

9 Reasons to have Colon Hydrotherapy

- Colon cleansing is rooted in thousands of years of respected practices like Chinese medicine, Ayurvedic medicine and ancient Egypt.
- Colonics are not just about cleansing old faecal matter; we also release toxins from our liver directly into the colon and out via the rectum.
- When you are having a colonic you are giving your colon gentle massage with warm filtered water. Stimulating reflex points throughout the body.
- Colonics retrain your colon muscles for stronger peristalsis, unlike laxatives that weaken the natural urge!
- Colonics are an important part of any detoxification process, but also a great way to get back in touch with your body's natural rhythm.
- Ninety five percent of our Serotonin (happy hormone) is assimilated in the bowel. By cleansing and correcting dysbiosis, mood disorders may be corrected.
- Colonics are essential to anyone who is healing – releasing toxins and hydrating our entire body.
- Not just a physical release is experienced – many report release of negative emotions. Remember that 3 Chakras (energy centres) are located in the bowel. Root, sacral & solar plexus.
- Did you know that the average person holds 3-5 kgs of impacted faeces in their bowel?

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