

treatment

colon hydrotherapy

(colonic irrigation)



Colon hydrotherapy is a gentle internal bath that deeply cleanses the colon. It can improve the health and wellbeing of people suffering from a number of debilitating conditions.

medspa
clinic
Tunbridge Wells

www.med-spa.co.uk

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Colon hydrotherapy is a gentle internal bath that deeply cleanses the colon of toxins, accumulated matter, gas and mucous plaque.

Excretory products in some cases remain far too long in the digestive system and have a tendency to ferment and decay. This leads to a dramatic increase in harmful bacteria but more importantly a catastrophic reduction in the good bacteria that protects your immune system.

Mucous and toxins which are left to decay are reabsorbed into the blood stream and these substances automatically lead to auto-intoxication. A great number of diseases and lack of condition of our bodies are due to this auto-intoxication process.

Hydrotherapy cleanses and detoxifies from within. Due to lack of exercise, stress and poor diet most people have many layers of unwanted material in their colon. The average adult can have as much as 6kgs!

Colon hydrotherapy improves the health and wellbeing of patients suffering from a number of debilitating conditions which will be fully explained to you at your consultation and during your treatment.

Benefits of Colon Hydrotherapy?

- Clears and removes toxins from the lower intestines and helps in the reconstruction of its intestinal flora – the treatment washes toxins out of the colon whilst stimulating the liver and lymphatics to activate deep tissue detoxification
- Strengthens the immune system
- Improves metabolism and aids in the absorption of nutrients
- Helps with weight loss by removing toxic build up. People can lose between 2 to 4 pounds of waste after just 1 session
- Relieves pressure on abdominal organs, thus reducing pain and discomfort in this area
- Increases blood flow from lower extremities and the pelvic region
- Improves circulation and digestive problems without the aid of prescribed drugs
- Tones up the abdomen
- Maximises functions of the large intestines, lymph, and nervous system
- Removes parasites
- May act as a preventative measure against cancer especially colon cancer
- Improves mental clarity and rejuvenation by removing toxic material, which causes premature ageing
- Regular and improved bowel movements



Freephone 0800 6800731



Since having a course of **Colonic hydrotherapy...**
I hardly recognise myself. My skin is 100% better
and I feel and look so much younger and fresher.



What will Colon Hydrotherapy do to the colon?

Cleanse the colon: Toxic material is broken down and gently flushed away so it can no longer harm your body or inhibit assimilation and elimination. Debris built up over a long period are gently, but surely, removed in a series of treatments. Once impacted material is removed, your colon can begin to function as it was intended to. In this very real sense a colonic is a bodily rejuvenation treatment.

Hydrotherapy exercises the colon muscles: The build up of toxic debris weakens the colon and impairs its function. The gentle filling and emptying of the colon improves peristaltic (muscular contraction) activity by which the colon naturally moves material. A popular misconception that colonics are habit-forming is completely incorrect, quite the opposite. The colon is a muscle and just as you give your body a workout at the gym, so the muscle tone of your colon improves with regular colonic treatments.

Hydrotherapy reshapes the colon: When problems exist in the colon, they tend to alter its shape, which, in turn becomes the cause of more problems. The gentle action of the water, coupled with the massage techniques of the colonic therapist help to eliminate bulging pockets of waste and narrowed, spastic constrictions which enable the colon to resume its natural form and function.

Hydrotherapy stimulates reflex points: Every system and organ of the body is connected to the colon by reflex points. Colonic hydrotherapy stimulates these points, thereby affecting the corresponding body parts in a beneficial way.

The benefits of colon hydrotherapy can often be quickly observed in the form of improved bowel function together with clearer skin, heightened mental clarity, improved sleeping patterns, fewer headaches and increased energy and vitality. Circulatory, immune, inflammatory and weight problems often improve with colonic treatments when combined with diet and lifestyle changes.

After treatment, the bowel is better able to absorb nutrients and less likely to absorb harmful toxins.



How is the therapy performed?

