**This Colon Cleansing Remedy Has Powerful Efficacy, You Will Need Just 2 Ingredients**

The intestines process 100 tons of food and 40000 liters of fluids during a period of 70 years, meaning that about 10 pounds of fecal deposits and toxic waste pile up in the stomach every year, and thus contaminate the blood and lead to great damage to the body.

You can successfully prevent numerous diseases by removing the mucus, fecal deposits, and parasites from the intestines.

The deposits of waste in the intestines might lead to numerous issues, like kidney and liver disease, diabetes, frequent constipation, disturbed metabolism, hearing and vision issues, skin conditions, hair and nail problems, as various diseases, from arthritis to cancer.

Only a small part of the colon, 40-50 cm can be cleaned by enema or clyster, and the use of special equipment in cleansing enema treatments is costly, takes time, and might endanger the intestinal lining.

On the other hand, the intestines can be perfectly cleaned with the use of flaxseed flour for 3 weeks, as it will preserve the intestinal microflora, and remove the mucus and fecal deposits, or parasites.

This will help you burn fat and normalize weight fast, regulate the lipid metabolism, and the cholesterol levels, and detoxify the body.

This is especially effective in the case of gastritis, colitis, duodenum or stomach ulcer, inflammatory conditions of the upper respiratory tract and gastrointestinal tract, excessive body weight, and disorders of the lipid metabolism, as well as infections, cystitis, diseases of the urinary tract, and pyelonephritis.

**The cleansing procedure is as follows:**

Every morning for 3 weeks, you should consume the following instead of your breakfast:

* Week 1: 1 tablespoon of flaxseed flour and 100 ml of kefir
* Week 2: 2 tablespoons of flaxseed flour and 100 ml of kefir
* Week 3: 3 tablespoons of flaxseed flour and 150 ml of kefir

You should also drink 2 liters of water every day, or for best results, consume honey water. If you cannot find the flour, you can finely grind flaxseed on your own. These seeds might go rancid, so prepare the daily dose fresh, every day.

This colon cleansing procedure should be done once a year.

Source: [dailyhealthpost.com](https://dailyhealthpost.com/colon-cleansing-remedy-only-2-ingredients/)