

GARDENING ON THE INSIDE?

Twenty feet of hosepipe, a huge funnel, and resting anxiously on your elbows with your bottom in the air waiting for the inevitable! Yes, that is the picture that most people have when talking about colonic irrigation. I like to say colon hydrotherapy because I think, irrigation makes me sound like a gardener and I wouldn't be able to landscape your garden. I would however compare our colons with a garden. Instead of it being the butt of many jokes, thinking that our colons are dirty disgusting and embarrassing, let me try and explain it in a nicer and less embarrassing way:

What do we need in order for our roses to be beautiful, healthy and strong? The soil must be prepared initially so that the seeds can be planted, flourish and grow and clear of harmful things - bugs and weeds.

We may use natural (friendly) products such as garlic extract, eucalyptus oil or citronella as a natural insect repellent or choose a chemical based (unfriendly) repellent. We are the same, we are able to choose what we put into our bodies whether it is locally grown fresh fruit and vegetables (friendly) or processed foods, cigarettes and booze (unfriendly).

A unique feature of the large intestine is that it contains a huge number of "friendly" bacteria. The bacteria are the scavengers living off the undigested food remnants, dead cells and the mucous which is produced in the intestine. The unfriendly bacteria are the chemical based, unnatural products we eat, smoke or inhale. Some animals, the herbivores, depend for their lives on the bacteria in their intestine - the grass they eat is useless until it has been fermented by bacteria.

Our colon is the garden of all the nutrients we need to flower as human beings, to be energetic and to enjoy all the things that make life worth living. It is therefore very important to tend to this "garden" with as much love and care as we would our prize roses.

Anyone concerned with health and beauty should consider a colon cleansing programme. Kim Bassinger, Goldie Hawn and Demi Moore are just a few famous Hollywood names that have advocated the importance and benefits of a colon cleansing programme.

A colonic is the gentlest, safest and most effective way yet discovered of clearing out waste materials, faecal matter, gas, mucous, and toxic substances which have become trapped in the colon, bathing the deposits away using repeated gentle flushing of warm purified water under slight pressure. A session of colonics may remove between five and twenty pounds of impacted matter, not only leaving us feeling healthy inside but also our skin, hair, eyes and nails will also look healthier.

From the January 11th 1999 edition of USA TODAY it was reported that a post mortem revealed, John Wayne had 40lb's of faecal waste in his colon and Elvis Presley had 60lb's!

The pressure is safe because it is so low, so there is no danger of perforating or straining anything inside you. As the pressure is created by gravity, there are no pumps, there is no danger of accidental pressure build-up. It is very important that we work together throughout the entire procedure so that the whole experience is pleasant, calming and overall effective.

I want to share a few facts with you:-

IMAGINE

The healthy transit time of food through our bodies is less than 24 hours. On average in the United Kingdom, it is now 60 hours for men and 70 hours for women.

The United Kingdom is the most constipated nation in the world.

The United Kingdom has the highest incidence of bowel cancer in the world with 20,000 new cases per year.

One in three people consulting a G.P has a bowel problem.

Nature designed a healthy digestive system to have one normal bowel movement for each meal, or three a day. Our systems have become so inefficient that now the accepted norm is one a day, yet that already means a person is constipated! How many people don't even manage that? How many have maybe two or three a week? Apart from constipation, a poorly functioning colon can show as diarrhoea or as Irritable Bowel Syndrome. None of these, even if regular, are normal bowel movements, they are a

digestive system crying *HEL P!*

Colon hydrotherapy is a pleasant, clean, odourless treatment without embarrassment and is helpful for so many conditions, some of which I have listed:- IBS, diarrhoea, constipation, candida, headaches, bad breath, bloated stomach and wind, haemorrhoids, indigestion, stiffness or sore joints, backache/sciatic pain, mental/physical sluggishness, even cellulites.

Of course there are limitations, and it would not be appropriate to receive a treatment if you are suffering from:- a disease of the large intestine, cancer of the rectum or bowel, fissures, severe haemorrhoids, recent surgery on the rectum or bowel, bowel perforation, disease of the liver, cirrhosis, severe gallstones, cardio-vascular disease, high/low blood pressure (160/100 - 100/60), congestive heart failure, severe anaemia, kidney disease, insufficient / low renal function, abdominal hernia or recent scar (less than eight weeks), or pregnancy up to 8 months.

I hope you have found this information interesting and you can now think of your colon as a very sophisticated and essential part of your system, having a major impact on your quality of life, probably far more that you ever realised.

Janet Brownrigg
Kamala Centre
Club De Tennis
Calpe
Tel: 96 587 5869 / 649 076 612
e-mail: janetbrownrigg@yahoo.co.uk
www.janetbrownrigg.com