

Do you fit this description?

Have you ever said, "I'm not constipated, I eliminate every day and I don't need a colon cleansing?"

Bowel problems can occur in many people in spite of "daily eliminations". Very often the complete length of the colon is impacted with old, hardened fecal matter. This leaves only a narrow channel for the small, softer feces to pass through. Failure to cleanse the colon is like having an entire garbage collection staff go on strike for months on end!

The colon, or large intestine, is the sewage system of the body. If the wastes in the colon are allowed to build up, they may decay and be absorbed through the walls of the colon into the blood stream. These toxins may poison the brain and nervous system with a possibility of depression, irritability, weakness and listlessness. They may poison the lungs so that your breath is foul. They may poison the digestive system so that your skin is sallow and unhealthy. In short every organ is affected and you may look and feel old, have stiff and painful joints, dull eyes and sluggish thinking. Finally, you "lose the joy of living". As Dr. Weger writes in *The Law of Disease*: "Disease is a warning. It is a friend, not a foe, of mankind. It manifests itself in its various forms, from a slight cold to the more severe inflammations for the sole purpose of ridding the body of accumulated poisons."

History of Colon Therapy

Colon Therapy is a very ancient method of treatment and form of healing. Enemas were recorded as early as 1500 BC in the "Ebers Papyrus", an ancient Egyptian medical document. Hippocrates, Galen and Pare also promoted the use of enema therapy. In those earlier times people performed an enema in a lake or river using a hollow reed to allow water to flow into the rectum. Bernard Jensen, DC, says, "In times past, knowledge of the bowel was more widespread and people were taught how to care for the bowel." Somehow, bowel wisdom got lost and it became something no one wanted to talk about anymore.

What is Colon Hydrotherapy?

Colon Hydrotherapy is the safe, gentle infusion of warm filtered water into the rectum using no chemicals or drugs. This is a restorative, painless procedure which is both relaxing and effective. The individual lies comfortably on a custom treatment table and a small speculum is gently inserted in the rectum. The therapist then monitors the temperature and pressure of the water infused into and out of the colon (large intestine) without any assistance on the part of the individual. The entire procedure takes approximately 40 minutes.

The colon hydrotherapy method cleanses the entire colon without stressing the individual. The instrument features a disposable unit which eliminates any possible contamination to the patient from a previous procedure. The system is closed and waste material is eliminated through the instrument and out the drain line, avoiding any offensive odor and maintaining the dignity of the individual.

*Every organ of the body
is affected by
the health of the colon.*

Frequency Of Procedure

An initial series of between 3 to 12 procedures are recommended. Years of improper nutrition cannot possibly be reversed in a few procedures. More procedures may be required in cases of chronic constipation or the atonic (sluggish) colon condition. Following the initial program, it is advisable to have a series of 2-3 procedures every change of season or once a month to maintain optimal colon health.

Imbalances of the Colon

Structural, functional and metabolic imbalances of the colon are manifested in various forms. The effect of auto-intoxication and constipation are shown in the most common abnormalities of the colon, such as adhesions, ballooning sigmoid, colitis, diverticulosis, mucosal dysfunction, spastic bowel, strictures and ulcerations.

Toxic Buildup

When people finally visit their doctor, they often have suffered for years from many of the following symptoms of toxic build-up and constipation:

- Fatigue and depression
- Gas—belching or flatulence
- Headaches
- Irritability, anxiety, nervousness
- Insomnia
- Nausea and abdominal discomfort
- Protruding, tender or rigid abdomen
- Sagging posture
- Lack of Interest in work or play
- Loss of memory or concentration
- Lack of sexual response
- Overweight, underweight
- Poor appetite, malnutrition
- Skin blemishes
- Sallow complexion
- Dark circles under the eyes
- Brittle hair and nails
- Bad breath, coated tongue
- Body odors
- Cold hands and feet
- Swelling of the legs
- Low back pain
- Menstrual problems
- Blood pressure high or low
- Neuritis and neuralgia

Summary

We take better care of our cars than we do our bodies.... how often do you get the oil changed in your car??? You don't have to go through life suffering with awful migraines, years of constipation, back aches, acne, and skin problems as Diane did until she found this type of therapy. Colon Hydrotherapy is and can be helpful for all of those symptoms and many others.

Periodic cleaning of the colon could prevent stagnation and minimize the exposure of potential cancer-causing agents to the colon wall. Colon Hydrotherapy has the possibility of dissolving caked on waste material such as feces, gas, mucus, and toxic compounds by removal through the anus. The result is a cleaner, healthier colon and an improved overall health status.

Colon Hydrotherapy is often referred to as colonics, high colonics, or colon irrigation. It is a very **safe and effective method to cleanse the Colon** (large intestine) of accumulated waste and toxins, **gently and gradually**. Your health and well-being is of the utmost importance to us at the Brannick Clinic of Natural Medicine.

Disclaimer

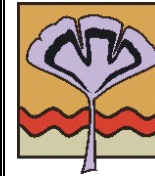
Note: The colon cleansing procedure administered by this office is a nonmedical procedure for cleansing of the colon. It is not intended to be a treatment, prescription or therapeutic or corrective measure for human ailments symptoms or conditions of any kind. Only your licensed physician can provide such medical treatments. Any medical complaints or requests for diagnosis, prescription or treatment of human ailments should be referred to your licensed physician.

Diane Williams

***I-ACT Certified Colon Hydrotherapist
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Colon Hydrotherapy
"Colonic"
A Gentle Irrigation
For Your Colon

A restorative method
for improved health