



The Benefits of Healthy Intestines for Your Skin

When a large intestine is healthy -- when it is not carrying putrefied, undigested food matter and instead contains healing, cleansing phytonutrients like chlorophyll from fresh fruits and vegetables -- it is going to perform its function well. A person who has a **healthy large intestine** will reflect that in their **complexion**. Their skin will look young. This helps explain why people who routinely engage in a lot of juicing or blending raw fruits and vegetables have such healthy looking skin. It is not only because the juice is nourishing their skin, it is also because the **juice is cleansing** their **large intestine**. Their entire digestive system gets healthier, and their skin reflects that improved level of health.

Probiotics are good for both the large intestine and the skin for many of the same reasons. The large intestine is kept healthy by maintaining a friendly terrain that welcomes helpful bacteria. **We must have friendly bacteria in the gut in order to be healthy individuals** for a variety of reasons, some of which are only beginning to be understood by medical researchers. Healthy skin also provides the right terrain for friendly bacteria, while discouraging the growth of harmful bacteria.

The importance of water for digestion and skin

There are other similarities between these two organs: their positive reaction to sufficient dietary water. Water actually helps lubricate the movement of fecal matter through the large intestine. In a **person who is chronically dehydrated**, the peristaltic action of the large intestine is reduced; thus fecal matter spends a longer amount of time in the body, emitting toxins and poisoning the body.

Mega Cleanse Internal Cleansing Complex, **Mega Cleanse EXTRA** and **Thera Colon Cleanse** work together to cleanse all of the toxins from your colon, liver, lymph system, kidneys, lungs, skin and blood. It also cleanses harmful bacteria and parasites from your body to achieve optimum health and beauty. The **Total Digestion Probiotic** has 50,000,000,000 colony forming units to aid digestion and rebuild the good bacteria in your intestines.

So many people are chronically dehydrated, it's no surprise that millions of people suffer from diseases of the large intestine and bowel like Crohn's Disease and Irritable Bowel Syndrome.

Likewise, water is important for healthy skin, lubricating it and keeping it soft and supple. Without water, all tissues in the body become crippled at the cellular level; they begin to shrivel and lose their ability to function properly. They are unable to do the basic things that every cell needs to do to survive, which is to take in nutrients and excrete metabolic waste products.