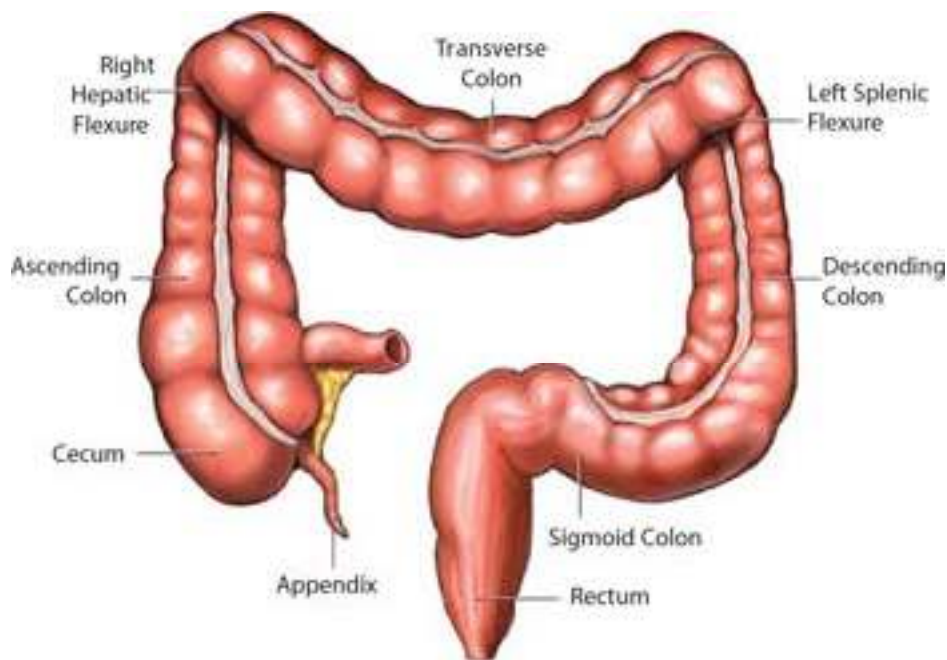


FREE REPORT

Courtesy of SafeColonCleanse.com

All Your Options For Colon Cleansing Explained And Rated



Anatomy of Large Intestine

Everything you see advertised on the internet or anywhere else is a variation of one of these 5 methods of colon cleansing

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All Your Options For Colon Cleansing Explained And Rated

**For A Quick Overview Of All These Options, Plus Their Costs,
Scroll Down To the Bottom Of This Report**

OPTION 1. Water Therapies

Water therapies are designed to wash the colon. There are three basic types, enemas, colemas and colonics. In my view the two most important are enemas, for occasional self use, and colonics, for more intensive cleaning once or twice per year.

A. Enema

Definition:

An enema is a process in which about 1 liter (1 quart) of tepid water or water mixed with coffee, tea, herbs or a soap mixture (medical) is introduced into and briefly held in the last 8 inches of the colon.

What it does:

An enema is designed to cleanse the descending colon of loose fecal matter. The introduction of water or a water mixture softens fecal matter and stimulates peristalsis in the bowel which responds by quickly releasing its content.

When to use:

Enemas are one of the oldest medical practices. In a medical environment they are commonly used pre surgery and pre and post child birth. Enemas can also be useful in reducing constipation. Other times when an enema can be helpful are at the appearance of headaches, gas, abdominal pain and cold or flu like symptoms.

Advantages:

1. Can be easily and quickly self administered at home – complete instructions in my course [“Homemade Colon Cleansing Made Easy”](#)
2. Results can be felt within minutes
3. Equipment (enema bag and tube) is easy to find and inexpensive

Disadvantages:

1. Only cleanses the descending colon
2. Leaves mucoid plaque untouched
3. If used too often can weaken the muscles of the colon and slow down normal peristalsis.
4. Can remove positive bacteria from intestinal lining

B. Colema

Definition:

A colema is an enhanced form of enema in which water is inserted in the colon and held there through pressure created by gravity. In a colema a special tool called a colema board is placed over a toilet. The client reclines on the board and a large bucket of water is placed above the board to increase the pressure of the water as it enters the colon.

What it does:

A colema, like an enema stimulates peristalsis and releases fecal matter in the descending colon. Because of the increased pressure water can reach into the transverse colon as well.

When to use:

Dr. Bernard Jensen was one of the leading advocates of colema use. He advocated it before colon hydrotherapy became popular. A colema can be used in the same circumstances as an enema.

