

COLON HEALTH & CLEANSING

Colons functions:

“The very purpose of the colon as an organ of elimination is to collect all fermentative and putrefactive toxic waste from every part of the anatomy and by the peristaltic waves of the muscles of the colon, remove all solid and semi-solid waste from the body. The colon is the sewage system of the body. Nature’s laws of preservation and hygiene require and insist that this sewage system be cleaned regularly.”

- Norman W Walker

- ❖ Clean the body of waste
- ❖ Recover and recycle water
- ❖ It’s the sewer system of the body
- ❖ Most important detox system of the body

The colon works with other organs to help the body smoothly digest food and nutrients.

Small intestine:

- ❖ Aids in digestion of food
- ❖ Allows nutrients and water to be absorbed in the blood stream

Large intestine:

- ❖ Does not digest food
- ❖ Absorbs substances such as Vitamin B1, Ba, B12 and K
- ❖ Helps maintain the body’s fluid balance

Fiber Facts:

- ❖ Keeps you regular and can aid with problems of constipation
- ❖ Helps control diarrhea
- ❖ Good for weight loss
- ❖ Lowers CRP levels which lowers the risk of heart disease
- ❖ Reduces the time it takes for food to pass through the system
- ❖ Lowers cholesterol
- ❖ Reduces the risk of colon and rectal cancer
- ❖ Improves diabetes

Why take a fiber supplement?

Many people who learn the benefits of fiber often wonder if they can just eat more fruits and vegetables to make up for the missing fiber. The

answer is that they can, but most people do not have the disposition to eat that many raw fruits and vegetables every day. The benefits to taking a fiber supplement can include:

- ❖ Convenience- it's a quick and easy way to supplement your meals with the 25-30 grams of fiber required every day
- ❖ Powder supplements (like Pura Cleanse) are often easier to digest
- ❖ Pura Cleanse also contains other herbs and vitamins in it, in addition to the fiber.
- ❖ The Pura Cleanse formula has a variety of fiber sources, which are preferable to receiving fiber from a single source.
- ❖ Fiber supplements can be taken anywhere including during travel and trips
- ❖

Benefits of having a clean colon:

- ❖ Relief from colds and the flu
- ❖ Relieves constipation and diarrhea
- ❖ Reduces / eliminates heartburn and indigestion
- ❖ Lessens occurrence of bad breath and skin odors
- ❖ Alleviates head aches / Migraines
- ❖ Decreases allergies or sinus problems
- ❖ Weight loss
- ❖ Improves muscle and joint function
- ❖ Cleans the toxins from your body to leave every organ feeling refreshed and rejuvenated.
- ❖ More energy
- ❖ Clearer skin
- ❖ Slows down the aging process
- ❖ Improves quality tissue in the hair skin and nails
- ❖ Clearing the colon of old, hardened, waste material and harmful toxins
- ❖ Restoring proper pH balance to the body
- ❖ Promoting a return of normal, regular bowel movements
- ❖ Stimulating the immune systems
- ❖ Decreasing of bloating
- ❖ Decrease of wind or gas
- ❖ Allowing freer passage of nutrients into the blood
- ❖ Increasing prevention of toxic absorption via healthy mucous lining of the colon providing a favorable environment for bacteria and micro flora for digestion (supplementation benefits this process)
- ❖ Lifting of your spirits

Do you need a colon cleanse?

Everyday our bodies consume or ingest toxins, and it's not just in the foods we eat. Breathing polluted air will add toxins to your body, and most people who live in or around cities even small ones breath polluted air every day. If your looking to clean out your body the best way to start is with a colon cleanse.

Many people also choose to do colon cleansing because they want to start living a healthier life, by eating well and exercising. Doing with these things with a dirty or clogged colon makes healthy living an uphill battle. To start fresh it's necessary to detoxify your body, you will feel the results of living healthier much sooner than you would without the cleanse. For most doing a colon cleanse will mean a significant decrease in digestive troubles, healthier skin, and an increase in energy levels.

