

## Colon Cleanse Diet - Flattening Your Stomach

*Even if the number on the scale tells you that you are at your target weight, the view in the mirror might tell you otherwise.*

**Jan. 9, 2010 - [PRLog](#)** -- If you are unable to get the flat stomach you want, there is a solution. You can flatten your stomach by going on a colon cleanse diet. If you have been doing many abdominal exercises and watching your diet but you have not seen any results, your problem might be excess waste trapped in your colon.

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

“...If your waste is not being properly eliminated, you could experience bloating around your mid-section. You will look like you weigh ten or more pounds than you really do. A cleanse diet can remove more than ten pounds of toxins and bodily waste from your colon. Once this waste is gone, your stomach will be flat...”

Although there are many different cleanses available, they have some similarities. Most cleanses flush out your body by means of a special drink. This drink usually contains quite a large amount of lemon juice as well as some nutritious substances to sustain you during your cleanse. While you are on this diet, you will eat no solid food whatsoever. Instead, you will drink your cleanse beverage every two to three hours. If you are worried that the cleanse drink will not sustain you during the day, do not worry. These beverages contain enough nutrients to give you the energy you need. Of course, a cleanse only lasts a few days. While it would be unhealthy to exist on a beverage like this long term, it is perfectly safe for just a short time.

Find a recipe that sounds tasty to you. You will, after all, be drinking it several times a day. If you want to stick to your cleanse plan, you need to enjoy the taste of your beverage. Some cleanse drinks are pre-made or are available in powder form. However, there are plenty of recipes for drinks online. Most of these use very common ingredients. You could try several of them out before you decide.

“...Whichever recipe you chose, make sure you stick to your cleanse plan. If you wait too long between drinking eight ounces of your beverage, you could suffer from low-blood sugar. This could lead to headaches, blurry vision, and dizziness. Stick to your schedule and you will feel fine as you get the flat stomach you want...” 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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