

Seven Day Cleanse and Weight Loss Program

The best way to start your detox program or weight loss is with a colon cleanse. The idea is to clean out the debris from your intestine.

Cleansing is not for everyone - that's why it's optional for this diet - but it's also one of the healthiest things you can do for your body. Regular cleansers report more energy, improved mood, better digestion, weight loss and improved concentration.

Cleansing with Colonic Irrigation

This option is a great way to start off your Detox or Weight Loss program. There really is no better way to flush out your system. The colonic irrigation may sound daunting but it's a lot easier than you might think. There are two elements to this version of the cleanse - colonic irrigation and fasting. The combination of the two can be quite draining, so if you have a full time job its best to take some time off and relax in a comfortable environment. Typically a colon cleanses will last for around a week, with colonic sessions on alternate days.

A 7 day colon cleanse

Here's a 7 day plan that you can use for your detox. Of course this is just a rough outline; you don't need to follow it exactly. Start with a colonic on the first day, then on alternating days for the rest of the week. Learn more about colonics please visit our web site www.alistwellnesscenter.com

8:00 Am.... Detox drink

10:00 Am... Broth soup

12:00 Pm... Colonic irrigation (alternate days), followed by a probiotic after treatment

1:00 Pm.... Detox drink

3:00 Pm.... Broth soup

5:00 Pm.... Detox drink

7:00 Pm.... Liver flush drink

Be sure to keep drinking plenty of water to stay hydrated and to flush away toxins. You can make things easier on yourself by preparing large amounts of broth soup once every three days.

This type of cleanse is generally very safe, but if you have any health problems or concerns, please consult your doctor before starting.

Recipe: Vegetable Broth

3-4 potatoes, peeled and diced

1 small onion, diced

3-4 stalks of fresh grown celery, thinly sliced

1-2 fresh grown carrots, thinly sliced

Cayenne pepper (optional)

1 large handful of greens such as kale or chard, chopped

Place ingredients in 3 quarts (about 3 liters) of pure or distilled water. Simmer for 20 minutes, strain the liquid, **and discard the veggies** and drink. If you'd like to spice it up a little, throw in some cayenne pepper.

You should drink 2-3 bowls of this vegetable broth each day to replace depleted minerals. Use organic vegetables if possible!

Recipe: Detox drink

1 cup of water
1 Tsp. Psyllium Husk powder
1 Tsp. Bentonite Clay

Psyllium and Bentonite clay don't mix well with water, so shake up the mixture for a few seconds then quickly drink it before it settles. Drink another extra-large glass of water immediately after.

Both these ingredients are great for detox. The Bentonite clay soaks up toxins, and the Psyllium pushes waste matter out through your colon.

Recipe: Liver Flush drink

1 cup water
1 tablespoon extra-virgin olive oil
1 clove of garlic
Small chunk of ginger

Just blend all the ingredients together and drink.

More about Colonic Irrigation

Ideally you should get a colonic every second day during this process. During a session of colonic therapy, which typically lasts around 45 minutes, the patient lies down and is first given a gentle but firm massage in the lower stomach area. This is to loosen the materials that the colonic will expunge.

A small, sterile and disposable plastic tube is then inserted into the rectum and warm water is passed into the colon. Clients typically report a warm feeling but often have little sensation of the colonic, although it can feel slightly uncomfortable the first time.

The water is allowed to gently flow into your colon, then you push it out along with the fecal matter that it has loosened. This cycle repeats several times.