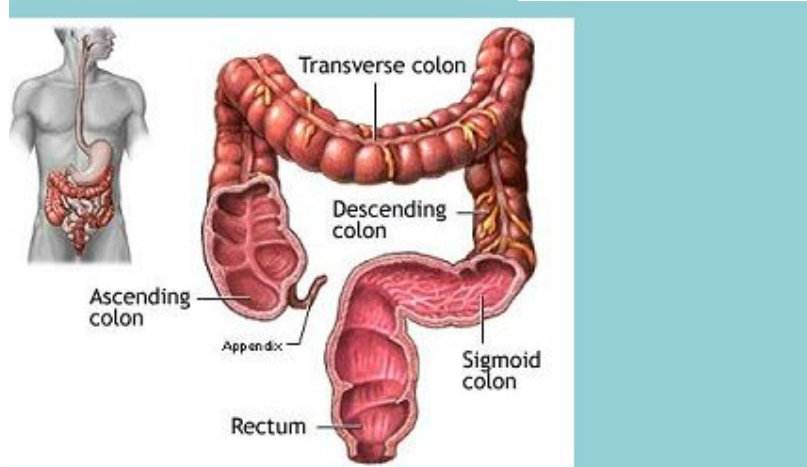


Lavender Rooms Colon Hydrotherapy Clinic

The Colon

The colon, bowel or large intestine, is the end portion of the human digestive tract (it is a continuous food carrying passageway extending from the mouth to the anus). The colon is approximately 5 feet long and 2 1/2 inches in diameter. Its major functions are the absorption of water and minerals and the formation and elimination of waste (faeces).

figure 2: location and graphical overview of the colon



Colon Hydrotherapy Treatment

Using state of the art German Colon Hydrotherapy equipment that enables us to fill at a very low constantly monitored pressure. We know the pressure in your colon throughout the treatment, ensuring your complete comfort and safety.

The client relaxes comfortably on a massage table as a small disposable speculum is gently inserted into the rectum. The speculum has a separate water and waste line that is attached to the hydrotherapy equipment. The purified water is introduced very slowly into the colon, when slight pressure builds up in the colon, the water is gently released along with waste matter from the colon.

Just one colon hydrotherapy session may be equivalent to having 10 or 20 regular bowel movements. Eliminations during subsequent therapy sessions can be even more substantial as older, hardened, impacted waste (faeces) is cleansed from the colon walls.

During your colon hydrotherapy session your therapist may give you an abdominal massage using castor oil. Massage has a calming effect on the colon, which will increase the effectiveness of peristalsis (the muscular action of the colon to push waste through). This then loosens any impactions and

may aid the removal of gas. If preferred you can massage your abdominal area yourself.

Each colon hydrotherapy session lasts approximately 30 - 45 minutes, allow one and a half hours for the first session to allow for a consultation (during which the procedure will be explained and we will talk through your completed Client History Form and time to change before and after the treatment.

Constipation and Toxicity

A normal healthy transit time of food is less than 24 hours; on average in the UK it is now 60 hours for men and 70 hours for women. In fact the UK is the most constipated nation in the world. Sadly the UK has the highest incidence of bowel cancer in the world, with 20,000 new cases each year.

One in three people consulting a GP have a bowel problem such as Irritable Bowel Syndrome, Colitis, Crohn's Disease, Diverticulitis and Candida. When waste matter sits inside the colon dehydration and stagnation occurs, therefore toxins build up and this creates erratic conditions in the body we call dis-ease.

Toxins from the colon are absorbed throughout the body and manifest themselves in a wide range of health problems and general malaise affecting so many in the UK. Proper bowel management and health will never be achieved through the use of drugs and/or surgery. The answer lies in a time-proven and natural approach - Colon hydrotherapy.

In the last 10 years there has been a resurgence of interest in alternative medicine and personal health care. Once again people are discovering the many health benefits of maintaining a strong and clean colon. This return to using colon hydrotherapy has been helped by the development of sophisticated colon hydrotherapy machines, which make the treatment both safe and comfortable.

Preparation and aftercare

At the close of your session, the movements of the colon muscles and the resulting releases may leave you feeling empty and relaxed. It is not unusual to wait 2-3 days for your first bowel movement. During this period you might experience a heightened sensitivity to what you ingest. Drink plenty of water and abstain from eating gas-producing foods, ones that cause allergic reactions, and fruit in the event of a Candida albicans condition. It is recommended that you also take a probiotic supplement.

