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What to Do If You Are Constipated - 7 Natural Ways to Get The Bowel Moving Again

It is estimated that 100 million people in the United States suffer from constipation and that these people spend \$700 million on products to relieve constipation each year. It seems a shame, when constipation is easily avoided through diet and cleansing.



Constipation can be described as slowing down or sluggishness in the bowel that can lead to difficult, incomplete or infrequent evacuation of feces.

During a colon cleanse it's much less likely that constipation will affect you. That's because you are drinking plenty of water, eating foods that are easy to digest and taking herbs that stimulate peristalsis.

Ideally, during your cleanse you should have a bowel movement 30 minutes to 1 hour after every meal. That doesn't mean the food you just ate is being release after 30 minutes. Actually it's food from the last meals that gets released to make way for the food you just have eaten.

The minimum amount of bowel movements you should have while you are on a cleanse is 2-3 movements per day. If you are fasting you should still have 1 movement a day.

If you're not seeing this frequency you may want to do something to get the bowel moving again. The following suggestions are great for relieving constipation naturally during a cleanse and when you're not cleansing.

#### Here are 7 ways to get the bowel moving again:

#### 1. Drink more water

A lack of water is the number one cause of constipation. It's estimated that it takes a minimum of 1.8 I (2 quarts) of water to stimulate the bowel to move. So drink more pure, clear water.



#### 2. Give yourself an enema or get a colonic

Again, water is necessary to move the bowel. You can try a regular enema or a coffee enema.

#### 3. Do a salt water flush

A salt water flush is a simple procedure in which you drink a salt water solution on an empty stomach to induce the bowel to move. It has a long folk tradition in many parts of the world, including places as different as Hawaii and Eastern Europe. This flush is best done in the morning.

#### How to do it:

- 1. Heat up 1.1 l (1 quart) of pure water
- 2. Add 2 level teaspoons of finely ground unrefined sea salt to the water and stir until dissolved \*\*Note: do not use regular table salt (sodium chloride, which is toxic)

Ragnar, "How Long Do You Choose To Live?," video series.

- 3. Make sure the water tastes very salty, if not add more salt
- 4. Drink the warm solution
- 5. After drinking the saltwater, lie on your right side for 30 minutes
- 6. Rub your abdomen to help break down any clumped fecal matter

You should have an elimination in 1 to 2 hours, though everyone is a little different. Be careful not to pass gas, except on the toilet, since it may be liquid coming through.

#### 4. Eat laxative foods

Eat some of the following foods the help encourage the bowel to move:

- Figs, soaked
- Prunes, soaked
- Raisins, soaked
- Rhubarb stems
- Sauerkraut juice
- Leafy greens—kale, collards, beet tops, parsley, spinach....)
- Fresh citrus juice
- Fresh carrot juice

#### 5. Drink psyllium or flax seed fiber drink

Mix a level tablespoon of psyllium husk powder or ground flax seeds in an 8-12 ounce glass of water. Stir and drink quickly. \*\*Avoid psyllium if you have a prolapsed colon

#### 6. Drink a colon cleansing tea

What they are:

Colon cleansing teas are teas made by steeping specific herbs in warm water.

How to use them:

They can be used to improve digestion, enhance water retention, stimulate bowel movements and to prepare for a deeper colon cleanse.

How to make them:

There are several colon cleansing teas available on the market or you can make your own by combining dried herbs and steeping them in warm water for 10-15 minutes.

Which ingredients to use:

According to master herbalist, Louise Tenny, a **good colon cleansing** tea will contain some of the following ingredients:<sup>2</sup>

- Slippery elm bark
- Buckthorn
- Uva ursi
- Rose Hips
- o Chaparral
- o Althea
- Honeysuckle
- o Chrysanthemum
- Ginger
- Peppermint

<sup>&</sup>lt;sup>2</sup> Tenny, " The Natural Guide to Colon Health," p. 190.

#### 7. Make a special natural laxative recipe

#### **Natural Laxative Recipe #1**

- 250ml (8 oz.) fresh apple juice
- 1 T ground flaxseeds
- 1 t. fenugreek powder
- 1 t. ginger powder

Mix all ingredients together and drink in one sitting

#### **Natural Laxative Recipe #2**

- 250ml (8 oz.) fresh apple juice
- t. cascara sagrada powder
- 1/2 t. licorice root powder OR
- 1/2 t. fennel seed powder

Mix all ingredients together and drink in one sitting

#### 8. Exercise

Another way to improve digestive function and reduce constipation is to get enough cardiovascular exercise.

Exercises helps increase the activity of your bowel, making your body a much more efficient eliminator of metabolic waste. See Chapter 31 and the bonus e-book "The World's Ultimate Exercise for Cellular Cleansing," for more details about exercise.

### What NOT to do when constipated during your cleanse

#### 1. Don't take an over the counter laxatives

Most over the counter constipation remedies use a combination of ingredients I've just talked about. Others use harsh chemicals to get the bowel to move.

Try natural approaches instead.



#### 2. Don't take epsom salts

Epsom salts (magnesium sulfate) are sometimes recommended and used as a way to stimulate bowel motion. They do work, but at a cost to the body.

According to *Dr. Richard Anderson*:

"These salts are highly toxic. They attack, irritate and dehydrate the intestinal epithelium cells at such a rate that the intestinal cells and the body will do all in its power to remove these toxic salts as quickly as possible by excreting massive amounts of sodium bicarbonate and mucin through globlet cells. This is what causes increased peristalsis. Mucin is the primarily component of mucoid plaque, and just one time using Epsom salts can cause the entire eliminative tract to become lined with a coating of mucus."

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<sup>&</sup>lt;sup>3</sup> Anderson, "Cleanse and Purify Thyself v.1,: p. 169-170.

# GETTING EVEN MORE OUT OF YOUR COLON CLEANSING

Now that you have these recipes, I urge you to go out and try at least them. As they say, the results come from "doing" not "thinking about doing."

AND remember we've got lots more great resources and programs for you on <a href="https://www.safecoloncleanse.com">www.safecoloncleanse.com</a>. Here are a few of them:

#### <u>The Dangers of Colon Cleansers - Hidden Ingredients that Can</u> <u>Harm Your Health</u>

18 toxic ingredients in some cleansing products you need to avoid.

#### The Colon Cleanse Calculator

Find out in 10 minutes how toxic you are and what the safest cleansing method is for you right now, in your current state of health.

#### What Kinds Of Internal Body Cleansing Are There?

Besides colon cleansing there a 4 major types of cleansing that you can do to restore health and vitality.

#### What Medical Doctors Say about Cleansing

All the most relevant research from the past 120 years on colon health and colon cleansing. Find out why one doctor calls the colon "The gateway to health or disease."

# A Powerful Herbal Colon Cleanse Recipe- That Will Save You Money

Don't buy and expensive herbal colon cleanse kit when you can make one on your own for just about \$12.
AND MUCH MORE
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Questions? email me on <a href="mailto:service@safecoloncleanse.com">service@safecoloncleanse.com</a>
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