

Colon Cleansing Foods

The overall consensus among the medical fraternity today is that a plant-based diet is best for reducing colon cancer risks. This type of diet has proven benefits for a healthy colon. Fiber should be an important constituent of one's diet. Vegetables, fruits, beans, nuts, seeds and whole grains are some of the things that are known to have high fiber content. They are an essential and non-digestible component of food. A high fiber diet actually supports a healthy digestive system by sweeping the debris that accumulates inside the colon, just like a broom. Fiber also exercises the intestinal tract. A certain quantity of soluble, as well as insoluble, fiber is required for colon cleansing in our every day diet. Insoluble fiber is known to eliminate waste and prevent constipation. Soluble fibers are known to increase beneficial bacteria. Flax seeds and oats are good sources of both soluble and insoluble fiber. Other food items high in fiber content are brown rice, barley, cabbage, beets, carrots, peas, citrus and apples, to mention a few. Green foods that contain a high amount of chlorophyll like alfalfa; wheatgrass, barley and spirulina are ideal for colon cleansing. The chlorophyll component is known to soothe and heal damaged tissue in the digestive tract. They also help the body draw more oxygen and remove toxins. Chlorophyll is also known as "the internal deodorant." Drinking plenty of water is another way of cleansing the colon. Since water is a universal solvent and an insufficient amount causes constipation and toxicity levels to increase, drinking lots of water is an absolute necessity for colon cleansing. The optimal levels can vary between six to ten glasses of water every day. Water is perhaps the most natural of all colon-cleansing agents. Keeping one's colon clean keeps the tissues clean and allows for the cells to rebuild.

About the Author

A new study comparing the controversial Atkins diet to three other regimes found. Under the Atkins diet, the women tried to eat no more than 20 grams of.

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