

Frequently Asked Questions

Herbal cleansing is the cornerstone of rejuvenating natural digestive health and total body wellness. It is normal to have questions about all-natural colon cleansing and whole-body detoxification. Below are some of the most frequently asked questions posed by readers, customers, and health care professionals about Colon Cleansing – along with the answers. We hope these FAQs help you find your way, naturally!

General Cleansing

Which Cleanse Do I Do First?

If you are just looking to promote digestive health, choose the [Colon Cleansing Kit™](#). It is important to remove old accumulated waste from your colon before trying to cleanse other parts of your body – otherwise, waste will continue to release toxins into your system while you are trying to cleanse other areas. *

How Do I Know Which Cleansing Program Is Right for Me?

Blessed Herbs has a variety of natural cleansing options. If you've tried cleansing before or are looking to clean your digestive tract, detoxify your colon and rid yourself of accumulated waste, try the [Colon Cleansing Kit™](#). The most thorough of the 3 cleansing calendars is a 9-day program with a 5-day fast – but there are easier, less intensive options. [Review Cleanse Guidelines.](#)

Colon Cleansing

Can the Colon Cleansing Kit™ Help with Hemorrhoids?

the [Colon Cleansing Kit™](#) is not designed to relieve hemorrhoids – or cure, prevent or treat any disease or medical condition for that matter. However, natural colon cleansing does promote digestive health and optimal function of your digestive system. After your colon cleanse detox, it is not uncommon to experience a heightened sense of wellness and health spreading from your core throughout your entire body.

Is the Colon Cleansing Kit™ Effective for Relieving Symptoms of IBS?

the [Colon Cleansing Kit™](#) is not designed to relieve symptoms of IBS – or cure, prevent or treat any disease or medical condition for that matter. However, herbal colon cleanses do promote digestive health and optimal function of your digestive system. After cleansing it is not uncommon to experience a heightened sense of wellness and health spreading from your core throughout your entire body. *

Is the Colon Cleansing Kit™ Effective for Relieving Constipation?

Neither the [Colon Cleansing Kit™](#) is not designed to relieve constipation – or cure, prevent or treat any disease or medical condition for that matter. However, colon cleansers may restore digestive health and optimal function of your digestive system. After cleansing it is not uncommon to experience a heightened sense of wellness and health spreading from your core throughout your entire body. *

Can I Lose Weight with Regular Usage of the Colon Cleansing Kit™?

Many people have reported weight loss from using the [Colon Cleansing Kit™](#). However, neither colon nor internal cleanses are intended as a weight loss program. By cleansing your body of toxins and ridding your digestive system of pent-up wastes, you improve nutrient uptake and enjoy a more balanced total-body system. *

Your body will feel more in tune with itself, and if you augment your newfound balance with healthy diet and exercise, you will experience an entirely new threshold of health and wellness. *

What, If Any, Negative Side Effects Will I Experience from the Colon Cleansing Kit™?

Please see both superficial cleansing reactions and deep cleansing reactions. As your body adjusts to the regimen of your cleanse and you begin to expel toxins from your body, you may experience some passing colon cleanse side effects. *

If you are doing the "best" option when it comes to colon cleansing and engaging in a liquids-only diet for the duration outlined in your users guide, feelings of disquiet or discomfort may be amplified – especially if you've never fasted before. All these feelings of discomfort will pass – if you feel that your reaction is too much for you, discontinue use of the cleanse and seek medical attention. *

How Soon Will I Begin to Experience Results from the Colon Cleansing Kit™?

Some colon cleanser products work faster than others. The [Colon Cleansing Kit™](#) begins with a pre-cleanse period, where you determine “your number” of all-natural [Digestive Stimulator™](#) capsules to take in order to ensure several easy, comfortable bowel movements per day. So in this sense, Blessed Herbs cleanses begin to work as soon as you've found “your number”. *

The actual process of drawing, absorbing and removing toxins from your colon and your body requires the ingestion of the [Toxin Absorber™](#) formula – also a mainstay of both the Colon Cleansing Kit™ . So in this sense, our colon cleansing kits begin drawing and eliminating toxins from your body as soon as you begin taking the Toxin Absorber™ formula. *

And as far as actual benefits of renewed energy, sense of vigor, healthy digestion and better absorption of vitamins, minerals and nutrients from the food we eat, these benefits will become apparent soon after you've completed your cleanse. *

Does the Colon Cleansing Kit™ Benefit the Liver?

Your liver is one of the most important and hardest working vital organs in your body. It is tasked with, among other things, processing, neutralizing and removing toxins from your system. Since the [Colon Cleansing Kit™](#) does help remove accumulated waste and toxins from your digestive system and helps promote optimal digestive function and nutrient absorption, colon cleansing does benefit the liver. *

How Does the Colon Cleansing Kit™ Work?

