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**Colon Cleansers and Colonics.  
What are the facts?**



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# Is there a proven benefit from colon cleansers or colonics?

You do not need to take colon cleansers or colonic enema irrigations (colonics). Neither has any proven benefit and can even be harmful.



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# Do I have pounds of encrusted waste lining my colon?

You do not have 25 pounds of encrusted waste lining your colon. Direct observation of the colon during surgical procedures or autopsies has never found evidence that hardened feces accumulate on the intestinal walls.



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# Will colon cleansers improve my health?

Regular use of colon cleansers will not improve your general health or protect your digestive system from disease. The medical profession long ago abandoned the theory that a sluggish colon is a “toxic waste dump” that causes people to get sick.

Will colon cleansers prevent colon cancer?

There is no scientific evidence that any colon cleansing regimen significantly decreases one's risk of developing colorectal cancer.



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**matters of wealth — including your health**

