

Colon Cleanse Pills for Weight Loss Results

Rick Porter March 11, 2014



DietRecommendations.com releases a new video discussing the benefits a colon cleanse has on digestive health and weight loss.

([Newswire.net](http://www.newswire.net) -- March 11, 2014) Boston, MA -- DietRecommendations.com has just released a new video covering in detail the benefits of completing a colon cleanse. Their experts clarify the complications a person can encounter by toxins that accumulate in their bodies. They explain that this is a result of lifestyle, dieting, and environmental factors that are abundant and commonplace today. The video focuses primarily on the digestive and weight loss benefits a person can obtain from a colon cleanse.

DietRecommendations.com begins the video by relaying significant information on the effect deadly toxins that reside in the gut and colon have on the body. Many cases of weight gain, fatigue, headaches, constipation, and other digestive issues stem from an unhealthy gut flora. There are a few ways to perform a colon cleanse but the health and nutrition specialists from DietRecommendations.com suggest using a supplement that contains probiotics. Probiotics are healthy bacteria inside the gut that promote improved digestion and better nutrient absorption. The video also examines the weight loss benefits gained from a colon cleanse.

Cleansing the colon can be a great way to jump start any diet or weight loss program because it will help reduce water retention and relieve occasional constipation. Both of these benefits would detoxify the body from the effects of red meat, sugar, fried foods, and alcohol. The website's wellness consultant believes it will increase energy and help people get in the best shape of their lives. Additionally, DietRecommendations.com offers a free ebook to any viewers that lists the [Best Gut Cleansing Foods](#) for anyone looking to learn more about colon cleansing and better digestion.

The video can be accessed and watched at: [Colon Cleanse Pills and Probiotics for Weight Loss](#)

A limited time offer for the Digestit colon cleanse supplement is available here:

<http://dietrecommendations.com/colon-cleanse-pills>

About: DietRecommendations.com is health and nutrition website that was started in September 2012 as a resource for free information and guides on healthy nutrition and weight loss. Another very popular news item from Diet Recommendations was on Australia's top rated weight loss supplement [garcinia cambogia extract](#).

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