SIGNS AND SYMPTOMS OF TOXICITY

Headaches	Backaches	Runny nose	Fatigue
Joint pains	Itchy nose	Nervousness	Skin rashes
Cough	Frequent colds	Sleepiness	Hives
Wheezing	Irritated eyes	Insomnia	Nausea
Sore throat	Immune weakness	Dizziness	Indigestion
Tight or stiff neck	Environmental sensitivity	Mood changes	Anorexia
Angina pectoris	Sinus congestion	Anxiety	Bad breath
Circulatory deficits	Fever	Depression	Constipation less than 2 BM's a day
High blood fats	Body Odor	Flatulence	Acne
Lack of Energy			

Courtesy of Dr. Haas and his essay about Cleansing found at <http://www.healthy.net/scr/article.asp?ID=1558>.

Remember an average bowel movement should occur at least twice a day in order to be considered healthy.

[When to cleanse?](#)

It's best to listen to your body; you can cleanse when you feel a cold coming on, or when symptoms are particularly bothersome. By feeling pain or discomfort it's the bodies way of communicating that it needs help, and often a cleanse can help.

Many women who participate in cleansing the week before they menstruate often find the symptoms of menstruation are lessened or even disappear.

It is also a good idea to do a cleanse when life becomes stressful, often doing a cleanse during this time not only benefits you physically, but it also benefits you mentally. To avoid stress many people do a cleanse with the changing of the seasons. Seasonal changes are peak times for chaos, stress and change; doing a cleanse can help you cope with these periods of uncertainty.

If you have taken antibiotics before it may be time for a cleanse. Bacteria lines the walls of our stomachs and intestines, there are many different strains of it, and most of it is “good” bacteria, in that it keeps harmful bacteria at bay. When antibiotics are taken this good bacteria is killed which allows the “bad” bacteria to over grow causing stomach illnesses and can even be life threatening. Certain illnesses like Clostridium difficile occur when the “bad” bacteria overgrow, this illness if not treated properly can be fatal. There are ways to keep this “good” bacterium around by avoiding the following:

- ❖ Drugs: Antibiotics
- ❖ Alcohol
- ❖ Pasteurized dairy products
- ❖ Cooked meat
- ❖ Bread
- ❖ White sugar
- ❖ Fried foods
- ❖ Processed foods, meals in packages etc.

[What’s so special about Pura Cleanse and colon cleansing?](#)

The purpose of Pura Cleanse is to assist the colon in getting rid of excess toxins and waste that builds up in the colon, due to modern dietary habits. Pura Cleanse also rids the colon of mucus build up and is a great source of fiber.

There are many colon-cleansing products out there, but many of them lack fiber as an essential ingredient in cleaning out the colon. Pura Cleanse has 5 mg of fiber in it, which not only aides in one time colon cleaning, but can help with keeping you healthy and regular on a daily basis. As we regularly change the oil in our cars, we also need to clean out our human vehicle. Pura Cleanse is like having a daily oil change.

Pura Cleanse is specially formulated to give you significant results, while working gently on your system. Pura Cleanse also uses 100% natural

herbs and fibers, instead of chemicals to detoxify and clean your system. Pura Cleanse is also taken orally which is often more convenient and effective than manual methods of colon cleansing.

Cleansing Jargon:

For many who are thinking about doing a body detoxification or cleanse they maybe confused about what certain words can mean in relation to their bodies and treatments available. For example a common word used when talking about cleanses is “toxin,” According to Dr. Elson M. Haas a **toxin** is:

“... Basically any substance that creates irritating and/or harmful effects in the body, undermining our health or stressing our biochemical or organ functions.”

Toxins can be from pollution in the air, water or food, they can be caused by stress related thought patterns and negative energy (Haas, <http://www.healthy.net/scr/article.asp?ID=1558>). Of course the colon is very good at its job and can usually deal with minor toxins, but everyday we are exposed to new and often harmful toxins that may overwhelm our systems causing layers of waste to build up in our colons clogging it and hindering its progress.

For many natural healers and herbalists it's easy to tell the difference between, **cleansing/detoxifying** and **fasting**, but for most of us those words might mean the same thing. As it turns out fasting is a form of cleansing/ detoxifying but it is an extreme form and while effective it can be very difficult for those of us with busy lives. Fasting means staying away from solid foods, water and some juices are allowed during most fasting cleanses. **Cleansing/ detoxifying** can just mean cleaning out a part or all of your body. It is important to note that a colon cleanse is the first recommended step in an entire body cleanse regimen.

