

9 Effective Home remedies for colon cleansing



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- Add two teaspoons of **salt and lemon** to warm water in a mason jar, close the lid, and shake to allow the salt to dissolve. Drink on an empty stomach and relax, cleansing should start within 30 minutes.
 - Both the high levels of Vitamin C as well as antioxidants in **lemon juice** help in achieving the goals of colon cleansing. Lemon juice with sea salt and honey in a glass of water should be taken early in the morning on an empty stomach for maximum benefits on colon cleansing. Lemon juice can also be mixed with apple juice for the same outcomes.
 - **Ginger** contains a compound called gingerol that possesses antioxidant and anti-inflammatory properties. It helps treat digestion and nausea caused due to seasickness and car sickness and promotes colon health.
 - **Apple cider vinegar** has antioxidant and antibiotic properties due to the presence of bacteria called acetobacter, which aid digestion, eliminate toxins, and enable proper functioning.
 - **Castor oil** is a powerful laxative that can quicken and increase bowel movements. It also helps expel toxins from the body and detoxify the colon.

- **Drinking juices of vegetables** like spinach, carrot, beetroot, tomato, and cucumber helps in detoxifying the body, cleansing the colon, and managing weight.
- **Yogurt** is a natural probiotic that helps restore the Gut Flora, the absence of which can cause a series of digestive and health problems. The daily consumption of yogurt helps in maintaining probiotic levels and cleanses the colon.
- **Apple juice** contains pectin fibers that help in bulking up the stool and make it easy to pass. This aids in weight loss and prevents the growth of colon cancer cells.
- Pour the clean water into a pan and heat it on a low flame. Add **sea salt** and mix it, add the **Apple juice**, Ginger juice, and fresh lemon juice, and mix it all.