

Natural Help 4...

Colon Cleanse



What is a Colon Cleanse?

Colon cleanse, also known as colon hydrotherapy, is somewhat of a controversial procedure used to **remove impacted waste, mucous, and toxins from the bowel**. While the treatment has been around from as early as the times of the ancient Egyptians, it has recently gained popularity and become a common modern-day technique to detox and cleanse the system of unwanted toxins that build up in the body.

How a Poorly Functioning Colon Affects the Body

The colon is between five and six feet in length and is an important part of the digestive system. This tube-like structure **moves waste from the small intestine through to the rectum**, absorbing water and minerals from this waste matter and readying it for elimination.

This is the body's **natural way of eliminating toxins** and waste from the body, and while this occurs naturally without much outside assistance, modern-day living can often contribute to a sluggish and ineffective digestive system.

Environmental toxicity, as well as years of eating sugar-loaded and processed foods can eventually result in weight gain and toxic build-up in the colon. When digestion, "metabolism":natural-metabolism-boosters.html and elimination becomes slow and waste accumulates in the colon, these **toxins can be reabsorbed into the bloodstream**, polluting other organs and tissues in the body.

Effects of Colon Toxicity on the Body

Accumulation of waste in the colon can lead to a number of illnesses and symptoms, including:

- Bloating
- Flatulence (wind)
- Sleep disorders
- Diarrhea or constipation
- Indigestion
- Irritable bowel syndrome
- Fatigue or chronic fatigue syndrome
- Allergies
- Headaches
- Arthritis
- Eczema



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

What does Colon Cleansing entail?

There is generally no special preparation necessary before a [colon cleanse](#), although large meals and excessive drinking in the hours before the procedure should be avoided. During the procedure, you are positioned on your side (on a special table) as **warm water is passed into your bowel** through a tube inserted into your rectum. This water circulates through your colon and cleanses all waste from the colon walls, which is then passed out of the body through a second tube.

It is important to note that a [colon cleanse](#) is a procedure that requires the assistance of a trained therapist, as water pressure and water minerals are carefully controlled throughout the session. The session may also include a **gentle massage of the abdominal area** to assist in the whole process of loosening the waste. You can expect the session to last between 40 and 45 minutes. Probiotics may be recommended afterwards to replace any good bacteria that may have been lost in the process.

Help for the Colon

Natural Remedies

When done correctly, colon cleansing is a great way to [detox](#), refresh, and revitalize the body. In keeping with a holistic approach to health, this procedure works best when done in accordance with healthy diet changes, regular exercise, and a program of natural remedies aimed at **cleansing and [detoxifying the body](#)**.

Certain herbs work well when taken prior to colonic procedures to help loosen the contents of the colon, without upsetting the body's natural fluid balance or mineral content. Herbs such as Bearberry, Plantago psyllium, Marshmallow, and Chinese cinnamon work to promote natural and gentle peristalsis, soften stool matter, and support the body's process of **regular toxin and waste removal**, while assisting in overall colonic health. Other herbal ingredients including Dandelion, Fennel and Pelargonium reniforme can help to cleanse the system, rejuvenate liver functioning, and support the **body's natural ability to eliminate toxins**.

Used alone or in combination with colonic Cleansing, these herbs should leave you feeling full of vitality – just as nature intended. Remember to source your natural medicines from a reputable company to ensure safety, effectiveness, and correct therapeutic dosage.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies

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have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

ColoFlush: Gently flush the colon and promote systemic health

ColoFlush is a 100% safe, non-addictive natural herbal remedy formulated by our team of experts in the field of natural medicine. ColoFlush **supports the healthy functioning of the digestive system** and **supports all organs** involved in the body’s removal of solid waste.

ColoFlush can especially benefit those individuals who wish to **naturally rejuvenate their digestive systems**. The herbs used in ColoFlush promote healthy digestion and also act as an effective colonic tonic.

While some traditional herbs are not suitable for regular use due to their excessively strong purgative effects, ColoFlush uses herbs that are **strong enough to support flushing** out of the colon, yet gentle enough not to cause a loose, ‘crampy’ stomach.

This convenient tablet also contains pure Psyllium husks. Due to the high fiber content of this herb, it swells inside the digestive tract and ‘sweeps’ the walls of the colon almost like a broom – removing impurities and toxins which may have accumulated over time.

ColoFlush **may be used regularly to cleanse and detoxify** the colon or be **used prior to routine colonic procedures** such as colonic irrigation.



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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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