



Twenty Questions

(and answers on)



Colon Hydro-Therapy

Something You Need to Hear About!

It is now beginning to be recognized that many of the physical illness we suffer originate in the colon.

Because of our Western life-style and the food we eat, our colons (or large intestines) are being required to do more than that for which they are designed. Consequently they are getting progressively more unhealthy and unable to cope with the demands. In industrial countries more than 30% of the population suffers from deficiencies caused by wrong nutrition and unwise eating habits. The problem is compounded by the way we use pesticides and other chemicals that pollute the atmosphere.

The good news - 'Something can be done about it!'

Colon Hydro-Therapy is a method that has been developed to assist the colon. It is a clinical process for cleaning the large intestine thereby enabling it to work more effectively.

This little booklet is designed to explain what that process is and why it is needed for a healthy body.

Angelika Fritz

Introduction



Have you ever eaten junk food, fatty food, lollies, processed food, food with preservatives, too much or too little food? Have you ever drunk coke, soda pop, cordial, coffee, tea or any drink with caffeine?

I'm sure that your answer is, 'Yes.' If it is, you need Colon Hydro-Therapy! Even a few sessions could reverse much of the damage to your colon.

The phrase 'Colon Hydro-Therapy' may conjure up ideas that it is a bit 'scary.' Actually the gentle infusion of temperate, purified water is quite pleasant.

You probably have many questions about Colon Hydro-Therapy; we hope you will find answers in the following pages.

1. Why do I need Colon Hydro-Therapy?

Although the colon, (also called the large intestine) which is about 2 meters long, is not the most attractive looking part of the body, it is nevertheless vital to a healthy life. It could be considered as the body's purification system. If the 'system' isn't working properly, the whole body suffers.

2. How does the colon work?

The large intestine is a muscle shaped like a tube that moves the digested food. It also hosts many bacteria that produce various vitamins. The colon also allows for the absorption of proteins, the blood stream. Such an important organ obviously needs to be kept clean.

3. What does Colon Hydro-Therapy do?

It removes unhealthy toxins and hard and toxic waste from the bowel - stagnated bits and pieces of food that have adhered to the colon. *Colon Hydro-Therapy* removes that unhealthy, toxic

material that otherwise would enter the blood stream.

4. What damage do toxins do to my body?

Toxins that have not been removed from your body can cause such illnesses as:

- *Digestive disorders*
- *Irritable Bowel Syndrome*
- *Diverticulosis*
- *Stomach ulcers*
- *Arthritis*
- *Respiratory difficulties*
- *Diabetes*

5. How can I tell if my colon is unhealthy?

Symptoms of an unhealthy colon include:

- *Indigestion*
- *Headaches*
- *Nervousness*
- *Bad breath*
- *Fatigue*
- *Irritability*
- *Constipation*
- *Acne*
- *Skin Diseases*
- *Migraine*
- *Allergies*
- *Tension*

6. How can I keep my colon clean?

There are various things you can do to help keep your colon clean. *Exercise* and a *good diet* contribute to a clean colon. *Roughage* in your food also helps. *Enemas* are useful but they clean out only about 60 cms of the lower colon. *Laxatives* are very ineffective as they fail to clean the colon, leave toxins and detritus on the wall of the colon and dehydrate the body. *Colon Hydro-Therapy* is the most effective method of cleansing the colon thoroughly.

7. Is toxic waste eliminated from any other organ?

Toxins can also be eliminated through the kidneys, liver and lungs as well as through perspiration. Those that aren't eliminated are stored in other parts of the body.

8. If toxic waste is eliminated in other ways, why is Colon Hydro-Therapy important?

The colon is the most efficient organ for removing bodily waste. *Colon Hydro-Therapy* helps to tone

the colon and enables it to work more efficiently. It thereby reduces the burden on other organs as it protects the body from harmful bacterium.

9. Will Colon Hydro-Therapy cure all the problems mentioned?

Unfortunately no! We are not claiming that this is a '*cure-all*,' but it is an aid to help the body function more efficiently. Eliminating toxic waste from the body removes the main source of disease. Consequently the health benefits are significant.

10. Is this Therapy in competition with the work of doctors?

Most certainly not! It is not to be viewed in this way. We acknowledge and affirm the excellent work being done by doctors. Also, many of them recognize that *Colon Hydro-Therapy* is complementary to their work and approve and recommend the procedure.

11. Once I start receiving Colon Hydro-Therapy, do I need to have it frequently?

No, and neither is it habit forming. Although there are immediate benefits to you from the first session, a course of eight sessions is recommended with the first two sessions taking place during the first week. Following the full course of treatment sessions may be arranged according to your requirements.

12. What kind of equipment is used?

We only use 'state of the art' equipment which is most effective and ensures that the process is of the highest standard and completely clean and odour free.



This is a photo of our Colonics Hydro-Therapy room. As you can see, the equipment is very modern and it has been designed to ensure your comfort during the process. The room itself is very pleasant and has a relaxing atmosphere.

13. Is there any danger from the equipment?

It is a completely safe practice in which, after each session, all disposable equipment is discarded and non-disposable equipment is thoroughly disinfected using hospital approved disinfecting solutions.

14. Is the therapy painful?

A thin, soft plastic tube, which is covered in gel, is inserted into the anus to enable the irrigation. The insertion of the tube (which is done by you) is not at all painful. As the water is infused into the colon, mild cramping is sometimes experienced but that soon passes and many people find the irrigation experience very pleasant. It is an opportunity to relax!

15. Will I find the process embarrassing?

Not at all. The session takes place in a private room, and a towel is draped over the lower part of your body. Your privacy and dignity are preserved at all times. Furthermore, we realize that some people are anxious about unpleasant odours.

Because of the quality of the equipment we use, there is no possibility of unpleasant smells and the process is completely odourless.

16. Does the therapy have any side-effects?

Because of the elimination of stimulants such as tea and coffee, following the first session some clients comment on headaches or even mild depression, but this is only temporary. Other clients speak about a sense of well-being and internal cleaning. Side-effects are minimal.

17. How long is each session?

The first session lasts a little more than an hour as some things need to be explained before the process. Subsequent sessions last about 45 minutes.

18. What should I eat after each session?

We recommend that, for about 24 hours after each session, you are 'kind' to your colon. We suggest that you drink plenty of liquids and eat

pureed food and soups if possible. Steamed vegetables and raw fruit are fine, but reduce your meat intake.

19. Would the therapy remove the electrolytes, 'good' bacteria and enzymes in my body?

No. Colon Hydro-Therapy has a positive effect on all of these.

20. If I want more information, how can I find it?

Speak to the therapist who will explain Colon Hydro-Therapy further and will also suggest some books for you to read.

Therapist



Angelika Fritz is much respected, well trained and very experienced in health therapy. Her qualifications include:

- *Certificate in Remedial Massage*
- *Accreditation in Remedial Massage*
- *Certificate in Colon Hydro- Therapy*

Her friendly and professional manner imparts confidence to her clients.

For more information or to make an appointment phone or write to:

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