Colon cleanse detox is a mainstay of all-natural health. Colon Cleansing works by promoting healthy digestion, optimizing nutrient uptake and absorption, and by drawing, absorbing and then flushing built-up toxins from your body. By ridding yourself of waste and harmful toxins as well as cleaning the walls of your colon and intestines, you restore balance, energy and function to your digestive system and with it, your entire body. *

The [Colon Cleansing Kit™](#) works through two-part all-natural formulas: the [Digestive Stimulator™](#) and [Toxin Absorber™](#). Digestive Stimulator™ encourages easy, effective bowel movements. Toxin Absorber™ helps cleanse your digestive tract by absorbing toxins and stripping old food debris and other unwanted waste from your intestinal walls so that it may be expelled from your body. *

How Often Should I Do the Colon Cleansing Kit™?

The best guide to how often to undertake an all-natural colon cleansing regimen or product is to listen to your body. The minimum would be about once a year, but we recommend cleansing every 3 months, so once per season. Colon cleansing is meant to restore your body's natural flow, energy and rhythm – go with it. *

Will I Be Hungry All the Time?

Both kits require taking [Toxin Absorber™](#) 5 times a day, which will cut down on hunger pains. If you cannot complete the suggested liquids-only fast you will still benefit from doing the colon detox. Also, you can have an organic vegetable soup broth or more apple juice if you need a little extra energy. *

What Is Involved in a Liquids-Only Diet?

A liquids-only diet or liquids-only fast is a temporary change in your dietary habits that supports a more effective and restorative cleanse. A liquids-only diet involves not eating any solid foods or solid foods that have been liquefied, pureed or blended. This will allow the [Toxin Absorber™](#) that is mixed with apple juice to bind easily to the surface of your intestines without the interference of any solid food covering the intestinal surface. *

You'll ingest the necessary energy and sustenance you need from pure water, organic fruit juices, strained organic vegetable broths or herbal teas. In the case of the [Colon Cleansing Kit™](#) and the [Internal Cleansing Kit™](#), we recommend organic apple juice. A recipe for a vegetable soup broth is available in both cleansing kits should you require more than juice. *

Can I Exercise While Doing the Colon Cleansing Kit™?

Yes, you can – however, don't push it. If you are following the "best" option and participating in a fast of any kind, you should take care not to overwork your body. Similarly, if you are experiencing a superficial colon cleansing reaction you should also take a break. The key to exercising during your colon cleanse is "self-assessment". If you feel good and strong, then exercise – but keep an easy routine. Walk, don't run – and don't do any heavy-lifting exercises. *

What Is a Deep Colon Cleansing Reaction?

Deep colon cleansing reactions are more intense than superficial cleansing reactions, and usually manifest as signs or symptoms of previous traumas or illness. These kinds of reactions can be concurrent with superficial cleansing reactions or occur on their own. They can last for a few hours or even a few days. *

During these kinds of reactions your body is rejuvenating and revitalizing the systems affected by your past trauma. Deep colon cleansing reactions pass quickly, leaving you feeling better than ever. However, if at any point you are having a severe reaction to the colon cleanser, we recommend that you discontinue use and consult your health care practitioner. *

What Is a Superficial Colon Cleansing Reaction?

Superficial colon cleansing reactions are just your body's way of reacting to the detoxifying and rejuvenating ingredients of the cleanse. Superficial cleansing reactions can last anywhere from an hour to as long as 1 or 2 days. They usually manifest themselves as mildly unpleasant or disruptive symptoms such as headaches, itching, aches in your muscles or joints, sweating, body odor, bad breath, loss of appetite, sleeplessness or exhaustion. *

Superficial colon cleansing reactions usually pass quite quickly and do not cause any harm to your body. You can help yourself feel better during a superficial cleansing reaction by relaxing and drinking a cup of herbal tea. *

How Will I Feel During My Colon Cleanse?

Each person will feel differently during their colon cleanse. Some feel a renewed source of energy stemming from the expulsion of toxins and waste that has been weighing them down. Others vary from feeling great to not-so-great, depending on which part of the cleanse they're doing. *

There are occasional discomforts associated with colon cleansing called "cleansing reactions." There can be superficial cleansing reactions and deep cleansing reactions – but all reactions to your colon cleanse are only temporary, and always lead to a feeling of more energy, vitality and renewed health.*

Will I Have to Go to the Bathroom Constantly When Doing the Colon Cleansing Kit™?

