

Published based on [Benefits of Natural Colon Cleansing](#)

Benefits of Natural Colon Cleansing

The natural colon cleansing recipe that works best consists of drinking a lot of water, exercising, eating food that is low in fat, sugar, and salt, high in fiber. Consume lots of fruits and vegetables.

The history of Colon Cleansing...

Check out the different types of natural [Colon Cleansing](#). We need to pay attention to colon cleansing because our diet and physical habits have changed so drastically. The average American consumes 150 pounds of sugar and 600 cans of soda! This leaves people stressed out and overweight. Diabetes and heart disease are at epidemic proportions.

Junk foods and soft drinks contain dangerous levels of additives in addition to sugar. Many of these products are full of exito-toxins, such as MSG and aspartame. Exito-toxins are added to foods and beverages. These toxins literally stimulate neurons to death and can cause brain damage if used over a lifetime. Colon cleansing helps flush these toxins out of your system and is vital to your long term health and happiness.

Water

Water is the one of the most important elements in colon cleansing. If you are dehydrated your body cannot properly eliminate the toxins that cause disease. Work up to having eight, eight ounces glasses of water a day. Carry a water bottle with you wherever you go.

Exercise

Include exercise into your routine. This helps move food through your system and increase your metabolism. It not only eliminates toxins but will help you get rid of unwanted fat. Exercise helps guard against constipation. Exercise also helps eliminate toxins through your skin. As you sweat these toxins are washed away.

Diet

Work on changing your diet choose foods that are lower in fat, sugar and salt. Add foods to your diet that are high in fiber. Fiber helps your body remove waste and helps you maintain a healthy colon.

Check out these links on [Colon Cleansing Recipes](#) and [Homemade Colon Cleansing](#) articles

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