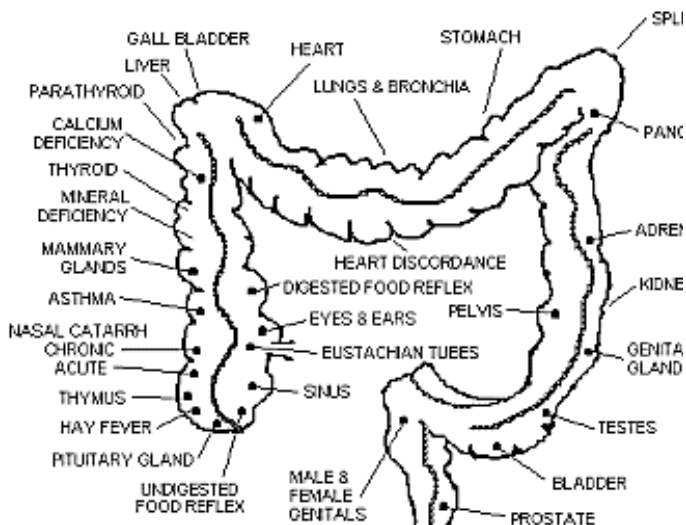




# Colon Hydrotherapy

Colon Hydrotherapy, also called Colonics, is a colon cleansing process that removes fecal waste and toxins from the walls and pockets of the colon and intestinal tract with warm purified water. The Egyptians believed that the origin of all illness began in the colon, and that a healthy intestinal area led to a more broadly based sense of well-being. When the Colon becomes clogged it cannot properly process or eliminate food wastes and toxins. Eventually a toxic build-up accumulates on the walls of the colon, poisoning the body, which over time inevitably results in one or more forms of illness like: Candida, Irritable Bowel Syndrome, migraines, chronic allergies, weak immune system, fatigue, depression, high blood pressure, premature senility, parasites, shingles, acne and eczema, ulcers, the inability to lose weight and many other debilitating problems. Colon cleansing is a healthy addition to a fast, a detox program, a raw food diet or while doing a liver, kidney or gallbladder cleanse.



## Benefits of Colon Hydrotherapy:

- Removes Toxins
- Improve immune system
- Enhances the absorption of nutrients
- Hydration of the whole body
- Improve muscle tone
- Regular bowel movements, less gas and bloating
- Improve metabolic efficiency
- Relieve constipation

The Colon is connected to every system and organ in the body by reflex points. Colon Hydrotherapy stimulates these points thereby affecting the corresponding body parts in a beneficial way. If you want to create overall well-being and health in the body, Colon Hydrotherapy may be for you.

For more information, articles, and videos please check our our web site @ [www.thebodycenter.us](http://www.thebodycenter.us)

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