



Liquid Cleanse

Liquid laxative formula for cleansing the colon

Although many people think of colon health as something embarrassing or funny, bowel function is just as vital to health as good nutrition or exercise. When the colon isn't working properly, waste can build up, slowing digestion and hindering the absorption of nutrients. Toxins can be absorbed into the blood stream and damage other body systems. So, to maintain optimal health, it's important to eliminate waste from the colon regularly.

NSP's Liquid Cleanse provides beneficial ingredients that support normal bowel elimination. In addition to stimulating bowel evacuations, Liquid Cleanse contains ingredients to stimulate liver and urinary detoxification. This liquid cleansing formula is especially helpful for people who may have trouble swallowing pills or tablets.

It contains the following ingredients.

Senna

Senna has long been used as an efficient stimulant laxative for occasional irregularity or cleansing programs. Senna contains anthraquinone glycosides (found in other laxative herbs such as cascara sagrada) and sennosides that irritate the colon, producing a bowel movement about ten hours after ingestion. These compounds also promote soft stools by slowing re-absorption of fluids into the body. Senna is used in the medical field to cleanse the bowels in preparation for a colonoscopy and has been shown to outperform the synthetic laxative PEG in cleansing the colon.

Aloe Vera

Aloe vera acts as an emollient that soothes the digestive tract and mucous membranes. It reduces intestinal inflammation.

Cinnamon

Cinnamon is an aromatic herb that stimulates digestive action. It is a carminative, which expels intestinal gas, and an antispasmodic, which reduces muscle spasms. Antispasmodic herbs help counter the tendency of anthraquinone bearing laxatives (like senna) to cause intestinal cramping.

Fennel

Fennel has long been used as a digestive remedy to settle the stomach, relieve bloating and gas and ease digestive cramps and colic.

Ginger

Ginger stimulates the flow of saliva, bile and gastric juices. It also increases circulation in the digestive organs.

Capsicum

Like ginger, capsicum stimulates the flow of saliva, bile and gastric juices; and improves blood flow.

Barberry

Barberry root bark helps by stimulating the flow of bile from the liver. It also helps reduce inflammation and infection in the digestive tract.

Dandelion

Dandelion root helps the liver and gallbladder to remove waste.

Corn Silk

Corn silk is a mild diuretic, stimulating urinary flow, and is soothing to irritated membranes.

Flavorings

Red raspberry fruit and citrus extract provide important antioxidants and give a pleasant taste to the formula.

Usage

Take one ounce (30 ml) daily, as part of a personal cleansing program. The product is easiest to take when added to juice, and makes a good addition to a fiber drink. Liquid Cleanse is for occasional use only and is not good for long-term use. Do not use if diarrhea, loose stools or abdominal pain are present. If you are pregnant, nursing or if any medical condition exists see your health care provider before taking Liquid Cleanse.

Sources of Additional Information:

Foundations of Health: Liver and Digestive Herbal by Christopher Hobbs
Coming Clean by Steven Horne

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