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Debunking Medical Myths: Debunking Colon Cleanses

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Debunking Colon Cleanses


What are colonics?
Alternative medical practice whereby large volumes of water, often herb-infused, are instilled into the colon through the rectum.

Purported benefits (not backed by evidence)
Detoxifying the colon, boosting energy, strengthening the immune system, and aiding in weight loss.

What are the documented risks?
- Dehydration (6)
- Electrolyte imbalance (5)
- Septic shock (1)
- Rectal perforation (3)
- Long-lasting changes to gut microbiome (including loss of "good" bacteria) (2,4)

References: