

Bowel cleansing diet



Why would I want to do a bowel cleanse?

In Western society, people's diet and lifestyle are usually not perfect. Constipation is common, bad diets are rife and we also tend to hang onto things emotionally, which can translate into holding onto baggage in our bowels as well. Obesity is now so common. Many people have a large intestine which is coated in hardened faeces, and which ultimately may lead to bowel or rectal cancer. A bowel cleansing diet will help you to feel better and more alive, and lead to better health and prevention of bowel disease.

Is it hard or painful to do this bowel cleansing diet?

No. It is possible that you might get a few headaches, but that will pass. The hardest part is boredom and lack of variety in the diet. The bowel cleanse will take ten days.

How often should one's bowels move?

Ideally people should have 2-3 easy bowel movements every day, but mostly it's one if you're lucky, and many people move their bowels only once in 48 hours or longer still. This means that toxins in the large intestine get reabsorbed and overload the liver.



What about the bowel cleansing products you buy at the chemist?

These are not individually tailored to your needs, and I would advise against using them.

Do I have to take supplements?

Not so much the usual ones on this diet, though some will be prescribed for after the cleanse. Chlorella, spirulina and liquid chlorophyll will be very helpful during it, as will aloe vera. We could also use many herbs to assist the process.

Will I have to use laxatives?

Not those you would buy at a chemist. If there is insufficient fibre in the diet to avoid constipation, you could use psyllium husks with plenty of water.

What about my medications?

Obviously if you are on medications, you must discuss this bowel cleansing diet with your doctor and check whether you stay on the medications during it or not.



Are there other things which will help this cleanse?

Massage and lymphatic drainage treatments prior to the bowel cleanse, and doing yoga, stretching, walking and meditation daily will also help. Body brushing helps the lymphatic system. Epsom salt baths are relaxing. Unstressing yourself is a good start. It could also be useful emotionally to clean up your house, and get rid of old clothes that you'll no longer wear, or any rubbish that might be around. Our house is a reflection of ourselves, and with this bowel cleansing diet, we clean ourselves out.

How should I prepare for it?

Cut down on caffeine, alcohol, cigarettes, red meat, fast food, dairy products, sugary stuff. Have a look at your environment and toiletries. Is there anything toxic that you can work on eliminating or replacing. eg. finding non-petrochemical shampoos and creams. Seek the help and support of your family/friends – let them know what you are doing and why. Stock your pantry with fresh veg and fruit, including lemons. If you haven't got one, buy a water filter.



Where can I get more information?

Try websites such as:

http://nutrition.suite101.com/article.cfm/bowel_cleansing_diet

<http://www.worldfitness.org/colon-cleansing-weight-loss.html>

<http://www.allergyscape.com/bowel-cleansing.html>

but read widely, and ask health professionals for advice and support.

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General advice:

Start each day with probiotics, then soon after, a glass of warm water with a squeeze of lemon, at least half an hour before food.

Get some exercise each day, even if only a walk. Swimming, yoga, gardening or more, but stay well within your personal limits and do not overdo it

Try to avoid stress; think positively. Stress will send you back to bad habits (cigarettes etc.)

If you can't take leave from your job during this period, take your snacks and lunches with you to work and do meditation and exercise if you have a stressful time

If you become constipated, add more salad/ fresh fruit, take 1 dessertspoon of psyllium husks in plenty of water twice a day, or contact your practitioner

Drink 8 glasses of filtered water per day

Programme:

Days 1-2

Stop all stimulants and drugs (except prescribed medications), and avoid refined sugars, salt, junk food, chocolate, alcohol and dairy products.

Breakfast:

Fresh fruit, or fruit/vegetable juices. Add some spirulina or chlorophyll.

Porridge with rice milk

Lunch and Dinner:

Homemade vegetable soup

Garden salad with lemon juice dressing

Steamed veg with brown rice

Days 3-7

Breakfast

Vegetable juice (eg. carrot, celery, beetroot, ginger, parsley). Add chlorella.

Fresh fruit or stewed fruit (without sugar or artificial sweetener)

Lunch and dinner:

Homemade vegetable soup with miso (take to work in a thermos if necessary)

Raw veg salad

Steamed veg

Snacks: rice cakes, watery fruit, carrot sticks

Drinks: In addition to the filtered water and juices, herb teas, particularly special fasting teas may be taken, but without sugar or artificial sweetener. Stevia is acceptable.

Days 8-10

Menus as for days 1-2.

Ending the diet:

It is likely your stomach may have shrunk during the diet and you will not be able to eat big meals. Don't try! Be guided by what your body wants, as well as by your practitioner. You have had very little protein for 10 days, so adding vegetarian protein or eggs for the first week is desirable. Wait a while to resume eating meat and fish.

It is also possible that the bowel cleanse restrictive diet may uncover food sensitivities of which you weren't aware. As you reintroduce foods, note any symptoms that arise and discuss these with your practitioner.

