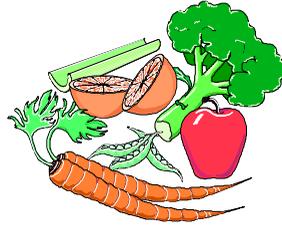


WHAT IS COLON IRRIGATION?

Colon irrigation is an internal bath that helps cleanse the colon of poison, gas, and accumulated fecal matter. Unlike an enema, it does not involve the retention of water. **There is no discomfort, no internal pressure, just a steady gentle flow in and out of the colon.** At the same time, an abdominal massage is sometimes given to stimulate the colon to recover its natural shape, tone, and peristaltic wave action.



proper diet of non-mucous producing foods. Fresh fruits, vegetables and certain herbs are suggested to help loosen and dissolve accumulated fecal matter. Once the colon is clean, it is advisable to

have a colonic at least once a month to maintain the environment. A good time is at the change of seasons when diet and exercise patterns often change. You should have a colonic before, during, and after a "fast" to hasten the removal of toxic waste and it would also be beneficial during the cold and flu season.

HOW IS A COLONIC ADMINISTERED?

A person receiving a colonic lies on a table below the temperature-controlled input tank. A sterilized speculum is gently inserted in the rectum. Water flow, which is always under the direct control of the practitioner, flows into the colon via a small water tube and out through the evacuation tube carrying with it impacted feces and mucous. As the water flows out of the colon, the practitioner may choose to gently massage the abdomen to help the colon release its contents. It is possible to see this expelled waste matter as it passes through a special viewing window in the evacuation tube. **The person is well covered and their modesty is given top priority during the procedure.**

HOW MANY COLONICS DO I NEED?

The number of treatments will always vary with the individual and his/her condition. Often the waste is so hard and well lodged in the colon that it may take a series of colonics to sufficiently soften and loosen this accumulated fecal material. Some people may not have startling results for the first few treatments. This is why a series of treatments is necessary and advisable. Though individual colonics have their benefits, it should be understood that colonics taken in succession have a cumulative effect toward improved health. For these reasons we generally recommend at least one colonic a week until our objectives are realized. Colon irrigation is most effective when employed in combination with exercise and a

WHAT ARE THE BENEFITS OF COLON IRRIGATION?

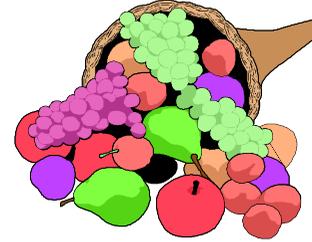
Colonics offer relief from a variety of disturbances by cleansing the colon of impacted and putrefactive fecal matter. Fatigue, gas, headaches, irritability, skin problems, cold hands and feet, lethargy are among a few of the problems people have found relieved by colon cleansing. Constipation, of course, is another as well as chronic diarrhea. **Your sense of well-being is often dramatically improved with colon irrigation. You feel lighter, more energetic. The body can again assimilate food in the colon and better defend itself against disease.** Natural peristalsis, tone and regularity are restored and many serious diseases may be averted through this gentle, sterile and scientific technique. Colonics are a key factor in the restoration of the body's natural balance or what we call good health.



ARE THERE ANY SIDE EFFECTS TO COLONICS?

There are none! It is not uncommon, however, for some people to start to feel like they

have a cold or headache after a colonic. Toxins which have been lying dormant in the colon are now being flushed out and a small amount may be re-absorbed into the body's system. This healing

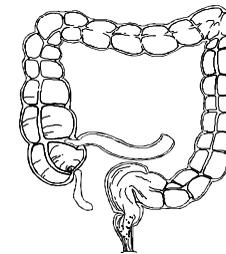


crisis passes quickly and the person will realize a feeling of well-being with further treatments.

WILL COLONICS DAMAGE THE NORMAL INTESTINAL FLORA?

