

**Haggis and Swedes**  
**Travel:** Gothenburg is one city in Europe where the Scots are always welcomed as old friends - because they are. And with new flights from Prestwick the link is as strong as ever, discovers Allan Burnett

**Highland Bounty**  
**Gardens:** From the lush west coast to the wilds of Aberdeenshire, Scottish country gardens have a bold identity of their own, writes Jennie Macfie

**Horoscopes**  
**Stella Begg**

**Qu Eye for the Straight**  
**Guy**  
 Currently sweeping America, the gay makeover show which sees a bunch of hip queens transform some dyed-in-the-wool macho man/terminal slob, could work very well here. Likely candidates are...

**Renegade Master**  
 He was the hottest movie star in the world until a major studio declared him mad. Now actor Elliott Gould is a left-field icon rediscovered by a new generation. At home in Los Angeles, he talks to Peter Ross about his roller coaster career, his dysfunctional upbringing and his relationships with women, including first wife Barbra Streisand

**Women on Form**  
 Seven women, all outstanding in their own field, pick an artist celebrated in *Icons Of Art: Women Artists* and explain why that work has particular resonance for them. Unexpected, moving, articulate and illuminating, each is the testimony of a woman impassioned and inspired by the work of another

However, it is important that a cancer patient is under competent medical supervision. It would not be wise to give colon treatments to a patient who was too weak to withstand them. In addition, colon irrigations would be contraindicated in a patient with a tumour in the rectum or large intestine, or whose intestinal tract was too acidic. When the mucos membranes in the colon become too irritated, colon irrigations may be too harsh a treatment and the patient would be advised to go on a metabolic program to reduce the acid state before beginning a series of colonic hydrotherapy. At the clinic where I work, we do special testing of the body's pH level (in urine and saliva) before making specific recommendations about colonic irrigations.

For some people, other forms of intestinal cleansing are more manageable. Many herbs can be used to dislodge encrusted faecal matter. Psyllium is often used because it swells up when added to water forming a bulky, jelly-like substance remarkable for its ability to absorb large quantities of sticky, gluey mucus from the gastrointestinal tract. Bentonite is a type of volcanic ash which is effective in loosening stagnant material on the colon wall. Herbs such as cloves, plantain, rosemary and bayberry bark are used to eradicate negative bacteria.

A treatment begins with a detailed case study, and an explanation of the procedure. The client is asked to remove all clothing and wear a gown provided by the therapist. The client then lies down on a treatment table and warm, purified water is introduced into the colon via the rectum, the therapist will use special massage techniques during the procedure to stimulate the release of stored faecal matter.

The colonic irrigation will take between 30-45 minutes. Herbal and probiotic implants may be used and advice will also be given on dietary changes needed to complement the treatment, and on how many sessions may be necessary to achieve the desired effect.

A colonic irrigation programme may be recommended to support the initial treatment.

[www.stargatenutrition.com](http://www.stargatenutrition.com)

09 November 2003

◀ ◀ previous page

**needtoknow:** the week's essential reads

**.WHAT WE THINK.**

**How Glasgow is being failed by turf wars**

**news:** Stakeknife to be grilled by agents

**news in focus:** The trouble with Glasgow

**international:** Bush faces down Iraq backlash

**sport:** Kiwi Blackadder to coach Scotland

**sevendays:** Remembering humanity, not war

**business:** Railways set for change?

**magazine:** History's greatest female artists

**review:** Robert Downey Jr's festering detective

**.POWERPLAY.**

Iain Macwhirter argues that the real challenge to Labour is internal disunity... as all Tories know

**readerpoll**

**Who do you trust the least?**

- Civil Servants
- Doctors
- Financiers
- Politicians
- Scientists
- The Clergy
- The Media

[vote](#)

[view results](#)

**eBooks:** free digital texts that inform, educate & entertain