



Renew Yourself ... a healthier you

consider DETOXIFICATION

HEALTH FROM THE INSIDE OUT

By Charlene Gullotta, B.S.



A healthy colon is the key to maintaining optimal health. Consider the facts...Colon cancer is one of the leading cancer killers in the United States and at least 2 million people suffer with colon related diseases, including colitis, IBS, and diverticulitis. In the U.S. alone, over 4 million dollars are spent annually on laxatives.

The typical American diet consists of caffeine, refined sugars, alcohol and processed foods – C.R.A.P – all which cause problems for the colon. Health authorities believe that the average person has 5 to 25 pounds of accumulated waste/toxic matter in their colon. The accumulation of this waste/toxins blocks efficient absorption of nutrients, creates dehydration, and inhibits elimination. As a result...Constipation, diarrhea, headaches, backaches, fatigue, gas and bloating abdomen, mental confusion, allergies and sinus infections, insomnia, food cravings, depression, hypoglycemia, bad breath, arthritis, weight gain, many diseases and even death can occur from an overloaded toxic colon.

Bowel Toxemia is a problem caused by years of buildup of waste material-impacted feces, bacteria, fungi, accumulated mucous, parasites, etc.- on the colon walls. Toxins in the colon can be transported into the circulatory system, overburden the liver and suppress the immune system. This is why many

health experts now agree that all disease begins in the colon.

In the United States, obesity has become a serious health concern. Virtually all weight challenges can be traced to imbalances in the colon/digestive tract as either a primary contributor, or a secondary problem, which accentuates slowdowns in other critical body systems. For many people the signs of colon dysfunction are so much a part of their everyday living that they may not suspect that their health is in danger.

THE BEST WAY TO MAINTAIN A HEALTHY COLON IS TO:

- Avoid C.R.A.P. - Caffeine, Refined Sugars, Alcohol, Processed Foods
- Eat a diet high in fiber through fresh fruit and vegetables.
- Eat a natural variety of wholesome foods
- Drink plenty of water
- Exercise regularly and manage stress

But, this may not be enough. Consider the benefits of Colon Hydrotherapy. Through cleansing the colon with colon hydrotherapy, the toxic material is broken down so that it can no longer overburden your body. The colon is hydrated with a gentle infusion of purified water and helps loosen and dislodge areas of impaction. This rids the colon of the waste/toxins efficiently. Colon

Hydrotherapy differs from an enema in that the enema only reaches the rectum or lower part of the colon, whereas with colon hydrotherapy the entire large intestine (5 to 5 1/2 ft.) is reached. The various state-of-the-art equipment now available for colon hydrotherapy is safe, effective and comfortable. The advanced Libbe system provides easy self-administration of a pencil thin tube. There is no longer a need for the embarrassment of another person inserting a large tube into your body. Many celebrities and athletes have been noted to utilize colon hydrotherapy as part of their secret to health, fitness and energy.

It should be noted that it takes a series of treatments before the total benefits of colon hydrotherapy are realized. The person may expel gas during the first few treatments, which in itself can provide a huge relief. Be patient when pursuing a therapeutic course of colon hydrotherapy, and the benefits can be the key to vibrant health. These treatments can then be one of the factors in maintaining a healthy life style. Contact a CERTIFIED colon hydrotherapist for more information about this beneficial treatment in your health regime.

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