

Colonics and cleanses –a health bloggers perspective

We think it's always interesting to read of how people use colonics, and their experiences with it.

Here is an extract from an article called '*My Body Knows the Way: My Experience With a Juice Cleanse*', by Robin Hoffman, a writer on health topics. At this point in the article she is beginning to write about her experiences on the third day of the cleanse.

"The third day, a Sunday, was interesting because I did have to get some work done.

I had a colonic in the morning and after that, most of the nausea and detox symptoms seemed to subside, and I felt lighter and cleaner!

I had) told myself I would never get a colonic and there I was, volunteering to skip yoga on a Sunday morning to go and get one. I will say it's probably a necessary step for anyone doing a juice cleanse because the cleanse breaks up the toxins and loosens them, but they need to be released somehow and this is a quick (and relatively painless) way to do it! "

-by Robin Hoffman, posted in Huffington Post , 15th may 2013.