

The 48 Hour Colon Cleanse – Know the Risks

A colon cleanse can help you lose weight, boost your metabolism and clean your digestive system.

Jan. 12, 2010 - [PRLog](#) -- Most people start looking into this option when they begin suffering on a regular basis from symptoms such as constipation, weight gain and unexplained tiredness, all of which can be signs of needing to perform a cleanse.

Renata Nyleve Editor of the "Weight Loss For Men" website -- <http://www.BestColonCleansingUsa.com> -- pointed out;

“...There are many different products and programs available, a popular one recently being the 48 Hour Colon Cleanse. While there are benefits to using this cleanse, there are also risks of which you should be aware before beginning...”

Generally, this is done by using Epsom salt, either through ingestion or as an enema. Epsom salt is the layman’s term for magnesium sulfate, a powerful substance. While Epsom salt can be quite effective at cleansing the digestive system, it also has several potential drawbacks. It can cause digestive problems when taken orally in large doses. If a mistake is made and too much is introduced into the body at one time, side effects can occur, ranging from relatively mild stomach upset to death. For these reasons, those with ulcers or other stomach issues should not attempt to use this. Additionally, magnesium sulfate should never be consumed by pregnant women, as doing so could cause complications for the fetus.

This may not be the best choice for the inexperienced. The potential side effects of doing this improperly point to the need for experienced and knowledgeable oversight. If you decide to attempt this on your own, be very careful to follow directions perfectly and seek medical treatment immediately if you begin to experience side effects such as stomach pain or other signs of possible magnesium sulfate overdose.

In conclusion, using Epsom salt orally or through an enema procedure can be very effective in providing cleansing benefits for the body. Unfortunately, there are several disadvantages as well. It is not easy to do this properly by yourself at home, especially for those without experience.

“...The risk of potential negative side effects means that anyone considering this should have professional help available to avoid the introduction of copious amounts of Epsom salt to the system. Finally, this should not be considered by anyone with preexisting stomach conditions or pregnant women, as it presents increased risks in these groups. After learning more about the 48 Hour Colon Cleanse, many people choose to explore other options. There are many available that provide the same effectiveness without the associated health risks...” R. Nyleve added.

Further information, resources and reviews of the best weight loss supplements you can get online by visiting: <http://www.BestColonCleansingUsa.com>

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