



COLON HYDROTHERAPY




EXERCISE YOUR COLON


WHAT IS COLON HYDROTHERAPY?

Colon Hydrotherapy is a safe effective method of removing waste from the large intestine, without the use of drugs. The filtered, temperature regulated water is introduced into the bowel via a disposable speculum. This softens and loosens feces, resulting in evacuation through natural peristalsis down through disposable waste tubing that is piped away through a visible window on the colon therapy machine. There is no odor and modesty is maintained at all times. This flushing process is repeated several times during a therapeutic treatment for about 45 minutes.

SOME OF THE SIGNS OF POOR ELIMINATION AND A TOXIC COLON

Toxic waste is found throughout the body particularly in fat tissue, joints, arteries, muscles, liver etc. Common signs include:

Headaches, constipation, fatigue, bad breath, body odor, irritability, depression, poor concentration, pot belly, lower back pain, coated tongue, skin blemishes, abdominal gas, bloating, diarrhea, hemorrhoids, sciatic pain, poor concentration, pot belly, lower back pain, coated tongue, skin blemishes, abdominal gas, bloating, diarrhea, hemorrhoids, sciatic pain, poor immune function and inability to lose weight. Intestinal toxicity is part and parcel of many people's everyday lives and prevalent in all societies. Colon Hydrotherapy effectively eliminates large quantities of toxic waste improving the condition of the entire body.

WILL ONE COLONIC COMPLETELY EMPTY MY COLON?

The first colonic will identify the cause of your current digestive problem and find the colon irrigation technique which is the most beneficial for you. Most people have considerable amounts of impacted, hardened waste in their colon, especially if this condition has never been addressed with professional colon irrigation. As you become more aware of what is happening in your colon, and as your body learns to allow the cleansing experience, your body will respond by allowing the release of old compacted waste. Subsequent colonics remove more waste much quicker. The best practice is to have two sessions per week, till you get cleaned. More than seven days between colonics will slow the process of elimination down and will delay colonization of good bacteria flora. The amount of colonics you need to cleanse your colon depends on your health condition and can vary between 4 to 6 sessions.

IS A COLONIC PAINFUL?

When bowel problems already exist, Tension and cramps are sometimes experienced and this is an indication of a poor functioning bowel. Your colon therapist is skilled in putting you at ease and minimizing discomfort. Most people are relaxed with the colonic and pleased with the unaccustomed sensation of feeling lighter, cleaner and released, afterwards.

I AM A WOMAN, WHAT IF I AM MENSTRUATING?

It is perfectly safe and beneficial to have a colonic during your “period”. Most women find having a colonic on the day their period starts or just prior to it helps reduce the amount of discomfort. If you have PMT or prone to cramping it is advised to have a colonic couple of days before your expected period starts (you may get a pleasant surprise).

WHAT CAN I EXPECT AFTERWARDS, CAN I GO BACK TO WORK?

Expect to feel great! You will feel lighter and experience a sense of well being. After the first colonic, most people making remarks that it was much better than they have imagined. You can resume normal activities straight after your colon irrigation. Any activities you normally do such as work, social activities and exercise are fine to continue with. For some, the colonic may trigger further controlled bowel movements, some others experience ‘constipation’ which indicates the lost of capacity of moving waste without gases in the colon. To avoid that, we suggest high fiber diet, sip on veggie-juice morning & night and take supportive supplements (*GI Detox* or *GI Support* – from our dispensary) and Probiotics in between and after your colonics.

WHAT ABOUT WEIGHT CONTROL?

Not only does backed up toxic waste and parasites (worms, anaerobic bacteria, yeast-Candida) in the colon account for unwanted kilos (or lack of it), it also slows down metabolic function. By removing these toxins and parasites and improving diet and lifestyle, all these will aid weight management considerably. Our Weight Management Program (*K.I.S.S’ 4 LIFE*) based on a 3-week guided Detox Program, accompanied with regular colonics.

DOES A COLONIC WASH OUT ALL THE GOOD BACTERIA (INTESTINAL FLORA)?

Washing out old compacted matter and harmful parasites, like Candida, from the colon (large intestine) can only help to increase the production of good intestinal bacteria, however we need to support our colon during colonics with a special strain of good fungi, called ‘SB’, to protect our colon from yeast-colonization. Good bacteria can only “breathe” and multiply in a clean and oxygen rich environment. so by washing the colon out and using medical oxygen during colonics will help the natural procedure of keeping up a healthy balanced environment in the colon. After finishing your colon irrigation program, we highly recommend to use specific Probiotics to speed up colonization of beneficial bacteria flora.

Expect to feel great and don’t be surprised if people make remarks about your appearance, your skin will glow, you will feel more energy and your fatigue/sluggishness will fade out.

BENEFITS OF COLON HYDROTHERAPY

Benefits that have been reported with periodic colon cleansing:

- Improved bowel function
- Renewed energy and vitality
- Relief from wind and bloating
- Relief from headaches
- Healthier and improved complexion
- Better posture
- Improved concentration
- Relief from lower back pain
- Loosening of mucus
- Improved range of movement
- General wellbeing and feeling of improved functioning of bodily systems

1

TREATMENT/PRODUCT	PRICE
COLON HYDROTHERAPY SESSION	AUD 110.00
NEW SPECULUM	AUD 11.00
ULTRA FLORA SB DYSBIOSIS	AUD 54.95
ULTRA FLORA RESTORE 60c	AUD 49.95
CASTOR OIL 200ML	AUD 11.00