



Magnesium Pre-Bowel Cleanse

Start with this magnesium pre-cleanse before doing any other bowel cleansing programs including any parasite cleansing programs. To begin to reverse constipation, the colon must be relaxed and nourished. This pre-colon cleanse makes use of magnesium which is often all that is necessary to restore healthy bowel movements. Once the bowel is working correctly a cleanse is more efficient.

To begin to reverse constipation, the colon must be relaxed and nourished. Moving material through and out the bowel is like moving a golf ball through a sock. The sock cannot be constricted so much that it cannot open enough for the golf ball to be pushed along. Similarly, a contracted bowel tube (from laxative use) must relax before it can contract to push material along. Resorting to laxative herbs to move the bowels without first nourishing and relaxing the bowel is like trying to push feces through a hardened contracted tube. With time, and without sufficient magnesium, this can result in bowel compactions due to continued contractions. This pre-colon cleanse makes use of magnesium which is so often all that is necessary to restore healthy bowel movements. Making it easier to remove the built up stool with a bowel cleanse once the bowel is working correctly. An added benefit from taking Magnesium is that muscle tension throughout the body will ease. Using Abdominal Massage will also help relax the bowel muscle.

Start with this magnesium pre-cleanse before doing any other bowel cleansing programs including parasite cleansing programs. Use Magnesium Complex or whatever Magnesium you tested for.

Directions for Your Magnesium Pre-cleanse:

First, we need to find the level of magnesium your body needs; everyone is different. When you get a soft stool or diarrhea, your level has been exceeded by 2 tablets (500 mg). So continue on 2 less tablets per day.

First Day: 1 tablet (1 - lunch)

Second Day: 2 tablets (1 - lunch, 1 - dinner)

Third Day: 3 tablets (1 - morning, 1 - lunch, 1 - dinner)

Fourth Day: 4 tablets (2 - morning, 1 - lunch, 1 - dinner)

Fifth Day: 5 tablets (2 - morning, 2 - lunch, 1 - dinner)

Sixth Day: 6 tablets (2 - morning, 2 - lunch, 2 - dinner)

Seventh Day: 7 tablets (3 - morning, 2 - lunch, 2 - dinner)

etc.

If your level hasn't been reached, continue adding 1 more tablet/day. When the stool is loose, the bowel is finally responding to the magnesium and relaxing. You may notice other muscles in your body also starting to relax. I have had some people need 8-12 per day. Say it takes you 8 tablets on the 8th day to become loose. Then the 9th day you would skip and the 10th day you would take 6 a day and that would be your dosage for a while. With time you will find you'll need less. After your bowels are moving reliably, then you can begin other cleansing programs.