

Lavender Rooms Colon Hydrotherapy Clinic

Following your colonic hydrotherapy treatment, it is possible that you may experience what is termed as the 'Healing Crisis', the result of toxins being released from the colon.

This may include:

- Headaches
- Skin blemishes
- Lethargy
- Cold like symptoms
- Increased urination

These symptoms are only temporary and should diminish within 24 -48 hours. As we are all unique individuals it is not possible to predict who will succumb to the healing crisis, which, I stress, is a positive reaction.

There are some individuals who immediately experience the many positive benefits of the therapy.

These may include:

- Feeling of wellness
- Clearer, sharper vision
- Flatter abdomen
- Reduced bloating
- Increase in mental agility
- Better quality sleep

Now the initial groundwork has commenced it is up to you to take an active part in striving for optimum health, by reviewing your diet and lifestyle including having regular colonic irrigation.

It is advisable to eat only a light meal following your treatment. It is essential that you drink at least an extra litre of water. Remember to aim to increase your fluid intake to two to three litres of water daily.

It is not uncommon for some people not to have a bowel movement for several days after the treatment. This is a strong indication that Transit Time is slow, this is the time that elapses from swallowing of food to its elimination.

An essential component for colon health is the administering of Lacto bacilli acidophillus, which I firmly encourage you to take. It is available in capsules or powder or as an implant following your next colonic. Research suggests that it is instrumental in preventing colon cancer whilst maintaining a healthy bowel.

If I can be of any further assistance please do not hesitate to contact me.

The road to Optimum Health is paved with good intestines.