

## HOW MANY TREATMENTS WILL I NEED?

This does depend upon the individual and advice will be given after your first treatment. It may vary from only one treatment to several spread over a period of time, after which preventative or maintenance treatments may be recommended.

## WHAT DO I NEED TO DO PRIOR TO THE TREATMENT?

No special preparation is involved before your treatment, although large meals and lots of fluids are not advised as your abdomen will be massaged during the treatment.

**FACT:** The healthy transit time of food through our bodies is less than 24 hours. On average in the UK it is now 60-70 hours!

## WILL IT WASH OUT MY GOOD BACTERIA?

Washing out putrefied material in the colon increases good intestinal flora. Good bacteria can only breed in a clean environment which has been washed free of putrefication and it's accompanying harmful bacteria which enables the good bacteria to multiply in the colon.

**FACT** ...There are more bacteria present in the colon than there are cells that make up the body.

First treatment = £65  
Following treatments = £60

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**CLEANSE..**

**DETOXIFY..**

**TONE...**

Colon  
Hydrotherapy

**LIZ BRETT**  
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## WHAT IS COLON HYDROTHERAPY?

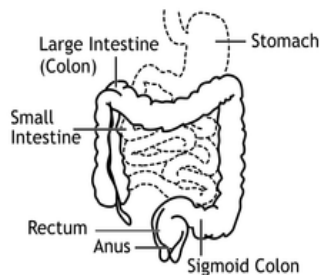
It is a safe and effective gentle process involving introducing warm purified water into the colon to cleanse, detoxify and tone the colon.

### THE COLON

It is 5 feet long (1.5m), it is the major part of our excretory system. It protects us from infections and disease.

It's major functions are:-

- To store and eliminate waste
- To absorb water and maintain the fluid balance of the body
- To synthesize vitamins and nutrients



## WHAT ARE THE BENEFITS?

- **Cleanses the colon of toxic material** - even debris built up over a long period is gently removed in the process of a series of treatments. Once impacted material is removed your colon can begin again to function as it was intended to.
- **Exercises the colon** - build up of toxin and debris weakens the colon and impacts its function. Motivating the colon to resume normal movement of waste material.
- **Stimulates reflex points** - every system and organ of the body is connected to the colon by reflex points. Stimulation of these points affects corresponding organs in a beneficial way.
- **Reshapes the colon** - when problem conditions exist in the colon they tend to alter its shape which in turn causes more problems. The gentle action of the water, and the massage techniques help to eliminate bulging pockets of waste and narrowed, spastic constrictions finally enabling the colon to resume its natural state.
- **Improves well being and energy** - cleaning the colon will allow your body to have access to the full range of nutrients and minerals available.

### HERE ARE SOME OF THE CONDITIONS THAT CAN BENEFIT

Constipation	IBS	Bloating
Diarrhoea	Skin problems	Candida
Flatulence	Headaches	Bad Breath
Allergies	Lethargy	Parasites
Depression	Anxiety	Atonic (sluggish) colon

## WHAT DOES THE TREATMENT INVOLVE?

Allow 1—1½ hours for your first visit, this will allow time for the taking of your case history followed by an explanation of the procedure.

The colonic itself will last between 30-45 minutes, during which time water will be introduced via the rectum into the colon. Your abdomen will be gently massaged to stimulate the release of stored faecal matter.

During the treatment you will be provided with a gown to wear to maintain your modesty.

No fasting or special diet is required prior to your treatment although eating a large meal within 2 hours of treatment is not advisable.

### IS IT SAFE?

Being an essentially natural process there is virtually no danger with a treatment. The intent is to provide a safe and healthy service

**TOXIC WASTE** from material that has remained in the colon for some time can re-enter and circulate the blood stream making us feel ill, tired or weak.