Some people wonder what it actually means to be **constipated**, and each person is different but generally **constipation** means: Passing hard dry and/ or small stools, less than three times a week. Other symptoms include: sluggishness, bloating, discomfort.

Mucciod Plaque: Is a substance that is made up of glycoproteins that the intestinal gland secretes, this forms a gel-like layer of mucus over hollow organs and tends to build up over time. This hinders the body's ability to absorb nutrients and to clean itself.

What happens during a cleanse?

When cleansing, your body is removing harmful build up from the colon, most changes will be noticed in the bathroom. When going to the bathroom you will probably notice your stools are much larger and thicker. This is the muced plaque being removed. You may also notice some white or yellow globular balls coming out, these are usually polyps being removed. It is not uncommon to see your stools color change from brown to dark green or even amber color.

Pura Cleanse 100% natural and is designed to be gentle on the human body. Many customers say their stools are smooth as silk. Of course certain minor symptoms may occur, especially if the body has higher levels of toxins in it. These symptoms are temporary and short-lived and may include: fatigue, minor body aches, or headache.

[How to stay healthy after a cleanse](#)

After the cleanse you will probably be feeling great, and experiencing a boost in your energy. There are ways to help limit the amount of toxins ingested into your body, these are not only great ways to stop toxins, but these ways also lead to a healthier life and may lead to the elimination of other medical conditions.

- ❖ Drink plenty of purified water 8-10 cups per day
- ❖ Get plenty of fiber eat fresh fruits and vegetables
- ❖ Include a variety of greens in your diet daily
- ❖ Wash your fresh food thoroughly
- ❖ Exercise regularly away from pollutants (busy roads, industrial areas)
- ❖ Avoiding processed foods and pre-packaged foods
- ❖ Avoid mucus forming foods (dairy, white sugar, white flour, white rice)
- ❖ Get plenty of fresh air every day
- ❖ Smile and be thankful for your body and life
- ❖ Enjoy your day – with more fun and play time

As you can see these steps require only the simplest changes to modern lifestyles.

[Cleansing kidney's lungs and skin](#)

As mentioned earlier it is important to cleanse the colon before beginning any other cleanses. The four main channels of cleansing the body are the **colon, lungs, kidneys** and the **skin**. The most important organ where cleansing begins is in the colon. On average about 2 pounds of toxins should be eliminated from each of these systems every day.

Kidneys: Most people do a kidney cleanse when they are experiencing kidney stones or when they are feeling pain in their lower back. When we ingest salt into our bodies through food or drinks it can build up and form stones in our kidneys if we don't cleanse them properly. Some of our favorite beverages contain high levels of sodium (salt) in them, these include: V-8, all soda especially diet soda and even some juices.

Every person on earth requires water for survival. Without it we would die. Most of us only drink water to quench our thirst, but given a choice we would probably prefer something more colorful, loaded with things that are not good for our bodies. Many of us forget the numerous health benefits of water, including the fact that water is needed for every cell and organ to survive. Also, in restoring energy flow, water therapy aids the body to heal itself and may prevent other health problems from occurring.

There are different kinds of kidney cleansing options available. One includes doing a fast and drinking only water. Other types of cleansing include drinking more water, juice or tea than normal to really flush out the kidneys. Since salt build up is the main cause of clogged kidney's limiting your salt intake is very important. There is a natural salt that can be used that isn't as harmful as traditional salt, it's called vegetable salt. Also using Pura Cleanse provides good way to clean the kidneys

Our bodily fluids are comprised mostly of water and are greatly impacted by a variety of elements. One factor that can cause an imbalance of fluids is our emotions. When we are in emotional turmoil, the body will try to adjust itself to create a balance. We can assist in this process by using a primary method to alter fluid balance through the use of diuretic herbs, which increase the flow of urine, decrease blood pressure, and purify the blood. Some of these astringent herbs are found in Pura Cleanse.

Lungs: If you suffer from any of the following symptoms you may need to cleanse your lungs:

- ❖ Chronic cough
- ❖ Frequently runny nose
- ❖ Sinus problems
- ❖ Allergies
- ❖ Asthma
- ❖ Bouts of wheezing or bronchitis
- ❖ Live in the city

Our lungs are responsible for processing all the dust, toxins and pollutions from the outside world. This is why many of us suffer from the above symptoms, there are cleanses to help alleviate these problems and strengthen your lungs.

