

Colon Cleansing - Not So Fast

Harvard Health calls it dubious practice. WebMed states that Scientific research on colon cleansing is extremely limited. There's no good evidence for most of the claims that its practitioners make. And the side effects can range from mild to serious. The theory is that undigested foods produce mucus that can produce toxins The cleanse suppose to rid the body of these toxins in two main ways.

Colon irrigation (high colonics)

Colon cleansing with powdered or liquid supplements.

Harvard Health suggest the rationale for intestinal cleansing — to dislodge material adhering to the colon walls — is fundamentally mistaken. When fecal matter accumulates, it compacts into firm masses in the open interior of the colon; it does not adhere to the intestinal walls as the "sludge" depicted in many advertisements.

The body has a great ability to eliminate waste on its own (see WebMd).

The government doesn't regulate natural colon cleansing products, so their potency, safety, and purity can't be guaranteed. And, each state has its own rules about whether or not practitioners must be professionally licensed.

It is best to again to rather Watch What you Eat, Get Enough Fiber, Drink Water, Exercise , and Get Screened for Good Colon Health.



There are some potential risks and side effects, including:

- Dehydration
- Vomiting, nausea, cramps
- Dizziness, a sign of dehydration
- Mineral imbalance
- Electrolyte imbalance
- Bacterial imbalance and infection
- Potential interference with medication absorption on day of procedure
- Bowel perforation
- Infection
- Depletion of helpful normal bowel flora unless replaced (i.e. probiotics)
- Kidney failure

From WebMed