



# DIY COLON DETOX WITH INGREDIENTS YOU HAVE IN YOUR KITCHEN RIGHT NOW

*Posted on July 16, 2020 by Peta Stange*

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Your body has sophisticated mechanisms for expelling toxins and waste from the intestinal tract, via the colon. And there are plenty of items in the kitchen that you can take for a colon detox, which also help your entire intestinal tract.

The best way to keep your colon healthy is to eat more fiber, drink more water, and avoid processed foods and alcohol. Laxatives should only be used to treat constipation, and most medical professionals only prescribe enemas before certain medical procedures, such as a colonoscopy.

In this article you will find 3 different recipes for a colon detox that you can make at home, using ingredients from your kitchen.

## How Does Fiber Help Detox Your Colon?

The most important part of a colon detox is to add plenty of fiber to your diet. Fiber might have zero nutrients, but that's because it's busy rounding up the toxins from the digestive tract and pushing them through the body, while at the same time promoting good microbiota.

Think of fiber as your own personal nightclub bouncer, kicking out the trouble makers to keep the atmosphere positive for the other patrons.

There are two types of fiber:

- Insoluble fiber - it generally comes from cereals, wholegrains, nuts, seeds and leafy greens.
- Soluble fiber – it generally comes from oatmeal, bran, beans, legumes, berries, fruits and vegetables.

In order for a colon detox to be effective, the fiber must have time to absorb the toxins as it works its way through the intestinal tract. For this reason, anything that has a strong laxative effect should be avoided.

You should increase your water intake instead. Water softens the fiber and makes it expand, which acts like a colon scrub.

And unlike other colon cleansing techniques, such as laxatives or enemas, eating more fiber and drinking more water can be done safely, every day, at every meal.

Smoothies are a great way to boost your raw fruit and vegetable consumption, although they are best when freshly made, so unfortunately they don't make for a great lunchbox item or something you can quickly grab as you head out the door.

Yogurt pots that are high in fiber are a great alternative. You can whip up a batch, store it in small jars or containers and you have a delicious snack for the next few days.

# Common Ingredients that Are High in Fiber and Good for Your Colon

As long as you don't strain the pulp away, then a fresh smoothie or yogurt pot with any of the following ingredients will provide a great detox for the gut and colon:

- Ginger, Dandelion Leaves and Turmeric all have a bitter taste which actually stimulates the gut and digestion, and as an added bonus, they have antiseptic properties as well.
- Lemon also aids digestion, is high in antioxidants and helps the liver to remove toxins.
- Berries are high in fiber and antioxidants. At the top of the list for highest fiber content are Raspberries, but Blackberries and Blueberries are great substitutes.
- Leafy greens such as Spinach, Cilantro and Watercress are not only packed with insoluble fiber, but also with the very thing that makes them green - chlorophyll.

Early research has shown multiple benefits from chlorophyll, increasing circulation and oxygen, preventing the absorption of dioxins, detoxifying your food, assisting with enzyme production in the liver to clean your blood, healing the intestines, repairing damaged cells, and others. The benefits of chlorophyll are only found in its raw form.

Spinach is also high in magnesium, which draws water into the colon. Eating cilantro for 3 weeks is a natural way to remove heavy metal toxins from your body.

- Yogurt is fermented, which means it contains probiotics that [promote a healthy gut and intestinal tract](#). Try to avoid yogurts that have added sugar, and opt for a natural one, like Greek yogurt instead.
- Seeds and Nuts are high in fiber. Flax, Psyllium and Chia seeds are all particularly high in fiber, but not every kitchen has these sitting in the pantry, so you can substitute them with some peanuts, or any other nut. Flax and psyllium can also act like a natural laxative, so don't exceed 1 tablespoon a day.
- Fruits and Vegetables are a great source of fiber, vitamins and nutrients that can keep your intestinal tract healthy. Some of the high fiber fruits include Passionfruit, Pears, Kiwi, Mangos, Apples and Oranges. Carrots work well in smoothies and are high in fiber as well.
- Aloe Vera or Marshmallow root can be added to your colon detox smoothie or yogurt pot. Ingesting them essentially lubricates, soothes and relieves any irritations while mending wounds in the gastrointestinal tract. Ensure you prepare aloe vera correctly by washing off all of the white sap before eating it raw.

## Colon Detox Smoothie

Below is a great colon detox smoothie that can be made from everyday ingredients found in the

kitchen. You can swap any of the ingredients, as long as you have a balance of leafy greens, something zesty or bitter, fruit, grains and water. Avoid juicers as they tend to remove the pulp and use a blender instead.

