DRINKS & SMOOTHIES

Flush 15 lb. of Toxic Waste from the Colon in 2 Weeks with the Miraculous Drink by Stanley Burroughs

By bestfolkmedicine · 29/10/2018 · 2 min read

As many of you may probably already know, the colon is one of the most important organs in our body because it is in charge of different bodily functions and processes. Some of them are regulating the water balance, controlling the immunity, and assisting in the digestive process.

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When the colon fails to work optimally, toxins are not adequately expelled from our body and the colon may easily become toxic. This may be a result of a poor diet, exposure to environmental toxins, or some illnesses. When we consume unhealthy foods, 70 or more hours pass before the food leaves the digestive system, which usually results in a body full of waste.

Is Constipation a Cause for Concern?

Chronic constipation is very often an indicator of toxic deposits in the body. When one does not have normal bowel movements, removing this waste is much more difficult and painful. Other symptoms of a toxic colon and body are poor immunity, rashes, UTIs, vaginal infections, changes in mood, anxiety, tiredness, pain in the muscles and joints, depression, abdominal pain, flatulence, bloating, and diarrhea.

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How to Remove all Toxins Naturally

In the 40s, Dr. Stanley Burroughs, a renowned alternative medicine doctor, created a natural remedy which has the ability to encourage the elimination of waste. The detox lasts 10 to 16 days and it is quite simple if you follow the instructions properly.

The Recipe

Needed:

3 liters of filtered water

A tbsp of cayenne pepper

2 tbsp of maple syrup

Half a liter of lemon juice

A glass jar

Preparation:

Blend the ingredients in a blender and then transfer the content into a glass jar. Store it in the fridge or in another dark and cool place.

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Use:

Although there is no precise dosage recommended by the doctor, 3 tbsp will suffice. Take them for a period of 10 or 16 days, 8 times per day for optimal results. Good luck!

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