In the 24-48 hours prior to your Colon Hydrotherapy session, we suggest that you eat primarily seasonal and organic vegetables, fruits, and grains. Drinking 6 - 8 glasses of water (filtered or distilled) daily will also assist in the cleansing process. On the day of your session eat lightly, mostly vegetables, fruits, and

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juices. Unless you are on a special regimen.* do not eat in the 2 hours immediately prior to your appointment.

*If your diet is medically supervised, please disregard any contradictory suggestions and adhere to your doctor's requirements.

Foods and beverages to avoid directly after your session:

- Alcohol
- caffeinated tea and coffee
- carbonated drinks
- chocolate
- dairy products
- desserts
- fried and fatty foods
- flour products
- ice cream
- processed and junk foods
- sugar
- wheat products

Also avoid gas producing foods such as:

- beans
- broccoli
- brussel sprouts
- cabbage
- cauliflower
- onions
- peppers
- soy products
- raw apples

Suggested food and beverages to eat following your session:

- water, water and more water
- apricots
- bananas
- blueberries
- Miso soup
- chamomile and peppermint teas
- fish and poultry
- grapes
- green leafy vegetables
- nuts - almonds, walnuts (unsalted)
- seasonal organic vegetables
- seeds - pumpkin, sunflower
- whole grains - rice, millet, quinoa

Cleansing

Toxic material is broken down so it can no longer harm your body or inhibit assimilation of foods and elimination of waste. Faecal debris built up over a long period is gently removed over a series of colon hydrotherapy treatments. Once this impacted material is removed, your colon can again resume its normal absorption and elimination function. A colon hydrotherapy session may be considered a rejuvenation treatment for your body.

Strengthens the colon muscles

The build up of toxic debris weakens the colon and impairs its functions. Gentle filling and emptying of the colon can improve peristalsis (natural muscular contraction) that aids efficient removal of waste material.

Reshapes the colon

Over time, the natural shape of a problematic colon will become distorted causing even more problems. The gentle water action and massage techniques of the therapist will help eliminate protruding pockets of waste and narrow, spastic constrictions. After a series of colon hydrotherapy sessions, the colon gradually begins to resume its natural shape.

Stimulation of reflex points

Every system and organ of the body is connected to the colon by reflex points. A colon hydrotherapy session stimulates these reflex points, thereby affecting the corresponding body parts in a beneficial way, similar to reflexology.

Constipation leads to old hardened faeces sticking to the walls of the colon. The colon passage through which the faeces travel is greatly reduced by the impacted waste, this results in stools that are narrow in diameter. Many people are constipated without even recognizing the condition, they have experienced poor, narrow stools for so long, they think it is 'normal' When the colon is packed with a layer of old, toxic waste, it is not possible for the lining of the colon to function normally, and the glands in this lining cannot produce the necessary intestinal flora or lubrication. The lack of lubrication in the colon makes the constipation worse and this leads to more colon toxicity and possible disease.

Most people have no idea how much old, hardened, faecal matter is lodged within their colons. Many experts now believe that the average person has 5 to 20 pounds of accumulated waste matter in their colon. While not a weight loss procedure many people who complete a series of colon hydrotherapy sessions experience significant weight loss and flattening of the stomach.

Colon hydrotherapy effectively removes stagnant faecal material from the colon walls, preventing the build up of toxins in the portal and lymphatic system, resulting in a reduced load on the liver. In addition, the treatment

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removes mucous, gas, parasites and cellular debris, and improving the peristaltic action of the colon (muscular action of the colon to push waste through) and better absorption of nutrients from food.

It is estimated that over 90% of disease can be contributed directly or indirectly to an unhealthy digestive system. One authority in America has estimated that the number of sufferers of IBS is secondary only to the common cold and is the most frequent cause of time off work.

Disclaimer

Colon hydrotherapy is not intended to replace the relationship with your GP and the consultation is not intended as medical advice. They are intended as a sharing of knowledge and information from our education, research, and experience.

The information and service provided is not used to prescribe, recommend, diagnose or treat a health problem or a disease. It is not a substitute for medical care. If you have or suspect you may have a health problem, you should consult your GP.

Most experts agree that if you are not having at least 2 or 3 bowel movements every day, then by definition, you should consider yourself constipated. Sadly today it is considered 'normal' to only have a bowel movement every 2-3 days. Constipation is a state of the bowel in which evacuations are infrequent and difficult, or where the colon becomes lined with impacted, hardened faeces. Undigested food and waste may remain lodged in the colon for days, weeks, or even years to putrefy and generate toxic substances harmful to your health.