Here is a list of the ingredients you'll need:

- 1 cup of spinach (or any leafy green);
- Quarter of a lemon;
- 1 – 2 slices of ginger;
- 1 tablespoon of oats;
- ½ a pear;
- ½ a carrot;
- 1 kiwifruit;
- 1 ½ cups of water.
- Makes 2 servings.

## Colon Detox Yogurt Pot

You can make so many different combinations for a high fiber yogurt pot, and the flexibility means you can create your own flavors. Below is a recipe for a delicious yogurt pot that can help you increase your fiber intake, as well as stimulate your gut and digestion.

- 2 cups of oats, granola, wholegrain cereal and/or bran;
- 250 grams of yoghurt;
- ¾ cup of berries (any type of will do);
- ½ an apple, finely chopped (or any fruit that you enjoy)
- ¼ of a lemon, juiced;
- 3 tablespoons of unsalted walnuts and sunflower seeds (or any nuts and seeds that you like);
- Makes approximately 4 individual servings.

You can keep the different ingredients separate by layering them in a glass and eating it while it is still crunchy, but I prefer to mix all of the ingredients together, fill some small containers, store them in the fridge and the following day, the yoghurt will have soaked into the cereal and softened it.

## Colon Detox Tea

In addition to consuming more fiber and water, you can also cleanse your colon using herbs.

Some of the herbs that are recommended aren't exactly a standard item in the garden, fridge or pantry, but there are a couple of common garden herbs that you can use to make an herbal tea or

tincture at home for digestion and colon cleansing.

- Dig up a few marshmallow roots and wash them thoroughly.
- Chop up the root (you can also dry it for later use).
- Brew 1 tablespoon of root in 2 cups of water for 15 minutes.
- Add a few dandelion leaves and a slice of ginger root (or turmeric) and brew for another 5 minutes.
- Strain the tea, add honey if required and drink.

**You may also like:**

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**[Erratic Blood Sugar? Never Eat This Veggie](#) (Video)**

**[5 Home Remedies for Diarrhea](#)**

**[How to Make Your Own Turmeric Drops](#)**

**[Why Put Onions in Your Socks Before Sleeping](#)**

## Comments



**Dee** - 2022-05-09 13:39:22

I too am still waiting on my book to be delivered



**Karen Knittel** - 2022-03-01 00:31:48

I paid for the book and it still hasn't arrived. :(



**Ghana** - 2022-02-06 03:01:21

Hi Nicole, I love ur articles, I have your books, what can u recommend for tingling in the left arm?. Thanks



**The Lost Herbs** - 2021-03-19 09:33:49

Hi Lisa, Thank you so much for letting us know. We apologize for the type. We have made the appropriate changes.



**Lisa Barclay** - 2021-03-18 16:24:13

The correct term is tract, not intestinal 'track'



**Denise** - 2020-11-07 01:12:11

This week I returned to my habit of making green smoothies. Thanks for your tips which I will be trying out.



**John palmer** – 2020-11-06 16:04:12

I paid for the lost book of herbal remedies not for emails, & I'm still waiting for my book to be delivered.



**ELENA Milano** – 2020-09-11 15:29:09

Great resource! How often can you safely drink the detox tea? Mornings or evenings better?

**How to Make A Weight Loss Tonic - The Lost Herbs** – 2020-09-10 14:09:33

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[...] DIY Colon Detox with Ingredients You Have in Your Kitchen Right Now [...]



**The Lost Herbs** – 2020-07-28 13:58:11

Hi Dale, Thank you so much for your comment. You can drink it as long as you like, but I advise you to drink it in the morning, as it is more effective. God bless!



**Dale** – 2020-07-17 23:29:35

Trying the smoothie detox tonight. Peeled the kiwi won't do that next time. How often can you drink this? I single so I was having one before dinner and one in the morning for breakfast.



**The Lost Herbs** – 2020-07-17 12:03:50

Hi Shelly, Thank you so much for your comment. We are glad that you enjoyed the article. God bless!



**The Lost Herbs** – 2020-07-17 11:59:06

Hi Glenys, Thank you so much for your comment. We are happy that the article was useful to you. God bless!



**Shelly** - 2020-07-16 23:05:45

Had this tonight with fresh spinach from my garden. Thanks!



**glenys perkins** - 2020-07-16 19:56:09

great, thank you very useful info