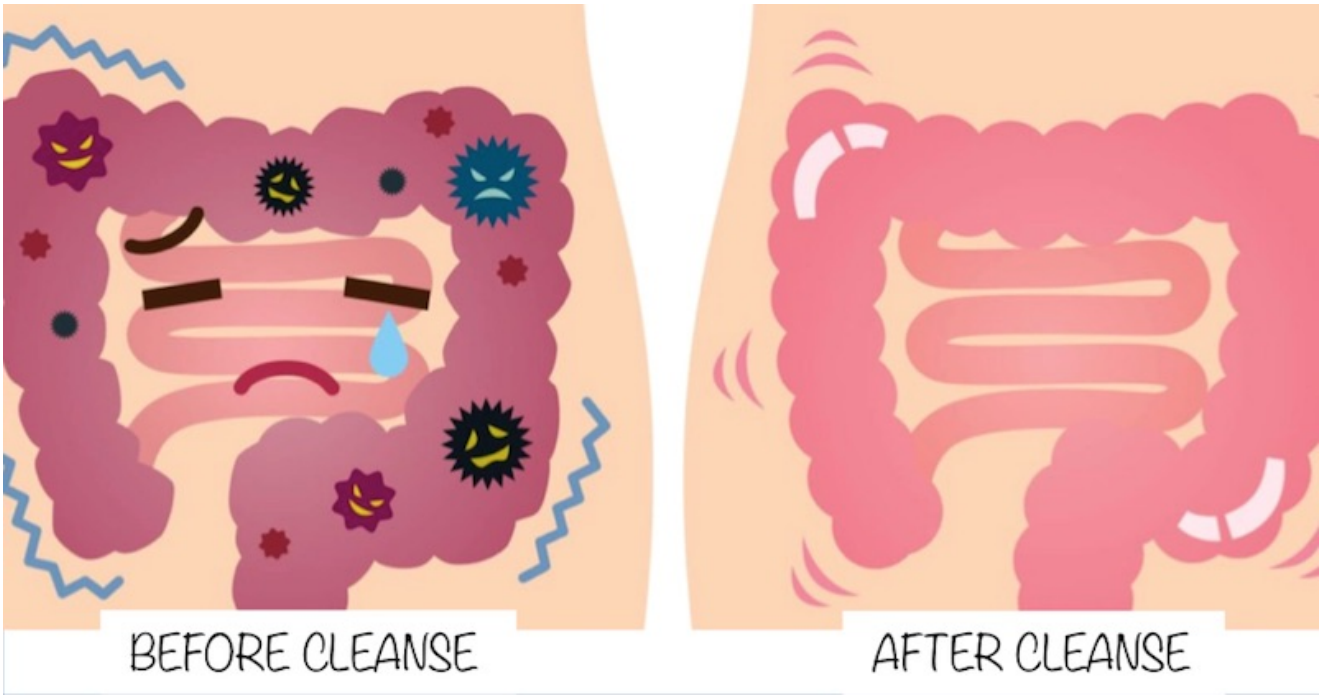
HEALTHY TIPS

Colon Cleansing: Complete Guide to Flush Out Pounds of Fecal Waste

By bestfolkmedicine · 19/07/2018 · 2 min read



Nowadays, due to environmental pollution and the excessive intake of junk and processed foods, it has become essential to perform gastrointestinal cleanses in order to remove the waste deposits from the body and avert health complications. With this in mind, in today's article, we decided to share one of the best gastrointestinal detoxes that will remove toxins and chemicals, lower inflammation, and increase your energy levels.

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How to Know If You Need a Cleanse?

The following health complications often indicate the presence of surplus waste in the body:

- Diarrhea
- Constipation
- Gases
- Bloating
- Colitis
- Ulcerative colitis
- IBS
- Intestinal polyps
- Colon cancer
- Diverculitis

The Role of the Intestines' Proper Functioning

- ***Vitamin synthesis***
- ***Creation of feces for removal of waste***
- ***Breakdown of food***
- ***Protection from invading organisms***
- ***Mineral, nutrient, and water absorption***

Without doubt, an optimal overall health is often conditoned by how well the intestines work. Unfortunately, leading an unhealthy diet can impede the functions of the intestinal tract and slow down bowel movements. Chronic constipation is known to elevate the chance for leaky gut and colon-related issues. The bad bacteria will grow and minimize the presence of good bacteria and consequently lead to a poor immunity and diseases.

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The Most Effective Gastrointestinal Detoxes

1. **Juice fasting**

This type of fasting includes drinking as many glasses of natural juice as you can on a daily basis and avoid solid foods for a period of 21 to 28 days. This will give the organs time to rest and cleanse. Fruit and veggie juices will fix cell damage and speed up the healing of organs and what's more, they will

expel all waste deposits.

2. **Honey & ACV detox drink**

This recipe is highly recommendable for patients who are hypertensive, diabetic, obese and those who suffer from acid reflux and eczema. For the preparation, you will need:

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- **A tsp of honey, raw**
- **A tsp of psyllium husk powder**
- **A tsp of ACV**
- **A glass of water**

Preparation: Mix the ingredients well and drink the content right away. Then, drink 8 oz. of water throughout the day mixed with a tsp of honey and a tsp of ACV.

- **Supplementing during the cleanse**

Mix a glass of water and several drops of oregano essential oil and drink it twice per day. Begin with the consumption when you begin the detoxification. Also, make sure you include fermented foods to your diet and fresh juices daily.

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