

# **7 Steps to a Clean and Healthy Colon**

**#1 Speed up Your Transit Time:** You don't want waste products to become a stagnant, putrefying, toxic mess in your colon. You want the waste to pass through as quickly as your intestines can properly absorb the nutrients from your food. The key is eating enough fiber. In countries where people eat plenty of fiber, transit times can be as little as 18 hours. In the U.S. and Canada, it is averaging more like 38 hours.



**#2 Bulk up Your Stools:** Your stools shouldn't be like hard, little balls. They should be soft and smooth, more like the consistency of peanut butter. You shouldn't need to strain to have a bowel movement. It should come out quickly and effortlessly. Soluble and insoluble fiber help add moisture and bulk to your stools so they pass more quickly.

**#3 Calm Your Colon:** Natural remedies could help you relieve spasms in your colon and digestive system. Certain herbs and foods contain unique phytonutrients that naturally soothe bowel discomfort. I'll discuss these herbs in a moment.

## Fiber

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables



## #4 Balance Your Digestion:

Healthy regularity is a balance between stools that are too firm versus too loose. If diarrhea is a problem, certain types of natural soluble fiber, such as apple pectin, could help gently eliminate symptoms of occasional diarrhea without causing constipation later.



**#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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