

INTERNAL CLEANSING:

Internal cleansing, also known as detoxification, is an essential element in obtaining and maintaining health (strengthening the immune system). Colon cleansing is especially useful in cleansing the body of unwanted toxins, colon build-up and parasites.

Internal cleansing can be accomplished through fasting, natural remedies or through medical techniques, such as colonic irrigation.

Fasting. Used by individuals throughout the world to help the body detoxify from the many toxins such as tobacco smoke and to help ease the detoxification process. Fasting should **NOT** be used if you're pregnant or breast feeding and **if one is on a nicotine replacement product.**

Fasting can help the body reduce toxins, improve ones immune function and cell growth, improve tissue oxygenation, reduce fat stored toxins, improve physical/emotional/spiritual sensitivity and improve ones awareness of eating patterns.

Before you begin to fast, eat only raw fruits and vegetables for at least one full day (high fiber foods that will increase the frequency of bowel movements). This will prepare your system for your fast. Fast for a three-day period. Drink mineral water, **herbal teas**, fruit and vegetable juices. Orange juice, tomato juice and juices containing sweeteners should be avoided along with caffeine and alcohol. **Vegetable juices made from green leafy vegetables are considered an excellent detoxifier.**

Botanical Medicines. Natural remedies derived from plants have been used by many cultures as safe and effective colon cleansing programs.

According to Detox Reviews, the official ranking site for detox and cleansing products, the top four (4) products on the market are:

- 1. Dr. NATURA'S COLONIX & TOXINOUT PROGRAMS:** Two products work together to cleanse the colon of toxic build-up and parasites, replenish friendly bacteria in the intestines & detoxify the liver kidneys, blood & other parts of the body of heavy metals and other toxins & then replenish essential nutrients and antioxidants lost due to body pollution. **The company offers money-back guarantee.**
- 2. CLEANSE SMART & HEAVY METAL CLEANSE (ReNew Life):** A 30-day cleanse program designed to detoxify the entire body with special emphasis on the liver and colon. Product comes in vegetable capsules, a safe means to deliver the herbs to the body. Product does not contain psyllium, which is a powerful aid in colon cleansing.
- 3. INTESTINAL DRAWING FORMULA (Health Force Nutritionals):** Program focuses mainly on the Intestinal Drawing Formula to draw-in and absorb poisons from the bowel, allowing one to eliminate them and not re-absorb these poisons while nourishing, soothing, and healing the intestines.
- 4. ULTRA COLON CLEANSE KIT (Innercleanse 2000):** A 30-day cleanse program to remove wastes and toxins from the body and help improve the quality of one's digestion and elimination. The product contains many ingredients effective for colon cleansing, such as psyllium, yellow dock, burdock, and cloves.