**Cleanse Your Colon Fast With These 8 Remedies!**

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The average American has too much waste accumulated in the colon. This toxic sludge only adds weight and obstructs the absorption of nutrients and the removal of waste.

Moreover, it has a negative effect on the gut bacteria and impedes the process of weight loss.

Due to all this, the procedure of colon cleansing can provide amazing health benefits! These are the best ways to get rid of the accumulated waste in your colon:

**1 –Lots Of Fiber**

Women between the age of 19 and 50 should consume 25 grams of fiber daily to support their health, while men need 38 grams. After 50, men need 30, while women need 21 grams of fiber on a daily basis.  You should consume foods rich in fiber, such as the following:

* Avocados
* Prunes
* Figs
* Okra
* Berries
* Coconut
* Brussels sprouts

**2 –Lots of Water**

Numerous people suffer from dehydration, which is the main cause of colon blockage. Make sure you drink at least 2 liters of water daily, or if you can, it is recommended to pass this number and consume 3 liters every day. This will enable the removal of the toxic sludge.

**3 –Apple Cider Vinegar Cleanse**

The enzymes in vinegar support the probiotic growth. The acidic nature of the apple cider vinegar can help you get rid of the toxic colon blockage accumulated for years.

You should add 2 tablespoons of vinegar and 2 tablespoons of organic honey  to 8 ounces of warm water. Shake it, stir and drink it in the morning to regulate the bowel movements.

**4–A Prune Juice Cleanse**

The juice of prunes is incredibly high in fiber which clears the colon blockages. It is best to drink 8 ounces of this juice before breakfast and another 8 ounces after dinner. As the bowel movements become frequent and regular, you can reduce the amount you drink every day.

**5 –Lemon Juice**

Lemon is rich in vitamin C which is a potent antioxidant. Experts have shown that it supports the health of the colon, and improve the metabolic rate, leading to an improved body’s efficiency at removing waste. Every morning, you should drink a glass of warm lemon water.

**6 –Flaxseed**

Flaxseed is high in omega-3 fatty acids which loosen the colon, as well as fiber, which supports the elimination of the toxic sludge from the colon. 100 grams of flaxseed have 27 grams of fiber, so include it into your daily diet, but be careful not to consume it in excess amounts, as it can lead to diarrhea.

**7 –Ginger Tea**

Ginger warms up the inside of the body, and thus accelerates the sluggish digestion and bowel movements. This is how to prepare this tea:

* 2 teaspoons of freshly grated ginger
* A quarter teaspoon of turmeric (to reduce the bloating due to constipation)
* 5 cups of spring water

Add the turmeric and ginger to the water and boil the mixture. Then, let the mixture simmer for 10 minutes, remove from heat, and add organic honey.

**8 –Probiotics**

Probiotics are healthy bacteria, which are high importance as they regulate the bad bacteria that causes the colon and gut blockage. Our body contains sufficient probiotics, but their number can be reduced due to various factors, such as the use of medications like antibiotics.

These foods can help you restore the levels of probiotics in the body:

* Kefir
* Yogurt
* Pickles
* Kombucha
* Sauerkraut
* Dark chocolate

You can also take probiotic supplements.

However, in the case of pregnancy, before you try any of the following ways to cleanse your colon, you should consult your doctor.

Source: [www.davidwolfe.com](https://www.davidwolfe.com/cleanse-colon-8-remedies/)Other included sources linked in David Wolfe’s article:
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