

Title:

Colon Cleanse - The Colon and Colon Cleansing

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Summary:

Before delving into what colon cleanse is, is it not wiser to get an idea of what your colon does?

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Article Body:

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What is the Colon and where is it Located?

The colon is perhaps better known as your large intestines. It basically starts at the junction of the small intestine and the rectum.

What is the function of the Colon?

Most of the digestion and absorption occurs in the stomach and small intestines. That is the main function of the colon.

What is Colon Cleansing?

A Colon Cleanse or colon cleansing is the process of sweeping out any excess waste that may be in the colon.

Is Colon Cleansing For You?

It really depends on what you want. A lot of experts would tell you the undergoing the process is not necessary.

So, there you have it: a look into what the colon is and what it does. If you feel like you need a colon cleanse, then you should consider it.

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