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Kitchens & Bathrooms Special

Colon hydrotherapy

Give your body a spring clean

WORDS Shirley Emilio

"If we lived correctly, there would be no need to concern ourselves with the bowel. However, most of us are not living right"
 – Bernard Jensen, Physician

Over recent years, it has become popular to follow detox routines. These can include total abstinence from food, the taking of certain products, and lots of different ways to rid the body of toxins, lose weight and get your mojo back.

There are many programmes available which combine colon hydrotherapy, body work, juicing wonderful fresh fruits and vegetables, exercise, sleep and rest, and you can expect some fantastic results.

The health issues created by

an unhealthy lifestyle and faeces clogging your colon are obvious: bloating, flatulence, uncomfortable feeling and fatigue are just a few.

Colonic hydrotherapy removes this toxic waste, literally giving your insides a spring clean. More than that, colonic hydrotherapy is also thought to help with conditions like irritable bowel syndrome and multiple sclerosis.

Still not convinced? Well, if the health benefits don't have you searching for your nearest Colonic Centre, you should know that it can also help with weight loss.

Afterwards your tummy looks flatter and you feel that little bit lighter. But it must be said that it is not a weight loss quick fix route.

Imagine - at any one time you

can have quite a few sections of waste in your large intestine. As you go to the toilet, you pass another section and so everything moves around.

A colonic treatment introduces warm filtered water into the body and helps remove all the sections of waste, leaving the bowel empty and allowing your diges-

"You'll feel cleansed, energised and your jeans will feel looser!"

tive system to rest and relax. If you really want to know the transition time between food entering and waste leaving, eat beetroot.

Before and following the

treatment, it is good to have lighter foods, such as salads and soups, and plenty of water. For the ladies, it's no more intimate than a bikini wax. If you cannot bear the thought of a bikini wax, it is more comfortable than that and, before you know it, the treatment will be over.

Most men are far more health conscious nowadays with the increase of bowel cancer and digestive problems. Everyone is also far more open to discussing these issues and, after experiencing the treatment, most wonder what all the fuss was about.

The treatment is also far more comfortable than going for a colonoscopy and taking the pre-med liquid.

Usually, you brush your teeth yourself and, from time to time, you need the assistance of

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a dental hygienist to give them a good spring cleaning.

In the same way, most healthy people would benefit from having their gut periodically groomed by a professional colon hydrotherapist.

“Most healthy people would benefit from having their gut periodically groomed by a professional colon hydrotherapist”

It is far less embarrassing and far more comfortable than you will ever imagine.

Helping the body remove toxins and allowing the vital organs to rest and get itself back in balance is one of the greatest gifts you can give your body.

If you're not on the squeamish side, take a look at what gets cleared out. It will make you wonder how you ever functioned with such a lot of 'rubbish' weighing you down,

and will make you seriously consider the things you put in your body. Afterwards you may be given the option to take some probiotics to give your brand spanking new colon a bit of defence from the food you'll put into it in the future. Colonic hydrotherapy might even inspire you to give other things a clear out too - your wardrobe, your desk, even your mind.

You'll feel cleansed, energised and your jeans will feel looser!

Take a serious look at your lifestyle. This will give you an idea of the value you place on your health and how you can grow in your learning about what is good for you.

Always check your therapist is qualified. ●●●

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