

Cleaning Out the Pipes

COLON HYDROTHERAPY – THE BODY TUNE-UP

By Laurie Clark

It might surprise you to know that today, in our “Super Size Me” world, the average American consumes 150 pounds of sugar and over 500 cans of soft drinks every year! Despite what seems like a trend toward healthier living, junk food consumption has increased in the last few decades, resulting in a growing number of people with colon cancer or other colon-related illnesses. Our widespread colon problems are a direct result of our

unhealthy Western diet. Too often, the foods we consume are too high in fat and too low in fiber, which is indispensable in maintaining a healthy colon, the true key to good health. The colon – or large intestine – is responsible for eliminating waste from the body and when it isn’t functioning properly it can cause various health problems including chronic fatigue, hypoglycemia, backaches, even depression.

Even though colon cancer is the second leading cause of cancer deaths in the United States – more

than breast cancer and AIDS combined – it still doesn’t get as much press. It’s important for people to know that, cancer aside, a healthy colon is absolutely essential for a healthy life. When the colon is congested with stagnant waste, poisons can back up into the system and pollute the inner environment. The colon also absorbs the water and nutrients our bodies need to survive.

We all know that it is important to be clean on the outside, but what about the inside? Well, there

are some alternative, preventative measures we can take to cleanse our colon and restore the body’s natural balance. Periodic colon cleansing and detoxifying helps open up the eliminating channels and keeps the body’s system running clean and uninhibited by toxic waste buildup. One type of colon cleansing is colon hydrotherapy, a procedure that offers patients a chance to restore and maintain optimum health, sort of like a “body tune-up.” Proponents of this preemptive health care treatment believe that any good internal cleansing program begins with the colon. Colon hydrotherapy gently introduces warm water into the large intestine through a small tube. When the water is flushed out, all the toxins go with it. Colon hydrotherapy is not painful or uncomfortable and it just might be, believers proclaim, the “missing link in nutrition and the key to real healing.”

In addition to “cleaning the pipes,” colon hydrotherapy has other benefits as well. Because metabolism is slowed down by a sluggish digestive system, internal cleansing can restore balance and reactivate the body’s fat-burning abilities. Colon hydrotherapy can, users claim, also prevent certain illnesses, be an emotional boost and even minimize the effects of aging.

We may be what we eat, but we are also what we discard. Even with a healthy diet, toxins can build up and prevent the body from properly eliminating waste and from converting essential nutrients

into energy. We need to understand that our quality of life is determined by the countless choices we make all the time to improve our health and well-being. For some, one of those choices is colon hydrotherapy.

