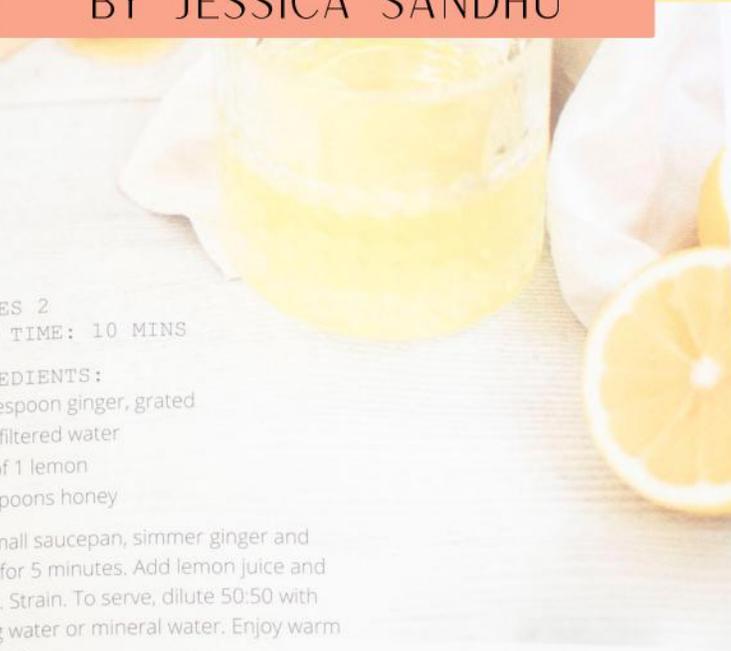




THE TRUTH ABOUT *Cleansing & Detoxing*

BY JESSICA SANDHU



SERVES 2
PREP TIME: 10 MINS

INGREDIENTS:
1 tablespoon ginger, grated
1 cup filtered water
Juice of 1 lemon
2 teaspoons honey

In a small saucepan, simmer ginger and water for 5 minutes. Add lemon juice and honey. Strain. To serve, dilute 50:50 with boiling water or mineral water. Enjoy warm or chilled.

*Nutritional count per serving 0g total fat (0g saturated fat);
0mg cholesterol; 5g carbohydrate; 0g protein; 1g fibre;
5mg sodium; 5g sugars*

Are you a little tempted to try it? Do you wonder about it?

Cleansing has become very popular lately. Popular and controversial. There has not been a lot of research or study on colon cleansing so there is no empirical data or ironclad answer. Some doctors say steer clear because it is unnecessary and dangerous and others prescribe it as a way to unclog your pipes and flush away the toxins.

Why?

If you eat a lot and only eliminate once a day or worse (LESS!!!!) then you are not getting rid of all that is going in! If we are clogged up (even with a healthy diet) then we get sick. Our colon gets crusted over from eating meat, dairy, breads, processed foods, cakes, candy and bad fat. It is just gross, think of all the fried foods and weight you are still carrying around with you and what is building on it.

The intestine draws in needed nutrients for the body and if your intestines are not able to get the nutrients, your food is wasted. If food doesn't move easily through the intestines, then it starts to build up and we become constipated, cramped, gain weight, become depressed and our immune system quits working and we ultimately become sick.

Are you depressed? Has your doctor ever prescribed colonic treatment as a cure? I doubt it! Our belly has serotonin receptors, the build up and sickness in our belly can cause depression.

If you are not convinced by now that you need to clear some of the goo away, there is more. Our stomach produces mucus to guard against acids, this is healthy. It is when we continually eat McDonalds and Burger King that we overproduce the stuff and it all gets clogged up...ick.

Along with eliminating daily waste, our body has the job to defend itself against toxins. The normal detoxification process is pretty amazing:

- Toxins enter the blood.
- Antioxidants grab them and neutralize them and move them to the liver.

- The liver takes the toxins and gives the antioxidants back to circulate.
- The liver neutralizes and either eliminates the toxins either through feces, sweat or urine or it turns the toxin into a more toxic compound.

It is the hormones, artificial flavoring and coloring that are added to processed foods that causes the liver to turn the toxins into bigger and badder toxins. Eating a diet fresh and whole, along with avoiding the type of toxins we breathe in will help to eliminate #3 from happening. By taking in all these toxins, we create a problem that our body was not designed to deal with. So, by now you should be convinced that our bodies need help.

How?

There are different ways to detox and cleanse your body. Some are very natural, non controversial and extremely healthy. Some may seem extreme and others are simple. How you choose to cleanse is important.



Cleansing Aids:

Eat Clean	Wheatgrass	Green Juices & Green Vegetables
Apples	Garlic	Lemons, Limes, Oranges
Omega 3 Oils	Green Tea	Mung Beans
Taking enzymes & probiotics	Food combining	Kits with powders & potions
Enemas	Professional colon irrigation	Magnesium

On Enemas and Colon Cleansing

The Mayo Clinic says “don’t do it”. However, colon cleansing is prescribed more and more by doctors looking for a more holistic approach to wellness. If you are planning to do an enema or colon cleanse, go to a good and well-trained colon hydro-therapist. You should not use colonics if you have Crohn’s disease, IBS, acute diverticulitis, pregnancy, or diarrhea or if part of your colon has been removed.

Colon cleansing could possibly have an effect on the nervous system. The reflexes in the bowel affect the nervous system. There is no debate that a lot of symptoms that are caused by being constipated can be relieved with colon therapy.

Colon cleansing can be achieved with processed powders and liquid potions. You take some supplements used for colon cleansing by mouth or through the rectum. These products help the colon to expel its contents. There is no evidence that they have any long term benefit of building immunity or repairing the body’s systems.

Colon cleansing with colon irrigation. The irrigation works like an enema. There is no odor or discomfort if you have a good hydro therapist. You lay down on a table and a low-pressure pump or a gravity-based reservoir flushes several gallons of water through a small tube inserted into your rectum. The therapist sits with you the entire time. After a while, the therapist might massage your belly to loosen things up a little. This process comfortably flushes the fluid and waste through. It usually takes about an hour. Most colon hydro therapists suggest regular visits. Maybe once a month for a while and then progressing to once every other month. You should always drink plenty of water to avoid dehydration after as well as taking probiotics to restore good bacteria and wheatgrass (and because I think you should have wheatgrass with everything!)

Many doctors say your digestive system and bowel naturally eliminate waste material and bacteria — your body doesn’t need colon cleansing to do this. Those who like colon cleansing, think that toxins cause many health problems, like arthritis, allergies and asthma. They believe a colonic or a colonic irrigation —removes toxins and strengthens your immune system. You are the only one who can decide whether this type of cleansing is right for you.