

Colon Hydrotherapy

The flushing out of colon to reduce the deposit building up on its walls- has grown steadily over the last few years. Many people are finding the treatment highly effective in ridding of the body of toxins; thought to effect both mental and physical function....

❖ Now You Can Do Something About It!

Many people are now becoming aware of the vital importance of a healthy digestive system for achieving a truly healthy lifestyle. The more we learn about pollutants in the environment and additives in our food and drink, the more concerned we are to find ways of reducing our intake of undesirable chemicals and make better choices for better health.

However, not all toxins are ingested- some may be produced internally through fermentation processes within the intestinal system. Anything less than 2 bowel motions per day will contribute to retention and build-up of harmful toxins within the body.

If we have irregular bowel movements or experience difficulties with waste elimination from the body, the re-absorption of toxins in the intestine may begin. This may lead to a slow poisoning of the system and the onset of a host of problems, vitality loss or serious disease. Inadvertent neglect through the years of irregular bowel movement can cause the colon to become impacted with waste material. The bowel residues, which may be decaying in close proximity to our living cells, allow harmful bacteria to proliferate and produce even more toxic material.

Some people may have to overcome fear of embarrassment or misconceptions about anything to do with cleaning out the bowel. If we replace these fears with knowledge of the importance of bowel health we can add this to our list of options for an achieving optimal nutrition, health of the immune system and the vitality to enjoy life.

❖ What Is Colon Hydrotherapy?

Colon Hydrotherapy is a safe, effective method of removing waste from the large intestine, without the use of drugs. By introducing filtered and temperature-regulated water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. This process is repeated in a few times during a session.

❖ Why Should I Be Concerned About My Colon?

The colon has been referred to as the sewer system of the body. It is the place where we store the waste material the most of us would rather not think about and most of us done until our health become poor or we feel constipated or have diarrhea. It best

benefits the body due to release of this accumulated congestion in the bowel.

❖ *What Is A Colon Hydrotherapy Session Like?*

A session is a comfortable experience for many people. It produces no toxicity. Techniques utilized allow a small amount of water to flow into the colon gently stimulating the colon natural peristaltic action to release softened waste. The inflow of small amount water and the release of waste may be repeated several times. The removal of waste should encourage better colon function and elimination.

❖ *Colon Hydrotherapy Can Help!*

After year of inadvertent neglect and irregular bowel movements, our colon becomes impacted with waste material that can putrefy. This waste build up can be re-absorbed back into the blood stream causing a loss of vitality and possibly leading to disease.

Colon hydrotherapy can remove the impacted solids allowing for proper absorption of nutrients as well as preventing toxic build up in the colon.

❖ *Visit our treatment rooms*

Our specially designed equipment uses gravity-fed water flow and is very safe. Our colon hydrotherapists assist clients as required, ensuring comfort, safety and the highest standards of hygiene.

During the session, most clothing can be kept on and you will be draped, or a gown might be worn to ensure modesty. Your dignity is always maintained.

❖ *Important information regarding your Colon Hydrotherapy:*

For the majority of client, it is strongly recommended that you have a course of at least 3–5 sessions colon hydrotherapy's during the first 4 weeks in order to achieve optimum results. This is followed by maintenance program, which generally consists of one colon hydrotherapy per month or more often depending upon your personal needs, this you can discuss with your therapist.

❖ *Prior to Colon Hydrotherapy:*

For best results it is recommended that you don't eat a large meal prior to colon hydrotherapy. You may have a small to medium meal 2 hours prior to your visit, but avoid eating meat, fish or chicken, is ideal.

❖ *After the Colon Hydrotherapy:*

Following the colon hydrotherapy it is best that you do not eat any raw foods. It is suggested that you try boiled rice and cooked vegetables with fish or chicken, or some

soup.

❖ *What to expect following Colon Hydrotherapy:*

Following treatment some symptoms may arise that are indications of successful colon hydrotherapy can release toxins from the body and as a result lead to some minor symptoms such as:

- Headache
- Muscular pain
- Undefined rash
- Allergies and other vague symptoms

These symptoms should they occur, improve with subsequent colon hydrotherapy, and are indications of a lowering of toxic levels in the body.

Following the recommended course of colon hydrotherapy can lead to increased vitality, clarity of the senses and optimal health.

❖ *Frequently Asked Questions*

- *Will I feel embarrassed?*

Your treatment will be held in privacy and you will remain completely covered during the procedure

- *Is the procedure painful?*

During the procedure you may notice some slight pressure, just as you would naturally when you feel the need to move your bowels.

- *How long does the procedure take*

The procedure takes approximately 30 minutes and you can return to your normal activities straight away.

- *Can I catch AIDS or any other infection from the procedure?*

No! The rectal tube is sealed in a sterile pack and opened only when required from your treatment, after which it is immediately discarded. All other equipment is chemically cleaned between appointments.

Should you have any questions, please do not hesitate to ask your therapist.