

## **FREE Report**

# **3 Colon Cleanse Recipes That Really Work**

*From This*



*To This*



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Disclaimer: This material is for informational purposes only and is not intended to diagnose or recommend a treatment for any health condition. If you have any doubts, consult your doctor before using any of these recipes.

## **INTRODUCTION**

I've included here 3 recipes for colon cleansing that you can make and try on your own. These recipes are inexpensive to make, safe and proven to work. I've used them and 1000s of my clients have as well.

As with any change in diet, make sure to move slowly and use your common sense if you experience any discomfort.

## **Recipe 1: Mark's Electrolyte Cleansing Lemonade**

**Tools:** Blender

### **Ingredients:**

- 3 organic lemons or limes (peeled)
- 5 T of high quality oil (flax, olive or coconut)
- 1 organic pear cored
- 1/2 t organic Celtic sea salt
- 1/2 t of cayenne pepper
- 1 inch ginger - peeled
- Water to fill blender to about 3 inches from top
- 6 T agave, honey or maple syrup

### **Preparation:**

Peel just the outer yellow skin off the lemons, peel the ginger, place all ingredients in the blender and blend until smooth.

### **How To Take This Drink:**

Drink this cleansing lemonade first thing in the morning, about 1/2 hour before breakfast. 3/4 to 1 cup is enough. Try it for at least one

week. You can also fast on this drink – complete instructions are in my ebook, “Homemade Colon Cleansing Made Easy.”

### **What This Cleansing Lemonade Does:**

Helps maintain healthy digestion and bowel movement, alkalizes the digestive system, restores the liver’s ability to absorb fats. The lemon and the oil detoxify and boost the immune system. Citrus pectin restores the absorption of fats.

### **How Does It Cleanse The Colon :**

The cayenne, ginger and lemon combination stimulates the bowel to move and helps release soft matter from the colon. It also helps to release mucus deposits in the colon. It, however, does not eliminate the deeper layers of mucoid plaque. To do that, you need to take a special combination of herbs.

## **Recipe 2: Mark’s Super Salt Water Colon Flush**

### **What it is:**

A salt water flush is a simple procedure in which you drink a salt water solution on an empty stomach to induce the bowel to move. It has a long folk tradition in many parts of the world, including places as different as Hawaii and Eastern Europe. This flush is best done in the morning.

### **How to do it:**

1. Heat up 1.1 l (1 quart) of pure water

2. Add 2 level teaspoons of finely ground unrefined sea salt to the water and stir until dissolved *\*\*Note: do not use regular table salt (sodium chloride, which is toxic)*
3. Make sure the water tastes very salty, if not add more salt
4. Drink the warm solution
5. After drinking the saltwater, lie on your right side for 30 minutes
6. Rub your abdomen to help break down any clumped fecal matter
7. You should have an elimination in 1 to 2 hours, though everyone is a little different. Be careful not to pass gas, except on the toilet, since it may be liquid coming through.

Helpful tips:

If you decide to try this cleanse:

- 1.** Stay near a toilet as multiple eliminations may occur
- 2.** Be prepared for diarrhea like symptoms (this is the liquid of the salt solution working)
- 3.** Hold your nose as you drink the solution - it can be difficult to get down the first time
- 4.** Expect not to be hungry for a few hours. Take your first food of the day after lunch

5. After the flush take a probiotic supplement or eat unpasteurized yogurt, sauerkraut or miso afterwards to supplement intestinal bacteria that may have been cleared from the colon.

### **Does this remedy cleanse the colon?:**

The salt water flush does help the colon eliminate soft fecal matter. It can be especially helpful for constipation. It is also an easy-to-use alternative to an enema.

The flush, however, does not touch layers of mucoid plaque at all and also does little to help the body release currently stored mucus. A salt water flush is more of an addition to a cleansing program than a cleanse on its own.

*Note: Do not attempt this flush if you have high blood pressure. And do not use Epsom salt, instead use Celtic or Himalayan salt. Epsom salt is toxic when taken internally.*

### **Recipe 3: Mark's High Fiber Superfood Smoothie**

**Tools:** Blender

#### **Ingredients:**

- 1 medium avocado, pitted and peeled
- 2 pears, cored, but not peeled
- 1 T raw carob powder
- 2 T ground flax seeds
- 1 t spirulina flakes

Honey or agave syrup to taste

1 l (1 qt.) pure water

**Preparation:**

Blend all ingredients on high until smooth. Adjust water to change thickness as desired. Enjoy immediately.

**How Does This Smoothie Cleanse The Colon?:**

This smoothie contains nearly 20g of dietary fiber. Flax seeds, pears and carob are particularly high in all three kinds of dietary fiber. Dietary fiber is absolutely necessary for the colon to move. The recommended daily allowance of dietary fiber is 30-40g. Most people eating a modern diet get only 10g per day.

This smoothie is a great way to get enough daily fiber. It is not a substitute for a thorough colon cleanse, but once you've completed a deep colon cleanse it's a good way to continue to enjoy the benefits of a toxin free colon.

**CONCLUSION**

These are great recipes to get you started on your cleansing path. I still use them regularly

But remember, cleansing takes time, patience and dedication. It's not about swallowing a magic pill that restores your health overnight. Natural healing, like nature itself takes time and persistence. It's very much worth it, though.

**To learn how to cleanse your colon using home remedies I humbly recommend that you pick up a copy of my step-by-step system, "Homemade Colon Cleansing Made Easy."**

It distills all of the most important colon cleansing information available and puts it in an easy to follow format. Using it, you're sure to get great colon cleansing results and feel better – safely and without any guess work.

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