Advantages:

1. Cleans more of the bowel than an enema
2. Can be self administered at home
3. Is less expensive than a colonic, but also less effective

Disadvantages:

1. Requires special equipment
2. Takes more time than an enema
3. Doesn't clean as much as a colonic
4. Leaves mucoid plaque untouched
5. Can remove positive bacteria from intestinal lining

C. Colon Hydrotherapy (Colonic)

Definition:

Colon hydrotherapy is a process where a trained specialist uses a special machine to guide pressurized water through the entire colon. Waste is guided out through a tube connected to the colon. During a colonic as much as 75 liters (20 gallons) of water can pass through the colon.

What it does:

Like an enema or a colema, the water in a colonic stimulates the bowel to move. But because of the pressure involved, more waste material can be removed from the entire large intestine.

When to use:

Colonics can be helpful when beginning a cleansing regime or a natural health program. Most practitioners recommend a series of 6 colonics to begin with. Colonics can also be used to alleviate constipation. I find a colonic to be beneficial at the end of an herbal cleanse.

Advantages:

1. Cleans the entire colon
2. May remove some parasites

Disadvantages:

1. Can be costly (\$75-\$145 US) per session – 4-6 sessions minimum for best results

2. Can be dangerous if performed poorly (see "[Homemade Colon Cleansing Made Easy](#)" for a complete list of questions you should ask before getting a colonic)
3. Can be habit forming and, like an enema, can slow down natural bowel movements
4. Leaves mucoid plaque untouched
5. Removes beneficial bacteria from intestinal lining

OPTION 2. Cleansing Diets

Cleansing the colon through diet is the one of the easiest of all colon cleansing techniques. When we eat foods that naturally help maintain an alkaline environment in the bowel and that provide enough fiber to stimulate peristalsis, the colon is much more likely to maintain optimal health. I will summarize the two most powerful cleansing diets here.

A. High Fiber Diet

Definition:

A high fiber diet contains a minimum of 40g of dietary fiber per day.¹ Dietary fiber comes only from plants and is found in greater quantities in whole grains, legumes, fruits and vegetables.

What it does:

A diet high in fiber reduces the transit time of food through the bowel from 72 hours to less than 24. Less time in the bowel gives pathogens less of a chance to survive. Fiber also gives the bowel something to work against during peristalsis. This strengthens the muscles of the colon.

When to use:

A diet with less than 25g daily fiber intake is potentially harmful to the health of the digestive system. A balanced diet should include a minimum of 30g of fiber per day.

¹ As recommended by both the American Medical Association. Tenny, "The Natural Guide to Colon Health," p. 99.

Note that the average western diet includes just 11g of fiber whereas the average diet of an indigenous African includes 30g. Bernard Jensen notes that "in primitive societies there is virtually no incidence of diverticulitis or colon cancer, unless the natives adopt a modern 'civilized' diet."²

Advantages:

Easy to do

Strengthens the colon

Requires no major dietary changes - just the addition of high fiber foods

Has been shown to have positive residual health effects (i.e. lowering cholesterol and blood pressure)

Disadvantages:

Leaves mucoid plaque untouched

B. Raw Vegetarian Diet

Definition:

A raw vegetarian diet is a diet based entirely on raw, uncooked vegetables, fruits, nuts, grains and seeds.

What it does:

Raw food takes less time and energy to digest, which leaves the body with more energy to cleanse and heal itself. It is also full of life giving enzymes that help the body to break down toxins.

When to use:

Many people (myself included) follow a raw vegetarian diet 95-100% of the time. It is a powerful healing and cleansing diet that has many, many benefits. It is particularly helpful to eat 80% to 100% raw foods during an herbal cleanse.

² Jensen, " Dr. Jensen's Guide to Better Bowel Care," p. 157.

Advantages:

1. Stimulates cellular cleansing
2. Leaves the body extra energy for healing
3. Prepares the bowel for deeper cleansing with herbs

Disadvantages:

1. Requires learning new food preparation techniques
2. Can cause the body to detoxify too rapidly
3. Leaves mucoid plaque untouched

NOTE: I give complete step-by-step instructions and over 75 recipes for following both the High Fiber diet and Raw Foods Diet in "[Homemade Colon Cleansing Made Easy](#)"

OPTION 3. Fasting

Fasting has a long tradition as a healing practice. Interestingly, fasting is also what most animals do in the wild when they are sick or injured. Fasting allows the body to regenerate itself. Since the colon is so important to overall health, one of the first areas the body regenerates during a fast is the colon.