Not with the [Colon Cleansing Kit™](#) from Blessed Herbs. While you will be going to the bathroom on a more frequent basis vs. any given "normal" day, you will not experience any overwhelming, uncontrollable or urgent need to do so. This is because the [Digestive Stimulator™](#) formula (a key component of the Colon Cleansing Kit™) has been formulated to act surely but gently within your body. You will find it quick, easy and comfortable to have three or more bowel movements a day. *

Can I Eat During the Cleanse?

Diet is a major factor in determining how mild or strong your internal cleanser will be. The only difference between a mild and strong cleanse (besides your comfort level) is that it takes longer to achieve the same effect. There are specific foods that you should try to eliminate for best results, they include: dairy products, fried foods, processed sugars and syrups, heavy salts and meats. By making your diet lighter the same energy that your body would normally use to break down food can now be used to help break down and expel the toxins that are stored in your body. The most important thing to remember is to listen to you own body. *

The Colon Cleanse Kit has three different diet altering options: 5 day fast, minimum changes to diet and no changes to diet. Choosing which option is best for you can be determined by what you feel you may be able to handle. *

Can I Exercise While Doing The Cleansing Kit™?

Yes, you can exercise – however, you must take it easy. If you are following the best colon cleansing option and fasting, ensure you do not overwork your body. Also, if you have a superficial cleansing reaction, you should also take a break. The key to exercising when cleansing is "self-assessment". If you feel good and strong, then slowly ease into exercise – but keep an easy routine. Walk, don't run – and don't do any heavy-lifting exercises. *

Does Cleansing Help Fight Fatigue?

After your cleanse you should feel invigorated, full of renewed energy and vitality. That said, no Blessed Herbs product is intended to cure, treat or diagnose any disease. If feelings of severe fatigue persist after taking your cleanse, consult your doctor or health care professional. *

Is Cleansing Effective for Parasite Removal?

Yes – although it must be noted that no Blessed Herbs cleanse is intended to cure or treat any condition or disease. But unwanted guests are a problem throughout the Western world – and can rob your body of essential nutrients, cause fatigue and stomach upset, and even contribute toxins to your system in the form of their own wastes. *

Because of the hardy nature of these unwanted organisms, you may want to use our Cleansing Kit™ as many as 3 times to be certain you've expelled the entirety of your unwanted population and achieved the results you desire. As always, if you believe you have an acute condition or serious parasitic infection, seek advice from your health care provider.*

What Are Healthy Bacteria?

"Healthy bacteria" or "probiotics" are the bacteria normally found in a healthy person's gut. These bacteria help us digest food, bolster our immune system, and even help us suppress and regulate the spread of "unhealthy" bacteria. The healthy, natural probiotic bacteria in [Friendly Bacteria Replenisher™](#) encourage the beneficial bacteria cultures in your digestive tract – supporting healthy digestion and bolstering your immune system health. *

Will the Cleansing Kit™ Disrupt My Schedule?

All forms of cleansing, if conducted properly, will alter your schedule somewhat – however, the disruptive effect of your cleanse on your day-to-day life should be

minimal. That is why the Colon Cleansing Kit™ has different levels of intensity, duration and dietary changes – so that you can adjust your cleanse to fit your schedule. *

The Cleansing Kit™ comes with a Dosage Calendar, which makes keeping track of your daily required formulas and extracts as easy as possible – and even provides travel vials so you can cleanse on the go. *

Is Internal Cleansing Considered Detoxification?

Yes – in fact, another way to think about the Cleansing Kit™ is as a detoxification cleanse for your body. The Kit™ helps flush toxins, eliminate waste, and naturally restore balance and functionality to your digestive system, liver, lungs, kidneys, gallbladder and skin – just to name a few. *

These are the organs most involved in your body's constant, natural process of eliminating toxins and other wastes, which can bog down digestion, sap you of energy, and disrupt your immune system. In many ways, internal whole-body cleansing and detox is a more complete detoxification process than simple colon cleansing – but it is also more involved. Both offer myriad health benefits, however. You must decide which cleansing option is right for you! *

How Do Diet Changes Affect My Cleansing?

Your diet definitely affects the strength and intensity of your internal cleanse. If you make healthy changes to your diet it will release more energy for your body to utilize during the cleansing and detoxification process – and improve the strength of your cleanse. If you choose not to make any dietary changes (and this is OK), you will still experience benefits – it will just take longer to get your digestive system completely "cleaned out". The important thing is to proceed at a pace and intensity that is comfortable for you. *

The chart below is designed to help you gauge your current diet's compatibility with cleansing and help you determine the most appropriate steps to "lightening up" your diet – something that will definitely help your body accommodate the cleansing process. Note: a diet rich in raw or organic juices (or consisting entirely of them) is best because these food sources are packed with readily available nutrition that requires minimal energy for your body to digest. *