



It is essential to use a Colon Cleanse prior to starting any weight loss plan. Most of the food that we eat contains flavor enhancers such as herbicides, pesticides, growth hormones, antibiotics, preservatives and artificial flavors that we ingest regularly. Nature did not intend for us to consume these substances.

As food travels through our Gastrointestinal (GI) tract, useful nutrients are absorbed, and what is left over passes through our system, but if the bowels become clogged or saturated with toxins, or experience a buildup of plaque, then their ability to absorb nutrients is compromised.

Therefore, potentially slowing down weight loss. Over time toxins can build up within the intestinal wall and can cause problems with digestion, constipation, fatigue, abdominal pain, bloating and weight gain.

The HCG Diet Protocol suggests to avoid consuming these potentially harmful substances in your daily diet regiment and especially during the HCG Diet calorie restriction and medication phase. Observing the nutritional content information and product label may be of some help. Additionally, it is important to use a Total Body Colon Cleanse which can also help rid our bodies of these toxins from the colon, kidney, liver, lungs, skin, bloodstream and lymphatic system. This will help keep our GI tract running smoothly, restore the body to optimal health, improve the immune system and promote healthy weight loss.

A Total Body Colon Cleanse should contain a deep acting proprietary blend of natural herbs such as cascara segrada, calcium, fennel seed, ginger root, Irish moss, lactobacillus acidophilus cultures, barberry, bark root, licorice root, slippery elm bark and a few others. It is not recommended to start more than 1 colon cleanse at the same time.

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For more information on this topic, please visit www.hcgdoctorsgroup.com or contact Sonia Russell at Sonia@hcgdoctorsgroup.com