One particular cleanse that many people find effective is to drink plenty of fluids and take vitamin E supplements. Vitamin E is a wonderful antioxidant that helps strengthen the lungs. When doing lung cleanse it's important to avoid dairy products, as they are mucus forming.

The herbs in Pura Cleanse aid in cleansing the lungs and other organs as well as the colon.

Skin: Not many people view the skin as an organ, but it most certainly is. The skin is responsible for eliminating 10% of toxins and waste from the body. If other organs become clogged the skin is forced to take on extra waste. The skin is considered to be the third kidney. It is the outer covering of our whole body and deserves the best care. Benefits of skin cleansing are:

- ❖ Clearer radiant skin
- ❖ Alleviate skin sensitivity
- ❖ Increased energy
- ❖ Healthy, younger complexion
- ❖ Smooth and Soft

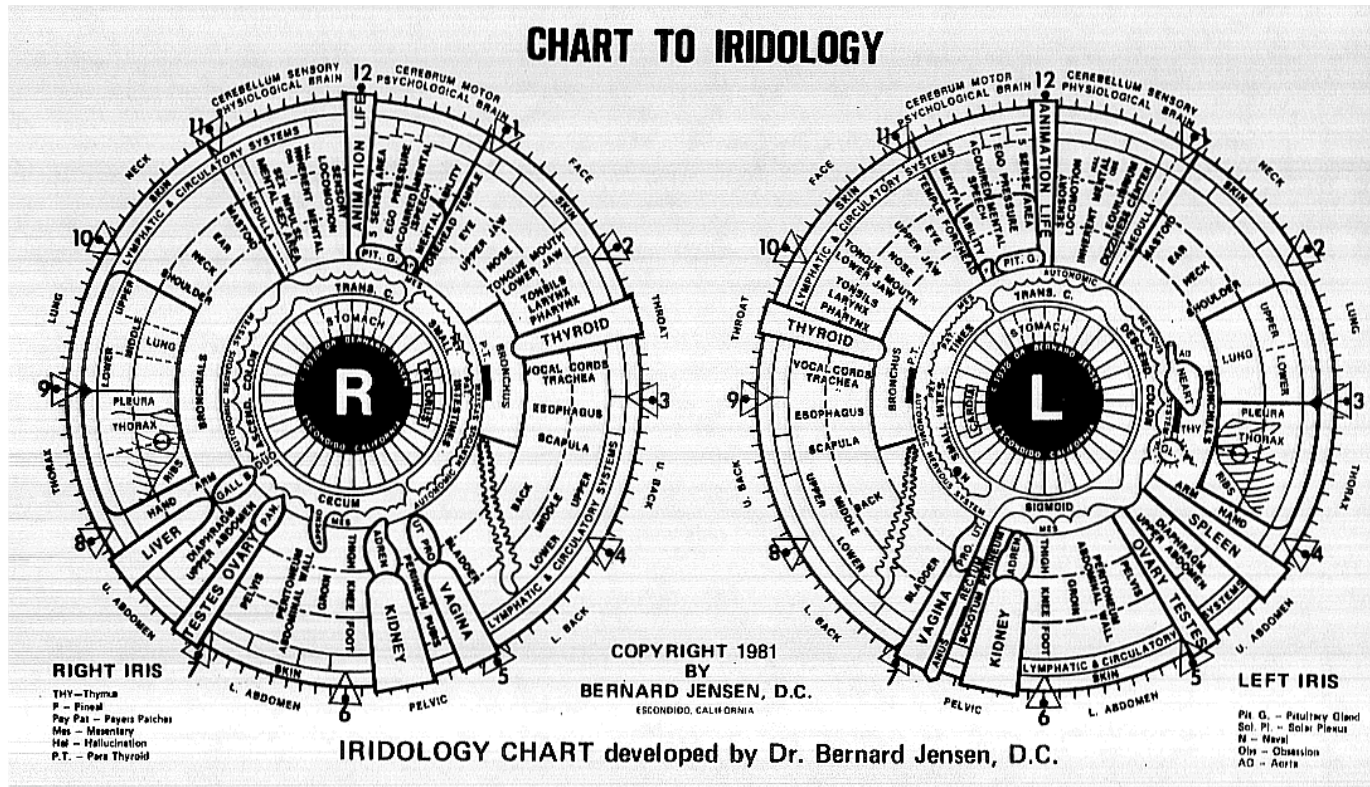
Many people focus on topical products to cleanse their skin, but it is more important to focus on what goes into your body. As with any other cleanse drinking plenty of water helps to rinse toxins out of your body before they end up clogging the skin pores. Avoiding processed, high fat, greasy or sweet foods can also lead to healthier skin. Some herbs that are helpful in skin cleansing are: Yellow dock, Cleavers and Goosegrass.

