

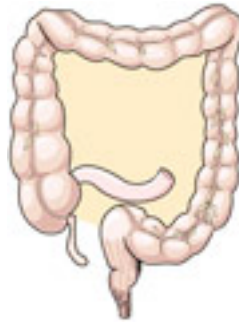
SPECIAL Report

3 Top Colon Cleanse Recipes That Really Work

From This



To This



Published by:
Healing Vibes Productions, 821 Stevens Ave
Solana Beach, CA 92075 USA

©2008 by Mark Ament
www.SafeColonCleanse.com

Disclaimer: This material is for informational purposes only and is not intended to diagnose or recommend a treatment for any health condition. If you have any doubts, consult your doctor before using any of these recipes.

INTRODUCTION

Here are 3 easy-to-make recipes for colon cleansing that you can make and try on your own. These recipes are inexpensive, safe and proven to work. I've used them and 1000s of my clients have as well.

As with any change in diet or lifestyle make sure to start slowly and use your common sense if you experience any discomfort.

Recipe 1: Mark's Electrolyte Cleansing Lemonade

This recipe works well as an everyday cleansing drink. But you can also use it to give yourself a complete 7-10 day cleanse. I'll give you instructions for both of them below.

Tools needed: Blender

Ingredients:

- 3 organic lemons or limes (peeled)
- 5 T of high quality oil (flax, olive or coconut)
- 1 organic pear cored
- 1/2 t organic Celtic sea salt
- 1/2 t of cayenne pepper
- 1 inch ginger - peeled
- Water to fill blender to about 3 inches from top
- 6 T agave, honey or maple syrup

Preparation:

Peel just the outer yellow skin off the lemons, peel the ginger, place all ingredients in the blender and blend until smooth.
Drink immediately or refrigerate. Keeps up to 24 hours

How To Take This Drink Daily:

Drink this cleansing lemonade first thing in the morning, about 1/2 hour before breakfast. 3/4 to 1 cup is enough. Try it for at least one week.

How To Cleanse Faster and Deeper: A 3-10 Day Cleanse

Program

Drink this cleansing lemonade first thing in the morning and anytime throughout the day that you feel hunger. Limit other food to fresh fruits and juices and fresh leafy green salads. Alternatively, for the deepest cleaning, fast completely on this drink for 3-10 days. This cleanse can work wonders for your digestion and health.

How To Slow Down Your Cleanse:

To slow down your cleanse simply stop taking this cleansing drink and eat some starchy foods like white rice, baked potato or banana. You may want to do this if you experience diarrhea for more than 1 day.

What This Cleansing Lemonade Does:

Helps maintain healthy digestion and bowel movement, alkalizes the digestive system, restores the liver's ability to absorb fats. The lemon and the oil detoxify and boost the immune system. Citrus pectin restores the absorption of fats.

How Does It Cleanse The Colon?:

The cayenne, ginger and lemon combination stimulates the bowel to move and helps release soft matter from the colon. It also helps to release mucus deposits in the colon.

Recipe 2: Mark's Super Salt Water Colon Flush

What it is:

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)*
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

7. 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.

Helpful tips:

If you decide to try this cleanse:

1. Stay near a toilet as multiple eliminations may occur
2. Be prepared for diarrhea like symptoms (this is the liquid of the salt solution working)
3. Hold your nose as you drink the solution - it can be difficult to get down the first time
4. Expect not to be hungry for a few hours. Take your first food of the day after lunch
5. After the flush take a probiotic supplement or eat unpasteurized yogurt, sauerkraut or miso afterwards to supplement intestinal bacteria that may have been cleared from the colon.

Does this remedy cleanse the colon?:

The salt water flush does help the colon eliminate soft fecal matter. It can be especially helpful for constipation. It is also an easy-to-use alternative to an enema.

The flush, however, does not release layers of mucoid plaque and also does little to help the body release currently stored mucus. A good herbal cleanse is the best remedy for getting rid of mucoid plaque.

Note: Do not attempt this flush if you have high blood pressure. And do not use Epsom salt, instead use Celtic or Himalayan salt. Epsom salt is toxic when taken internally.

Recipe 3: Mark's High Fiber Superfood Smoothie

Tools: Blender

Ingredients:

- 1 medium avocado, pitted and peeled
- 2 pears, cored, but not peeled
- 1 T raw carob powder
- 2 T ground flax seeds
- 1 t spirulina flakes
- Honey or agave syrup to taste
- 1 l (1 qt.) pure water

Preparation:

Blend all ingredients on high until smooth. Adjust water to change thickness as desired. Enjoy immediately.

How To Take This Drink:

Simply enjoy this drink once a day for 7 days or more. I guarantee that you will be eliminating easier and more regularly. Continue as long as you like.

How Does This Smoothie Cleanse The Colon?:

This smoothie contains nearly 20g of dietary fiber. Flax seeds, pears and carob are particularly high in all three kinds of dietary fiber. Dietary fiber is absolutely necessary for the colon to move. The recommended daily allowance of dietary fiber is 30-40g. Most people eating a modern diet get only 10g per day.

This smoothie is a great way to get enough daily fiber. It is not a substitute for a thorough colon cleanse, but once you've completed a deeper colon cleanse it's a good way to continue to enjoy the benefits of a toxin free colon.

MORE HELPFUL TIPS

These three recipes are excellent to get you started on your cleansing path. Even though they are very easy and simple, I still use them regularly. Sometimes it's the simple things that work the best!!

Here are some things to remember while your cleansing:

1. Cleansing takes time, patience and dedication. It's not about swallowing a magic pill that restores your health overnight. Natural healing, like nature itself takes time and persistence. In my experience, it's very much worth the effort.

2. Less is more when it comes to eating during a cleanse. Try eating smaller amounts of food. This will help your body detox more quickly.
3. Make sure to drink plenty of fresh, clean water during your cleanse. Water is the universal solvent and will help the body flush more toxins. 6-8 tall glasses per day is enough.
4. Record your progress. Notice how your body changes, how your appetite changes, how your food cravings change and how your attitude changes. You'll see the differences. Pay attention to them and keep cleansing.

GETTING EVEN MORE OUT OF YOUR CLEANSING

Now that you have these recipes, I urge you to go out and try at least one of 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 www.safecoloncleanse.com. Here are a few of them:

The Optimum Colon Cleansing Diet – What It Is And How To Use It

According to international research, 70% of cancers can be prevented with only minor changes in diet.

The Dangers of Colon Cleansers – Hidden Ingredients that Can Harm Your Health

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 are 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 an expensive herbal colon cleanse kit when you can make one on your own for just about \$12.

AND MUCH MORE

TO GET ACCESS TO THIS INFORMATION GO TO:

www.safecoloncleanse.com

Questions? email me on service@safecoloncleanse.com

AND ASK ME ABOUT MY UNLIMITED E-MAIL SUPPORT PROGRAM

www.safecoloncleanse.com