

## The Golden Years Are The Time for Bowtrol Colon Cleanser

The golden years, when a person is able to retire and quit the daily grind of going to work are a wonderful time if a person retains their good health. In the amazing age we all live in good health is easier to come by than in previous generations, and for that we should all be grateful. Having time to visit with friends and family, practice hobbies, indulge in passions, travel and just enjoy life are what the golden years are all about. With that in mind, the problem of irritable bowel syndrome, while not a pleasant topic to discuss, is a topic that we all should be familiar with so as to avoid it, or cure it if it occurs.

Irritable bowel syndrome, also known as spastic colon, can strike anyone of any age, but seems to be especially prevalent among more mature adults. Symptoms include diarrhea, constipation, headache, body ache, bloating, fatigue, water retention, cramping and abdominal pain. Many times these symptoms are the result of a colon that is not as healthy or clean as you would like it to be. The reason is simple. The colon is the point where food has the nutrients removed and the waste, or fecal matter, discharged from the body. Fecal matter buildup in the colon can result in way too much old bacteria being present, and bacteria has a habit of multiplying, and then releasing toxins or poisons into the body where they can affect the way you feel. They can also have an adverse affect on other organs in the body since there are so many nerves in the colon that connect with every one of the body's vital organs.

To get relief from irritable bowel syndrome cleansing the colon is a good first step. A product called Bowtrol Colon Cleanser is a good start. This is an all-natural supplement that assists the colon in cleansing itself through two or three healthy, thorough and regular bowel movements per day. Combining a regime of Bowtrol Colon Cleanser with regular moderate exercise and more sensible eating can have an amazing positive effect on the colon. Eating legumes like beans along with whole grains, brown rice, leafy green veggies, fruit and cutting back on the sugar and fat, and especially staying away from the fast food, combined with Bowtrol Colon Cleanser can put a person back on track. Bowtrol Colon Cleanser is used by many people suffering from spastic colon of all ages, but those in their golden years, being particularly at risk for irritable bowel syndrome, are a group that Bowtrol Colon Cleanser can especially help.

## About the Author

For more information visit: [www.bowtrolcoloncleanse.com](http://www.bowtrolcoloncleanse.com)

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