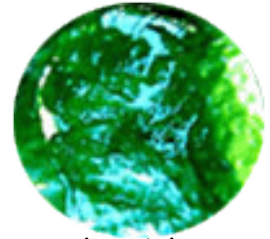


Sue Webster : Colon Hydrotherapist Allergy Therapist

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Colon Hydrotherapy - what's it all about?

Despite the recent publicity on TV and in magazines, Colonic Hydrotherapy (or Colonic Irrigation) is not a new fad. We know from historical documents that humankind has treated bowel problems this way for at least 2500 years! Indeed the Victorians were quite fond of this treatment which only really disappeared after the Second World War when drug therapy became (and remains) more fashionable.

One in three people consulting their GP's complain of a bowel problem. People in the UK spend over £100,000 *every week* on laxatives!

How the colon keeps us healthy.

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
- the absorption of water soluble nutrients
- the synthesis of certain vitamins
- the elimination of food and other body wastes
- protection from infection and disease

The balance of our colon health can be affected by:

- stress and emotional issues
- pollution
- poor diet and drink choices
- medication, social drugs and laxatives
- smoking

When imbalanced the colon can become congested with stagnant wastes. As a result, poisons can back up into our system and ailments result. This is known as "auto-intoxication" which means 'self-poisoning'.

In addition to this it is worth noting that the healthy transit time of food through our bodies is less than 24 hours. On average in the UK it is now 60 hours for men and 70 for women.

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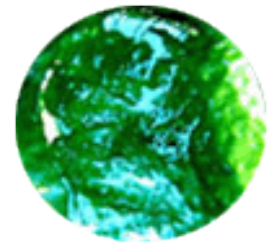


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So ... what exactly can colonics do for you?

There are few of us who don't feel the need to 'detox' at some point in our lives, particularly before or after Christmas and holiday periods!! We commit to a new exercise regime, reduce alcohol and cigarette consumption and watch what we eat. This is especially true if we experience 'tummy' problems like bloating, IBS, constipation/ wind or cramps.

But problems in the function of the colon do not arise in isolation - the entire digestive tract and our ability to absorb nutrients in our diet are equally important. Colon Hydrotherapy can be a wonderful place to start healing both colon problems and digestion generally! The benefits of colonic treatment include:

- The removal and cleansing of old, hard waste products and harmful toxins caused by stress, convenience food, lack of exercise and pollution
- Detoxification of the liver and immune system support
- Providing a favourable environment for 'friendly' bacteria and controlling harmful pathogens and parasites
- Re-education of the colon encouraging healthy peristalsis and a return to regular, normal bowel movements
- Encourages the absorption of nutrients into the blood-stream

Don't forget colon hydrotherapy can help with a number of other physical and mental ailments including: arthritis, backache, allergies, bad breath, skin problems, asthma, chronic fatigue, difficult weight loss, frequent colds, depression, insomnia, prostate trouble and menstrual problems.

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