Most people don't associate healthy skin with feet, but the feet are gateways to healthy skin. Our feet have the largest pores on our bodies. It's a fact, stinky feet stinky colon, another good sign to cleanse. As more toxins leave your tissues your feet will smell and feel better.

Using Iridology:

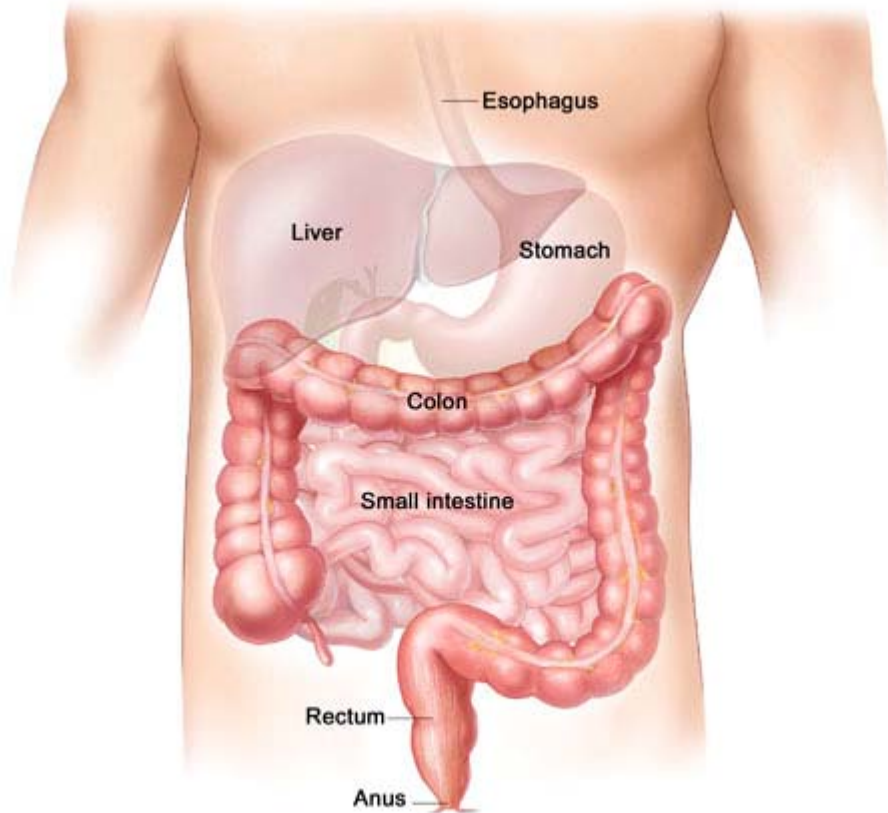
Means "IRID-iris", and "OLOGY-the study of", literally the study of the iris of the eyes. The iris is connected to every organ and tissue of the body through the nervous system.

IRIDOLOGY is a science and an art. It is not new. The first recorded sources of iris analysis reach as far back as 1,000 B.C. in ancient China. The method of Iridology is part of natural law. It is a method used to reveal levels of health, tissue conditions, inflammation, and tendencies toward various health imbalances and inherent weaknesses. Serious health problems appear on the eye long before symptoms begin to cause alarm. The iris records genetic patterns originating 3 to 4 generations back.



As you can see, certain parts of the Iris show how the colon and other organs function. This method can be used to determine if a cleanse is needed, or to discover the presence of parasites. When intense cleansing is done the changes will be reflected in the iris of the eye 30-90 days after a healing.

Healthy colon:



Unhealthy Colon:

