

7 Steps to a Clean and Healthy Colon



#5 Avoid Laxatives: Synthetic chemical laxatives can decrease your colon's natural ability to contract. If used long term, they can have side effects that can actually worsen constipation or block your body's ability to absorb vital nutrients.

#6 Eliminate Toxins: Fiber and natural phytonutrients help escort toxic chemicals and heavy metals out of your intestine before they are reabsorbed into your body's tissues.

#7 Restore Your Natural Balance: If you've taken antibiotics or drink chlorinated water, it's likely that your intestinal flora have been severely disrupted. Antibiotics don't just kill the bad bugs; they also wipe out many friendly bacteria. You may need probiotic supplements to restore and maintain a healthy amount of friendly bacteria in your gut. These beneficial intestinal floras perform a wide range of vital functions for your body and keep the bad bacteria from taking over.



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