



Gentle Colon Hydrotherapy: Refreshing and Recharging

A healthy colon is essential to a healthy body. When the colon is working properly, its peristaltic (muscular, wavelike) motions move food through the system and eliminate waste within 16 to 24 hours of eating. Wastes allowed to remain too long in the digestive system feed harmful bacteria. Their presence interferes with the absorption of nutrients. Healthy bacteria in the colon are prevented from doing their job, thus providing a breeding ground for sickness and disease.

A SYSTEM IN DISREPAIR

A lifetime of poor eating habits, insufficient exercise and emotional and physical stress cause the system to degenerate. Toxic waste accumulates within the 60,000 miles of blood vessels, lymph glands, joints and cells. But the greatest amount is found in the linings of the colon. Approximately 5 to 15 pounds of waste is in the average adult American.

The presence of toxins can cause constipation, diarrhea, lack of energy and other ailments. Toxins interfere with the lymphatic system's ability to cleanse and, therefore affect the condition of every cell and organ of the body. When the material in the colon becomes toxic, it passes into the blood stream as a poison.

Many of us are constipated without realizing it. You may have a bowel movement every day and still have a colon packed with accumulated waste. The effects of this degeneration can be immediate –as with the onset of headaches, colds, skin problems, fatigue, indigestion, allergies or in the case of more serious conditions may take years to develop.

YOUR COLON AND WHAT YOU EAT

To work at its full potential, our system needs clean burning foods that do not clog the colon. This means a diet rich in raw fruits and vegetables, grains, sprouts, and nuts slowly eaten in the proper combinations. Raw foods act as a magnet, an "intestinal broom", to help keep waste matter moving along the intestinal tract.

DO YOU EXPERIENCE

ANY OF THE FOLLOWING REGULARLY?

Constipation	Swelling/Bloating
Athlete's Foot	Indigestion
Diarrhea	Aches and Pains
Need Laxatives	Fungal Infections
Bad Breath	Frequent headaches
Skin Problems	Asthma
Lower Back Pain	Sinus Problems
Infections	Food Allergies
Fatigue	Overweight
Insomnia	Underweight
Irritability	Edema
Lack of Sexual Response	
Yeast Infections	Loss of Memory
Anal Itching	Depression

WHAT IS COLON HYDROTHERAPY?

A hydrotherapy treatment gently cleans the colon by filling and emptying it with warm and cool water. A client lies relaxed on a table, which is connected to the hydrotherapy equipment. During the procedure, which usually lasts for 45 minutes to one hour, a colon therapist massages the abdomen and varies the water temperature to tone the colon muscles and improve peristaltic action.

THE BENEFITS OF COLON HYDROTHERAPY

In addition to toning the colon, hydrotherapy helps to increase circulation, calms the nervous system and brings relief to headaches, food allergies, backaches, indigestion, colds and other disorders. Most important, the body is better able to metabolize good sources of nutrition.

LEARNING TO LISTEN TO YOUR BODY

While you are in a state of ill health, your body loses the ability to communicate to you. Most conventional treatments only address the symptoms of illness and not the causes. By cleaning your system with hydrotherapy, you will remove a potential source of disease and create an environment for health.

WHAT IS THE DIFFERENCE BETWEEN

COLON HYDROTHERAPY AND AN ENEMA?

An enema merely flushes out the lower end of the colon where waste matter (feces) collects. The average enema uses only two quarts of water, while a hydrotherapy treatment uses 15 to 30 gallons of water to flush out the entire 5 ½ feet of the colon.

IS HYDROTHERAPY TREATMENT PAINFUL?

No. After a small tube is inserted into the rectum, a separate rubber tubing carries the water in and the wastes out in a lightly pressurized system. Minor, temporary discomfort may result if the client passes gas or old waste material or has an extremely congested colon. Once this matter is eliminated, the client experiences a feeling of release and renewed vigor. The colon is on its way to working properly.

HOW DO I KNOW IF I NEED A TREATMENT?

Almost anyone can benefit from some internal cleansing. Those of us whose diets have been rich in refined and devitalized foods are in even greater need of hydrotherapy.

HOW MANY TREATMENTS DOES

AN INDIVIDUAL NEED?

An effective cleansing program involves a series of treatments, combined with a healthy diet, exercise and relaxation techniques to detoxify the body and rebuild and rejuvenate the bowel. Many people start feeling a difference after just one treatment, as old matter is washed out. But the removal of large amounts of waste buildup is a gradual process and varies for

each person. Each clients body will change and improve from treatment to treatment.

IS A HYDROTHERAPY SESSION HARMFUL?

No. Unlike laxatives, which can be habit forming and cause inflammation of the colon, hydrotherapy is a gentle, thorough cleansing. Greater harm can result from not washing out the toxic substances inside the colon.

HOW ARE WE NOURISHED?

Humans are nourished and maintained not by what we eat, but by what we digest. The kind and quality of food put into the body – and how well the body processes and uses that food – is crucial to every phase of existence.

The body has been compared to a furnace and food is the fuel that stokes it. Many of us think of any food as adding calories to the fire. But nutrition is more complicated than that. We are not internal combustion machines, but live organisms made up of some 60 trillion tiny cells. Real nutrition involves "feeding" those cells, replenishing them, removing the ones that have died off and speeding the waste out of our bodies before it decays and becomes more toxic. We are sustained even when we eat foods that don't do this – but our cells are not regenerated. We age more quickly and are not as healthy as we might be. In this "twilight zone" of health, we may suffer from any number of complaints. We are not seriously ill, but we are not in the best of health.

WHAT IS THE COLON?

The physical process of digestion involves the cooperation of a number of major organs. The chief organ among them is the colon, the large intestine, which may be one of the least under-stood and most neglected organs of the body. The small and large intestines with the help of enzymes from the liver and pancreas change food into a form that the body uses for energy and repair. The final part of the digestive tract, the colon, is about 5 ½ feet long and has an average diameter of 2 ½ inches. It must handle the bulk of the food we eat. It's lining includes sensitive nerves and glands that aid in the assimilation of food, especially vitamins, enzymes and water.

Colon Hydrotherapy can provide relief from many of these health problems. If you have severe symptoms or any disorders, seek the attention of a licensed medical doctor.

Please contact us with any questions or to make an appointment.