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Home Remedies for Colon Cleansing That Give Amazing Results by [Jhon Napier](#)

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Colon cleansing is a means to keep your body free from toxins and healthy. Colon is basically a part of large intestine which accumulates liquid and solid toxins before they are thrown out of the body in the form of feces. So in order to keep this colon healthy it is necessary to follow a healthy diet. There are several home remedies for colon cleansing which are natural and can be practiced within the comforts of your home.

Drink lot of water and fluids. It will help to flush out the toxins from the body. Or you can even try drinking lukewarm water which will remove all the wastes that stick to the walls of the intestine. Drinking vegetable juice, fruit juice and vegetable soup is also good.

Try to consume more fiber every day. Foods like beans, oatmeal, brown rice, strawberries, apples, seaweeds, fish, whole grains and vegetables should be included in your daily diet. One of the effective home remedies for colon cleansing is salt water flush. All you need to do is mix two teaspoons of sea salt with two quarts of water and drink it in the morning. It will help in flushing out toxins and cleanse your colon.

Fasting is one of the common home remedies for colon cleansing. It provides rest to your system and also helps your kidneys and liver to eliminate toxins. Some of the common herbs which can be used to cleanse colon are; aloe leaf (a very good laxative), psyllium (helps in eliminating bowels with its laxative properties), ginger (reduces bloating and stimulates colon), fennel (eliminates mucus from the colon), barberry (stimulates colon), garlic (kills the parasites) and flax seeds (increases intestinal volume and helps in the movement of bowels).

Yoga and exercises are also equally good in colon cleansing. It helps in sweating as a result of which the toxins will be removed from the body and the body's elimination system will be stimulated. Charmomile tea is also one of the effective ways to cleanse your colon. Burdock root is also good for colon detoxification. Remember to drink purified water. Tap water contains arsenic, lead and chlorine which are harmful for your body. Magnesium oxide is one of the best and safe home remedies for colon cleansing. It cleans your intestine of any harmful substances and bacteria. Just mix it with water and consume, once inside it will liberate large amounts of oxygen. This oxygen will stop the growth of bacteria and fungi which are harmful and at the same time encourage healthy bacteria to multiply which are good for our body.

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