



EASY HOME REMEDIES TO CLEANSE THE COLON



Apple Juice

Apple juice contains pectin fibers that help in bulking up the stool and make it easy to pass. This aids in weight loss and prevents the growth of colon cancer cells.



Lemon

Lemons are rich in vitamin C that enhances metabolism and aids detoxification. This can also help in reducing body fat.



Yogurt

Yogurt is a natural probiotic that helps in restoring the gut flora, the absence of which can cause a series of digestive and health problems. The daily consumption of yogurt helps in maintaining probiotic levels and cleanses the colon.



Apple Cider Vinegar

ACV has antioxidant and antibiotic properties due to the presence of bacteria called acetobacter, which aid digestion, eliminate toxins, and enable proper gut functioning.



Raw Vegetable Juices

Drinking juices of vegetables like spinach, carrot, beetroots, tomato, and cucumber helps in detoxifying the body, cleaning the colon, and managing weight.



Ginger

Ginger contains a compound called gingerol that possesses antioxidant and anti-inflammatory properties. It helps treat digestion and nausea caused due to seasickness and car sickness and promotes colon health.



Sea Salt Water

Drinking a glass of sea salt water helps your body eliminate toxins, bacteria, and feces from the colon and ensures that the body doesn't lose too many electrolytes in cleansing the colon.



Castor Oil

Castor oil is a powerful laxative that can quicken and increase bowel movements. It also helps expel toxins from the body and detoxify the colon.

Colon Cleanse The Easy Way 2 B

O García



Colon Cleanse The Easy Way 2 B:

Uncover the mysteries within its enigmatic creation, Embark on a Mystery with **Colon Cleanse The Easy Way 2 B** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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