



Regular Colon Cleanse And Enema Can Boost Health and Wellness

While on a colon cleanse, it is extremely important to take a daily enema, a coffee or garlic enema is suggested, but inter-changing the two may be a good idea. When coffee enemas are taken, be sure to use 8 rounded tablespoons of regular grind coffee with 2 quarts of water. Be sure to boil thoroughly or perk first. A garlic enema can be made by emptying two capsules of garlic into two quarts of warm water and mixing well.

The following steps should be followed when taking an enema. First, lie on your left side and let in ½ to 1 cup of enema water. Next, massage the lower left side of your abdomen, working especially hard on any lumps or ridged areas that you may feel, as these are deposits of fecal matter. After four to five minutes of massaging, let more water in. Then, continue to massage across the abdomen and down your right side, as this is where the greatest problems occur. Make sure to be especially thorough in massaging this area. Do not retain the liquid if you feel the need to eliminate. Instead, simply start over. Most people have expelled brown or grey mucous, black fleck-like matter, parasites, and other surprising matter.

Slantboard exercises are extremely important in helping all pocketed lazy bowels and are a great help for colon problems, prolapsus, and gas. It also regenerates the vital nerve center of the brain. Most people are able to use a slantboard. However, those with high blood pressure or any other problem that would contra-indicate a slantboard exercise should not use this method. The mini trampoline is probably one of the best devices ever invented, as it can increase circulation, empty the lymph glands, exercise the heart, and increase energy. It is recommended that one jump every day while they are on a seven day cleanse.

Most individuals should stay on a colon cleanse for at least a full seven days and repeat this program twice a year. This is especially true for those who are interested in the prevention and maintenance of good health. People with chronic health problems should repeat the cleanse four times a year and also follow a building program in the meantime. Nutritionists often suggest a year round use of the bentonite, but many believe that the bentonite cleanse should be alternated with a building program that is individually designed to meet each person's specific needs. This program should include a variety of herb formulas that will help to rebuild the colon and supplements that are specific for individual problems.



It is suggested that people cut down on processed foods such as white sugar and flour where ever possible. Also, use foods that have the least amount of chemical additives like artificial food colors and preservatives. Whenever possible, eat mainly foods that spoil because of not having added preservatives, such as fresh fruits and vegetables. Also, use a wide variety of vegetables, raw or cooked in way that keeps in the most of the nutrition. When one does eat frozen foods, the fluid released in thawing often does have nutritional value. Make sure to avoid a steady intake of junk foods like candy and soda drinks.

Therefore, substitute natural sweets with fruit juices when you can do so. Also, exercise regularly and take into consideration your age and general health. While taking a colon cleanse, it is usually a good idea to consume only liquids for the first two – three days to help elimination. Consult your doctor if on medications so that a colon cleanse does not conflict with your medications.



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