

Cleansing the Colon

Health and disease both start in the colon.

This is an adage beloved of holistic health practitioners.

Of course it is a point of view, and as such not necessarily shared by all.

But if you think the holistic perspective has some merit then you might accept the idea that colon cleansing is the first step on the road to exuberant vital health.

So what does it mean to say that one's colon is clean?

It means there are observable results:

- You have cleansed your colon of (possibly long stored) debris
- You have restored the balance of the good and bad bacteria
- You have adequate production of (digestive)enzymes
- Your dietary intake and internal production of vitamins is optimal
- Any food intolerance will have greatly improved (or disappeared altogether) as digestive / strength and immunity goes up.
- There are generalized indications of wellbeing & health, such as the skin looks vibrant; cellulite reduces, water retention stops, skin blemishes disappear; and the whites of the eyes regain a youthful clearness.
- And so on ... colon cleansing is effective only to the extent that one can point to systemic results.

Going fast versus going slow

Go as fast as is sustainable

How quickly you want to clean out your colon is your choice. Some people are so tired of feeling under par that they are willing to endure the effects of extra rapid cleansing. Possible side effects (i.e. healing reactions) from this procedure include migraine headaches, blinding headaches, nausea or flu, aches and pains, fever, exhaustion, and nervous symptoms such as anxiety, panic attacks, irritability, weepiness, and even profound depression. The worst of this would be over in approximately five days. In other info pieces I have discussed *Herring's law* and *healing reactions* in other articles.

Personally, the criteria I suggest people have with regard to cleansing is to understand that it's not a one-off action. I like the adage that one *goes slow to go fast*.

What I mean by this that the best cleansing / rejuvenation plan is one that one can stick to! That means that *sustainability* of one's plan trumps supposed *quickness* of the plan. In fact part of the mindset that we are combatting is the notion that health can be purchased on the cheap, as it were, without some fundamental shift in mind set and ongoing behaviors (i.e. lifestyle)

Go as slow as you want without losing momentum

Some people naturally gravitate towards a more gradual and organic process: perhaps changing to a clean (better) diet over a period of several weeks (may be months).

I like to say – start with fundamentals. And build momentum, there has to be enough oomph at the start to combat inertia, but not so much one suffers burnout. Are you drinking enough water? If not, slowly up your water intake – and just focus on that for a few weeks until it's a part of your behavioral repertoire.

After all, water is an essential element in the cleansing process; aim for at least two litres per day while you are cleansing the colon, unless this conflicts with advice from your doctor. Start off the day with around 500 ml of water, preferably warm/hot, before breakfast. Many people are afraid to consume that much water because they think they will retain fluid, but many holistic practitioners argue that the body retains fluid *when it does not get enough*. It seems counterintuitive at first but does make sense. It's the principle of conservation of scarce resources. Increase the quantity of the resource and the body's hoarding of water will cease, say the holistic health people.