A. Water Fasting

Definition:

A water fast is a diet consisting only of water for a defined period of time, usually 1-15 days.

What it does:

Water fasting removes all nutritional intake from food, which allows the body to concentrate its full resources on healing the cells. In terms of the colon, a water fast can support the colon to eliminate mucus by giving it a chance to heal itself. Water is the universal solvent and also can break down other toxic substances in the intestinal tract.

When to use:

Water fasting is often used in the context of spiritual practices. It may also be helpful to speed recovery of colds and flu. Water fasting for 24-36 hours once a week is an excellent weekly regenerative practice.

Advantages:

1. Simple and easy to do
2. Requires no special equipment
3. Very inexpensive
4. Works well to support deep cellular cleansing

Disadvantages:

1. Can be dangerous if practiced for too long
2. Leaves mucoid plaque untouched
3. Requires high levels of self discipline and the ability to endure some discomfort

B. Juice Fasting

Definition:

Juice fasting is a diet consisting only of water and freshly made fruit and vegetable juices for a determined amount of time.

What it does:

Like water fasting, juice fasting gives the body an opportunity to heal by reducing the energy it needs for digestion. Additionally juice fasting with specific kinds of vegetable and fruit juices can support the regeneration of vital organs and bowel detoxification.

When to use:

A juice fast of 1-3 days is great as a health maintenance practice once every few months. Also it can be an important part of a deeper herbal colon cleanse.

Advantages:

1. Provides nutrition while fasting
2. Can soften mucoid plaque depending on the vegetables and herbs juiced

Disadvantages:

1. Requires significant planning and preparation
2. Requires a quality juicer
3. Leaves mucoid plaque untouched

C. Nutritional Fasting

Definition:

Nutritional fasting is an entirely liquid diet based on water, juices, soups and blended foods.

What it does:

A nutritional fast supports the body to detoxify in a gentler way than a water or juice fast. Also, nutritional fasting is commonly used to rapidly alkalize the body. When done well, it also brings high quality nutrition into the body.

When to use:

A nutritional fast can be an important preparatory stage for a deep herbal colon cleanse. Also, after a colon cleanse, a nutritional fast containing superfoods and nutritional supplements can help the body enormously by giving it high quality nutrients.

Advantages:

1. Provides the body with high quality nutrients
2. Keeps you from feeling weak or lethargic during the process.
3. Keeps the cleansing process slower.

Disadvantages:

1. Requires extra preparation and planning
2. Leaves mucoid plaque untouched

NOTE: You'll find complete instructions and recipes for all of these kinds of fasting, plus recipes for the "Salt Water Flush" the "Lemonade Diet / Master Cleanse," "The Grape Cure" and more in ["Homemade Colon Cleansing Made Easy"](#)

OPTION 4. Herbal Cleanses

Herbal cleansing is the most comprehensive of all types of colon cleansing. Not only do herbs help the body to soften and release mucoid plaque, they also help to detoxify and rebuild other vital organs such as the liver and kidneys. Herbal cleanses usually involve taking a combination of herbs and a fiber supplement plus supplementation with a probiotic (positive bacteria).

There are many types of herbal cleanses of various qualities. *In this section I am referring only to well designed herbal cleanse programs with high quality herbs.*

Definition:

An herbal cleanse is a process in which you take specific combinations of herbs for a given length of time. It may also involve some dietary changes, fasting, fiber supplementation and the use special detoxifiers such as bentonite clay or chlorella.

What it does:

Certain herbs, taken in combination can soften mucoid plaque, support bowel movement, increase immunity, purify and strengthen internal organs and revitalize tissues.

When to use:

Herbal cleansing is best done after some preparation with dietary changes. Most herbal cleanse programs recommend a period of 1-5 days of dietary changes before beginning to take herbs. Herbal cleansing programs last from 3-30 days. My feeling is that anyone who has eaten a standard diet during their life should try an herbal cleanse at least once.

Advantages:

1. The most comprehensive of cleansing types.
2. Gets mucoid plaque out.
3. Regenerates cells and vital organs.
4. Works to cleanse the small and large intestine.
5. Can be made at home with relatively little cost.

