

Good Health and Colon Cleansing Go Hand in Hand

A colon has several roles to fulfill in the process of digestion inside a human body. But its primary role is to drive away the waste material and bacteria inside our body and absorb water along with mineral salts to maintain the fluid and electrolyte balance. When a colon, because of impacted fecal matter cannot perform these functions normally, toxins are created inside our body which can spread all through our body and may be absorbed by the fluids inside our body.

Most of what we consume is supposed to be absorbed before it reaches the large intestine. However there is a certain quantity of food that we can't digest which gets deposited in the colon. The colon and its different parts caecum, ascending, transverse, descending, sigmoid and rectum, more often than not are up to the task and get rid of the excess waste matter. But at times they are unable to perform to their optimum level. When the colon falters, the waste matter that has been accumulated there starts producing toxins. These toxins get absorbed by the bloodstream near the colon and are transmitted to every part of the body making us feel nauseated, fatigued and suffering from severe headaches.

Under such situations it is advisable to go for a colon cleansing. There are different ways in which you can get your colon cleansed.

The colon cleanse herbs and the herbal laxatives claim to be harmless and position themselves as alternatives to commercial laxatives. They further their claim saying that since they are natural, they are safe. The herbs are generally very strong and they start showing results in 6 to 12 hours time after consumption. They should be had only in moderate amounts as a prolonged use can have serious side effects.

One can get his colon cleansed by registering in a colon cleansing program where all the stuff inside his colon is flushed out by forcing purified water into the colon through a pipe. These programs generally extend over two months and require you to attend 10 to 12 sessions. Each session lasts for anything between 45 and 60 minutes.

There is one more form of colon cleanser which is available these days in the market. It is an oxygen based formula. The mixture reacts chemically with the hydrochloric acid present in our stomach. After the chemical reaction takes place the fecal matter, also known as the plaque, would melt into a liquid and gas. This then can be easily expelled.

With a clean colon you will reduce the risks of diseases like colon cancer, Crohn's Disease and diverticulitis.

Source: <http://www.articlecircle.com>

About the Author

Jason Uvios writes on the topic of "Good Health and Colon Cleansing Go Hand in Hand" to visit it :<http://www.coloncleansesnow.info>, <http://www.coloncleanses2006.info> and <http://www.coloncleansesforall.info>