Med-Spa provides colon hydrotherapy treatment using a closed German system called the Colon-Hydromat; this features a specially designed **one use only disposable tube system** for the avoidance of even the smallest risk of cross contamination. The therapist has full control over the machine and will adjust the water temperature and the flow of purified and filtered water into your colon to ensure a comfortable excretion of waste throughout the treatment. By performing a soft massage of the abdominal wall, the therapist can feel the problematic zones and can guide the inflowing water especially to this point.

How many treatments?

This very much depends on the individual; initially most people would benefit from a course of 4–6 treatments within a 3–4 month period.

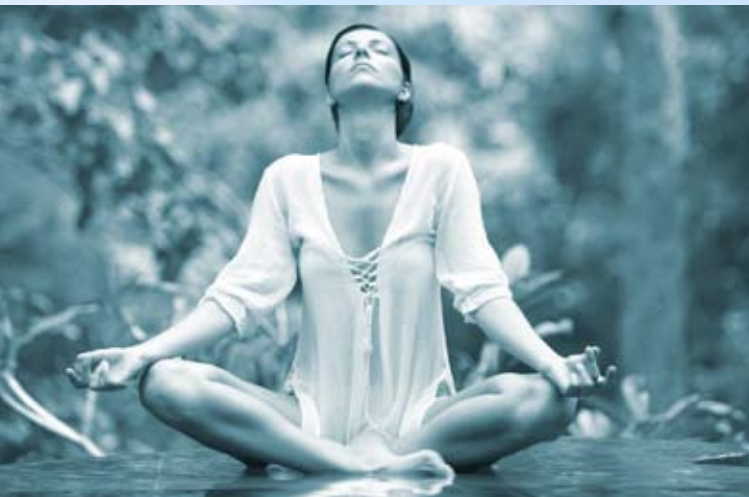
Subsequent preventative and maintenance treatments depend on individual requirements and will be recommended according to condition, diet and lifestyle.

For more information visit our website or call for a free and without obligation consultation.

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Probiotic, Herbal Colonic Implants.

Colonic Implants are concentrated probiotic or herbal solutions administered during the colonic irrigation treatment to aid natural healing.

Probiotic

An introduction of live probiotic bacteria into the colon for Gas, Yeast overgrowth and Candida.

A mixture of herb liquid extracts with soothing, healing and relaxing properties to help to improve elimination and tone the bowel muscle, maintain natural function of the colon for those suffering with irritable bowel syndrome, bloating, muscle spasm or menstrual cramps.

Herbal implants could be a solution for more serious health problems, like colitis, arthritis or prostate inflammation.

A therapist implants the solution into your colon which is left for at least 10 minutes. However, some solutions are best left in the bowels for several hours and you can even go about your daily activities as you retain your implant.

enquiries@med-spa.co.uk

Liver Detox Coffee Enema

NEW

A **coffee enema** stimulates the liver to remove bile by absorption of the coffee into the haemorrhoidal veins and then into the portal vein. Caffeine, theophylline and theobromine, combine to stimulate the relaxation of smooth muscles causing dilation of blood vessels and bile ducts. Additionally, coffee cleansing enemas have a chemical makeup that is stimulative. The enzymes in coffee, known as palmitates, help the liver carry away the toxins in bile acid. With the bile ducts dilated, bile carries toxins away to the gastro-intestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon. Thus, when the colon is evacuated, the toxins and bile are carried out of the body.

Finally, the fluid of the enema itself stimulates the visceral nervous system promoting peristalsis and the transit of diluted toxic bile from the duodenum out of the rectum. Because the stimulating enema is retained for 15 minutes, and because all the blood in the body passes through the liver approximately every three minutes, these enemas represent a form of dialysis of blood across the gut wall.

Concern that the body will become addicted to the enema cleansing and that frequent use of coffee enemas might encourage constipation is unfounded. The bowels continue to function after the enemas are discontinued. In fact, the bowels should work quite well for a few days after the coffee enema - assuming that you are eating a healthy diet with adequate fiber intake.

For more information visit our website or call for a free and without obligation consultation.



Freephone 0800 6800731

treatments

med-spa clinic

(advanced medical spa)

TITAN Non-Surgical Face Lift

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Weight Loss & Cellulite

Colon Hydrotherapy

Healthcare
Commission



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