

HEALTHFUL TIPS

Benefits or Baloney?

Colon Cleansing



The claims are bold.

"You can always succeed in losing weight when you take time to sanitize your colon organ."

"Get the Fit, Healthy Body You've Always Wanted"

"Lose Weight while Cleansing Build Up, Waste and Parasites"

"The poor absorption of food is often the source of cravings, as the body struggles to support its balance of vitamins and minerals. Therefore, with the right colon cleanse product you will improve the absorption of nutrients, because the food will be digested faster & better. This will allow your body to get more fuel from smaller amounts of food."

"It will regulate your digestive system and make your body feel energized and alive."

"You'll never lose weight easily when your colon organ is full of toxins, free radicals and other harmful substances."

Colon (large intestine) cleansing has become a popular practice in recent years and bariatric surgery patients often have questions about it. Unfortunately, with little to no research to back up the claims for the procedure, you are on your own to decide if colon cleansing is personally beneficial.

The theory behind colon cleansing is that undigested foods build up toxins, producing mucus in the colon. These toxins enter the body and poison it, causing symptoms of fatigue, headache, weight gain, low energy, sleeplessness, blurry vision, protruding belly, irritability, mood swings, irritable bowel syndrome, lack of motivation, bad breath, skin problems, constipation, memory lapses, gas/bloating, restlessness, and getting sick easily. If the colon is cleansed, these toxins will be removed, revitalizing the body.

Colon cleansing is done through taking oral products such as herbal supplements or laxatives along with a liquid diet, irrigating the colon, or using suppositories. The

idea is to empty the colon of its contents one way or another.

Most doctors agree that colon cleansing probably isn't necessary because the natural bacteria in the colon and the liver detoxify the body, the colon replaces cells about every three days so harmful material cannot build up. And about the claim for better absorption of nutrients – advertisers are missing one little fact: calories and nutrients are absorbed almost exclusively in the small intestine, not in the colon.

And colon cleansing isn't without its risks: vomiting, nausea, cramping, dehydration, mineral imbalances, and potential interactions with medications can occur.

To improve colon health you might be better off eating a healthy fiber-rich diet, drinking adequate water, avoiding cigarette smoke and red meat, drinking alcohol only in moderation, taking a probiotic supplement, and following your doctor's advice regarding colon screenings.