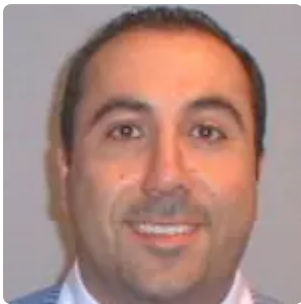


Colon Cleanse Provides a Wide Range of Benefits

Colon cleansing has been in the news among health enthusiasts for some time because it can offer relief for a variety of symptoms. The reason for this is that the intestinal tract commonly becomes impacted with fecal matter, which in turn releases toxins (poisons) into the bloodstream. While constipation is obviously a primary symptom of this state of affairs, other symptoms can be traced to the released poisons. Some of the symptoms that have also been connected to an impacted bowel include headaches, fatigue, depression, and allergy symptoms. Weight gain and an inability to lose it are also associated with an impacted bowel. In addition, people report nervous symptoms like irritability and "walking around in a fog." Feeling "bloated" with gas is another common symptom, and some people even report problems with their skin. The traditional methods have included increasing the fiber in the diet while taking laxative herbs, such as Cascara Sagrada or Senna. These laxatives are harsh to the body and can create a dependency not unlike an addiction. Fiber for constipation usually is made up of psyllium seed husks. This natural plant derivative absorbs water in the bowel and becomes mucilaginous. This creates a bulk that is helpful for removing matter from the colon, but it is not a complete cleanse.



A lesser known method, oxygen based colon cleansing, is also taken orally, but does not work on the same principle as the fiber and herb method. This method uses an "oxidation reduction" type of chemical reaction to melt [Michel Alkhalil](#) away the material in the bowel. Because the reaction gives off oxygen, which is then absorbed into the body, it is healthful and energizing. Another option in traditional treatment of an impacted bowel is to take enemas or colonic irrigation. These methods force water, herbal teas, or other medications up into the digestive tract through a tube inserted into the rectal cavity. Colonic irrigation goes farther up into the intestines than does an enema. It should be done by a licensed professional. Obviously, this is an unpleasant matter at best, but can be helpful when used in conjunction with oxygen based colon cleansing. The best option for dealing with constipation and the other symptoms of an impacted bowel is to use an oxygen based colon cleansing product. The best of these will contain the mineral germanium in an organic form. This mineral, which is sometimes called Ge-132, is found in some of the most healthful food and herbs around, including garlic, comfrey, watercress, ginseng, and certain edible fungi (mushrooms.) Having germanium in your colon cleanse can help lower blood pressure, improve artery health, and lower cholesterol. It is thought to be anti-carcinogenic, or an agent to prevent various cancers. It helps the colon cleanse to create even more oxygen, which brings life and health to the internal organs. Germanium is also helpful for reducing the growth of the yeast, *Candida albicans*, in the body. *Candida* has been associated with symptoms such as fatigue, itching, headaches, and a host of others.