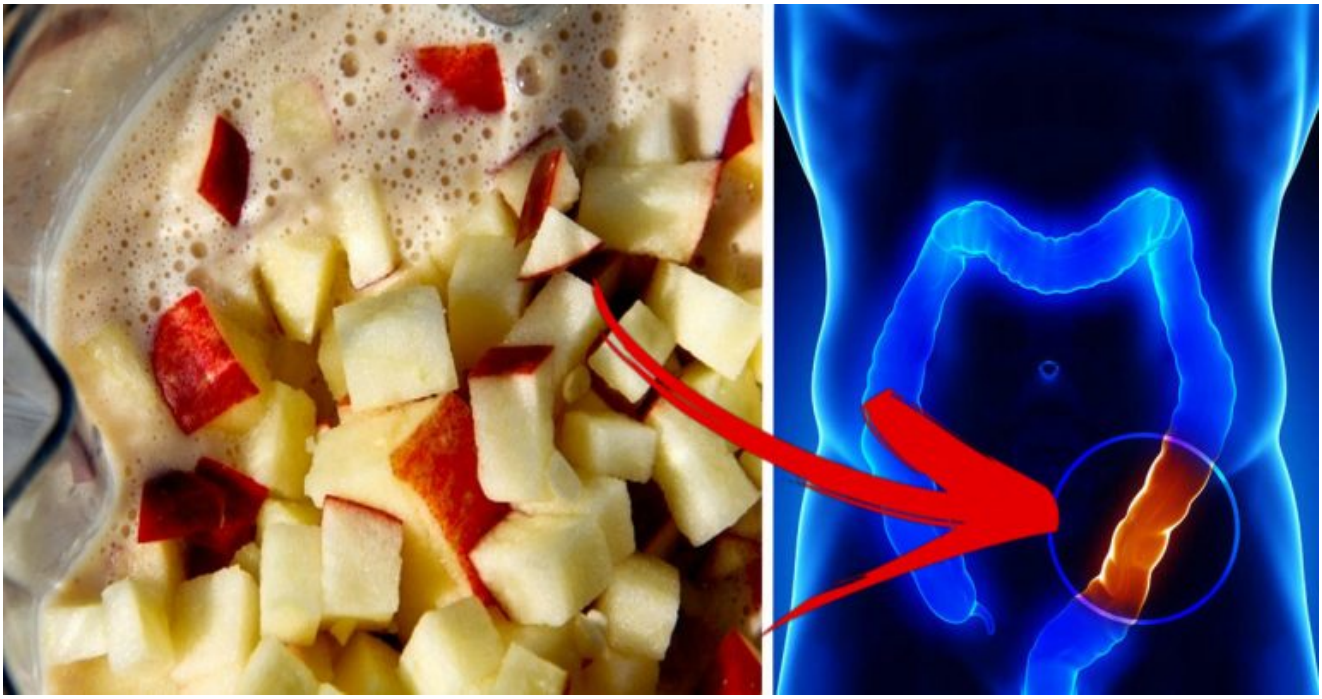
GRANDMA'S REMEDIES

Apple-Honey Combo That Flushes Toxic Waste From Your Colon

By bestfolkmedicine · 09/01/2019 · 2 min read



You have probably heard and read a lot about the importance of keeping the health of the colon optimal. When we fail to keep our colon healthy, numerous digestive and other problems with the health can happen. Statistics, according to Valentin Bosioc, shows that more than 50 million individuals in the US are suffering from some medical issue related with their colon, including constipation, IBS, Crohn's, acid reflux, and colitis.

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Moreover, 100,000 people undergo colostomy surgery on a yearly basis because of colon problems. Many experts claim that the colon health reduces because of the high amount of accumulated toxins. They pile

up in the colon from the unhealthy foods we eat and the lack of important enzymes and fiber.

To help you better your colon health, in today's article, we will be presenting a potent natural DIY remedy. It has the power to boost the colon's health, but the overall health too. It is abundant in fiber and vitamins that will encourage the removal of the toxins out of the body.

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Apple & Honey DIY Colon Detox Remedy

You will need:

A cup of water, filtered

A tbsp of organic honey

A tbsp of chia seeds

A tbsp of flaxseed

One apple, peeled and sliced

Preparation: Put the ingredients in a blender and blend for one to two minutes. Once you get a homogeneous mixture, turn off the blender and transfer the drink into a tall glass. Drink it right away.

Use: Drink it in the morning, prior to breakfast, for optimal detox.

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What Are the Benefits of the Ingredients?

- ***Flaxseed*** contains important nutrients, including antioxidants, fiber, and omega 3s which make it a great for cleansing the colon and protecting from colon cancer. It is also beneficial for the health of the heart and for an excellent nutrient absorption
- ***Apples*** are rich in insoluble and soluble fiber that are known to encourage regular bowel movements, which is pivotal for the elimination of waste from the body
- ***Chia seeds*** are abundant in important nutrients, including vitamins, protein, fiber, and omega-3s. They are therefore highly recommendable for the digestion and cardiovascular health

- ***Honey***'s antifungal, antiviral, antiseptic, and antibacterial characteristics are advantageous for the prevention of colon cancer

Sources:

HEALTHY FOOD HOUSE

VALENTIN BOSIOC

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