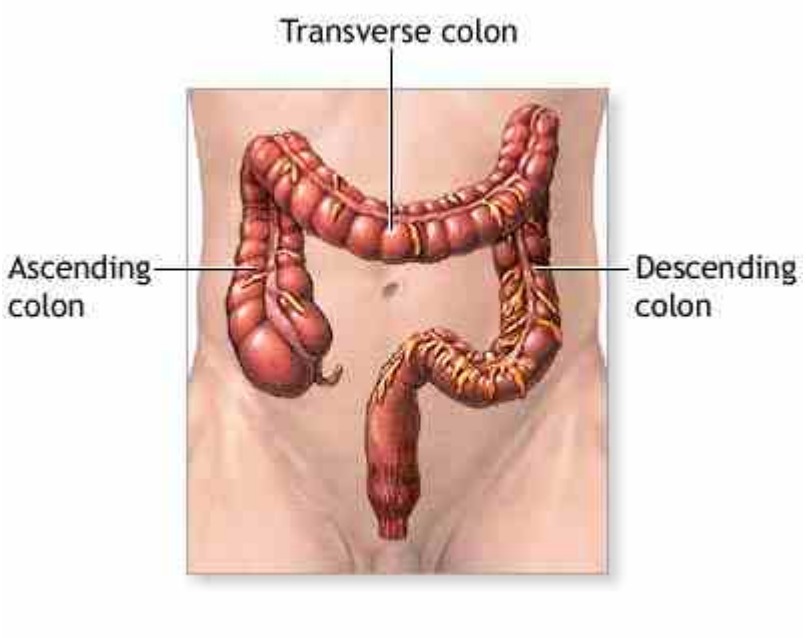
HEALTHY TIPS

Colon Hydrotherapy vs. Gastrointestinal Cleanse: How They Differ & How They Can Help

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



The alternative therapy, known as enema, dates back to ancient times and evidence of it were recorded as early as 1500 B.C. in Egyptian medical document. Even though technology was nonexistent back in that time, Galen and Hippocrates, early fathers of medicine, advocated cleansing of the colon as medicinally beneficial. In the 1930s, colon hydrotherapy was implemented in a lot of clinics and hospitals.

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Why Opt for Colon Irrigation?

Nowadays, our diets are often filled with processed and junk foods, GMO foods, as well as artificial additives that elevate the amount of toxins in our body. This is where seasonal colon cleansing can be of great aid. Colon hydrotherapy is known to purify the cecum, large intestine, the transverse, sigmoid, and the ascending parts of the colon. But, since it cannot reach the small intestines, it should be done in combination with natural juices and gastrointestinal cleanses for optimal results.

Colon hydrotherapy encompasses the detoxification of the colon with the help of filtered water coming out of a lubricated, 2-inch tube when it is inserted into the rectum. The water fills the colon and softens the fecal matters and eases their removal through the outlet into a plastic tube. Regular colon hydrotherapies will better your health by protecting you from illnesses and you will have a better-functioning digestive system and strong intestines.

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What about the Gastrointestinal Cleanse?

Did you know that the gastrointestinal tract is 21 to 23 feet long in adults? Hence, when it is clogged due to toxins, the body is impeded from absorbing the nutrients from foods. In combination with natural cleansing juices, this cleanse can do wonders for your health.

What's more, a gastrointestinal cleanse can be done at the comfort of your own home by making vital changes in your diet such as the elimination of:

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- *Meat*
- *Processed and junk foods*
- *Dairy*
- *Sugar*
- *White flour*
- *Soda drinks*
- *Alcohol*
- *Caffeine*
- *Tobacco*

Make sure you enrich your diet with foods that are abundant in dietary fiber.

How Do Toxins Deposit in the Body?

A lot of the foods we eat do not get digested adequately and this results in the deposition of fecal matters on the walls of the digestive tract. As the years go by, these matters harden and the absorption of nutrients decreases.

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