Disadvantages:

1. Requires commitment and time (7 days minimum) to get results.
2. Some herbs can be dangerous if not used carefully.

NOTE: I give you the components of a quality herbal cleanse and provide the exact recipe that I use in "[Homemade Colon Cleansing Made Easy](#)" It only costs about \$14 for all the ingredients to make a 10 day cleanse (a similar pre-made cleanse costs nearly \$125).

OPTION 5. Oxygen Cleanses

Oxygen cleansing is a relative newcomer to the cleansing world and is promising as an alternative to herbs for deep cleansing of the colon. If you do decide to use an oxygen cleanser make very sure that its main ingredient is ozonated magnesium oxides or else you may be paying for little more than epsom salts.

Definition:

An oxygen cleanse is a process in which capsules of ozonated magnesium oxides are taken internally for a period ranging from 1 to 7 days.

What it does:

Ozonated magnesium oxides are known for their ability to break down old fecal matter into liquid. They also release oxygen into the body, thereby feeding the blood and cells with this vital nutrient.

Once ingested, little oxygen bubbles begin to circulate throughout the body. Oxygen, considered an essential, natural cellular building block, delivers two primary results to the user: a thorough cleansing of the colon and a generous amount of oxygen (air and rejuvenating elements) distributed throughout the body and bloodstream.

When to use:

An oxygen colon cleanse may be a good choice if you feel you don't have time to complete an herbal cleanse. Also, an oxygen cleanser may be indicated if you don't want to change your diet and still want to get some benefits of colon cleansing.

Advantages:

1. Easy to take - no fiber supplements involved
2. Doesn't disturb positive intestinal bacteria
3. Cleanses both small and large intestines

Disadvantages:

1. Can be harsh on the system
2. May not remove deepest layers of mucoid plaque
3. Made by a complicated, proprietary process - must be purchased, can't be made at home
4. Long term risks are unknown

I give you my recommendation for the only brand of Oxygen cleanser that I trust in ["Homemade Colon Cleansing Made Easy"](#)

A final word. Each of these cleansing methods has a place and can be used successfully. You can combine them to create particularly positive results. You may start with one type and move onto another as you health and goals change.

I've included them all, plus their current costs in the chart below. The costs for products and treatments are representative of the cleansing market in the US and are based on averages.

AN OVERVIEW OF ALL COLON CLEANSING OPTIONS AND COSTS

Cleanse Type	Can This Be Made at Home?	Cost of Needed info	Cost of Ingredients	Cost of Products or Tools	Cost of Treatment	Total One Time Cost	How Well Does It Work?
Enema	Yes	---	\$3.75	\$16.25	---	\$20	**
Salt Water Flush	Yes	\$5	\$3.50	---	---	\$8.50	*
Colema	Yes	---	\$7.00	\$214	---	\$221	**
Colonic / Colon Hydrotherapy	No	---	---	---	\$70-\$145	\$70-\$145	***
Fasting	Yes	\$7-\$10	---	---	---	\$7-\$10	**
High Fiber Diet	Yes	\$12-17	\$9	---	---	\$17-\$26	**
Lemonade Diet/Master Cleanse	Yes	\$15-\$27	\$35	---	---	\$50-\$62	***
Herbal Colon Cleansing Kit	Yes*	---	\$125-\$345	---	---	\$125-345	*****
Oxygen Colon Cleansing	No	---	---	\$43 / week	---	\$43	***
*Only safe if you have the right recipe							

I've tried all of these cleanses and am glad I have.

And if I were starting out with cleansing again, I'd begin with some dietary changes, then work my way up to an herbal colon cleanse and finish my first round of cleansing with a colonic session. I'd spend 1-2 months on this process.

As you can see, doing it that way could get pretty expensive, especially when getting the best results possible is important to you.

That's why I feel that you get an incredible value with my course. I've included detailed instructions and recipes for all types of cleansing that can be done at home and have designed it to be the only resource on colon cleansing that you'll ever need to buy.

"At a one time cost of \$67 this course is the best value on the colon cleansing market"

CLICK HERE TO GET STARTED

http://www.safecoloncleanse.com/home_remedy_for_colon_cleansing.html

The Lifetime Guide To Colon Health

Yours in radiant health,

Mark Ament
SafeColonCleanse.com

P.S. Remember that if you do decide to purchase my course, you are protected by my 100% Risk Free Lifetime Guarantee. If for any reason you don't like the course, just e-mail me and I'll refund your money – no questions asked.