

What is Colonic Irrigation?

Tired of feeling sluggish, bloated and depressed – the chances are your body is awash with toxins you unwittingly consume every day. To really rid yourself of the bad stuff and literally flush it away try the ultimate detox – colonic irrigation

Colonic irrigation (also known as colon hydrotherapy), is a gentle internal bath which uses warm, purified water to cleanse the colon of accumulated toxic waste matter. While mainstream medical opinions remain divided over the effectiveness of this alternative therapy, the testimonials of those who regularly engage in the treatment speak volumes – claiming a myriad health benefits from clearer skin to dramatic weight loss.

Why cleanse?

The colon, large intestine or bowel is situated in the abdomen and forms the last part of our digestive tract. An extremely important organ in its own right, it carries out a number of vital functions including the completion of the digestive process involving absorption of water-soluble nutrients as well as the synthesis of certain vitamins. The colon is a major part of the excretory system, and is responsible for eliminating food and other body

wastes, as well as protecting us from infection and disease. We experience better health and wellbeing when the colon is clean and functioning normally. In a normally functioning colon, this is achieved with the help of billions of friendly bacteria "bacilli coli", which inhabit the colon and make up some 70% of the dry weight of our faecal waste. However, the delicate balance of this internal ecosystem can very easily be disturbed by a number of factors including stress, pollution, electromagnetic influences, poor food and drink choices, certain drugs, smoking and exposure to toxic substances. The result of this imbalance is that the colon can become congested with stagnant wastes.

Practitioners profess that accumulation of faecal matter in the large intestine is responsible for a huge range of diseases and discomforts – as waste builds up in the colon, bacterial and fungal toxins are absorbed by the body instead of eliminated – a process they term auto-intoxication. It is this

process, they claim, which lies at the root of almost all ailments from bladder infections to depression! The sugar-high, fibre-low diet of processed food so many of us indulge in today is only exacerbating the situation – making regular colonic irrigation more worthwhile, and some would say more necessary, than ever before.

What's involved?

During colonic hydrotherapy, a soothing flow of warm water is circulated around your large intestine, while a therapist gently massages your abdomen to dislodge toxic waste from the walls of your colon. The whole procedure lasts no more than about sixty minutes and while it can occasionally be a little uncomfortable, it is on the whole pain-free. Indeed, many people even find it a pleasant sensation. What's more, unlike other methods of purging the large intestine such as laxatives, which often irritate the bowel and can become highly addictive, colonic irrigation is entirely non-habit-forming and

in fact, actively strengthens the muscles of your colon.

So, whether you're looking to improve your overall health and wellbeing, supplement an already healthy lifestyle or find a solution for a more specific health concern – the answer just might lie in colonic irrigation. ▶

The benefits

The health benefits of detoxifying your system through colonic irrigation include:

- Improved Metabolism
- Greater Vitality
- Healthier Skin & Hair
- Fewer Headaches
- Improved Immune System
- Reduction of Excess Weight
- Elimination of Undigested Food
- Exercises the Colon

Total wellbeing

Celebrity fans

The late Princess Diana extolled the virtues of regular colonics, allegedly spending over £4000 a year on the treatment, and most of young hot Hollywood are now thought to be fans – Paris Hilton and Ben Affleck are known devotees. But it's no modern fad – the first recorded reference to colon cleansing dates back over 3000 years to ancient Egypt!



Toxin overload

If your body gets overloaded with toxins you can become prone to ill health – related problems include:

- Constipation
- Poor circulation
- Bloating stomach
- Insomnia
- Skin problems
- Lack of concentration
- Irritable bowel syndrome (IBS)
- Body odour
- Allergies
- Weight problems
- Chronic fatigue
- Food craving
- Abdominal gas
- Premature ageing
- Candida (yeast infection)
- Joint /back pain
- Headaches/migraine
- Parasites infection
- Bad breath/halitosis