No. One of the functions of the first half of the colon is to gather the intestinal flora needed for the colon. When the accumulation of feces in the bowel leads to fecal encrustation, it is difficult for the colon to function normally and the glands in this lining cannot produce the necessary intestinal flora. The resulting lack of lubrication intensifies a state of constipation and generates toxemia. This upsets the normal acid-alkaline balance and the growth of the friendly bacteria is stunted. Cleansing the colon will help bring the acid-alkaline ratio back into balance. In this environment, the friendly bacteria will again thrive and disease causing bacteria will find it difficult to develop.

Death
Begins in the
COLON



WHAT DISEASE IS SECOND ONLY TO HEART DISEASE?

The desire for good health is something we all share. We spend countless thousands of dollars

treating the symptoms of disease and a portion of our income to health insurance to cover our expenses for cancer, heart disease, etc. in the event our bodies should succumb to these disease. Yet, very little is invested in the prevention of disease which costs far less than the treatment. One example of this is cancer of the colon. We don't hear much about it, yet it is second only to heart disease as the most common cause of death in the United States. This need not be so. While few would argue the importance our diet plays in our health, the removal of toxic waste from our bodies is important too. You see, **good health is as much a function of how well we eliminate wastes from our bodies as how well we eat.**

HOW THE HEALTH OF OUR COLON AFFECTS OUR TOTAL HEALTH

The colon is a tube approximately five feet long and 2 1/2 inches in diameter. A healthy colon has uniform size and tone. It extends from the cecum, where it joins the small intestine, up and across the abdominal cavity and down the left side of the body until it reaches the sigmoid and rectum. The three main functions of the colon are:

1. The final digestion of our food.
2. The elimination of digestive residue.
3. The discharge of toxins and wastes from the body.

We experience better health and well-being when the colon is clean and functioning normally. **When the colon is congested with stagnant wastes, poisons back up into our system and pollutes the inner environment.** This is called autointoxication which literally means "self-poisoning." All of the body's tissues are affected by the autointoxication. The following chart shows the organs affected and the impact on our well-being:

Autointoxication can be a causative factor in numerous serious diseases and is considered by many to be the underlying reasons for disease.

The colon is the largest perpetrator of disease of any organ in the body and is said to be the initiator of 80% of all critical illness.

Note the following illustration:

POISONS BACKED UP INTO THE:

Nervous System
Heart
Stomach
Lungs
Skin (elimination organ)
Glands

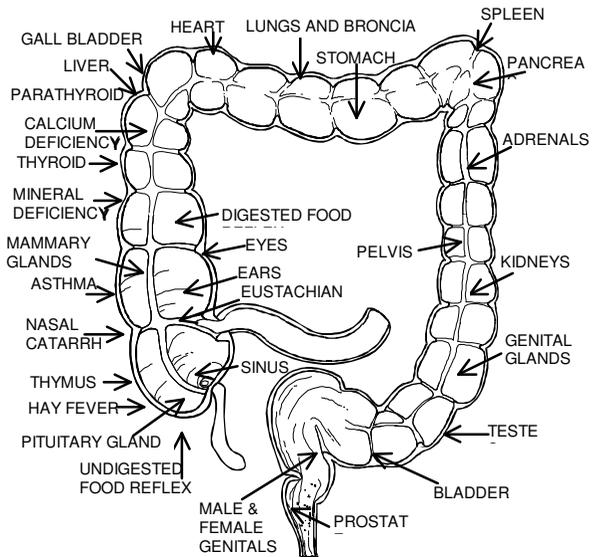
AFFECT TO THE BODY

Irritable, depressed
Weak
Bloated
Breath foul
Sallow, wrinkled
Tired, feeling old

NORMAL COLON

SPHINCTERS and SACCULATIONS and their INTERRELATION

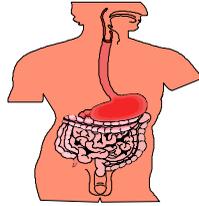
WITH ANATOMICAL CENTERS and PATHOLOGY



There are many contributing factors to autointoxication. A toxic bowel, improper diet, insufficient exercise, stress, overeating and

ignoring the "call for nature" can all lead to bowel problems.

Most of us, for instance, have had years of poor to average nutritional food. Much of our food is subjected to processing which includes refining, frying, and overcooking, saturating the mineral elements of our food with oil or grease. As a result of this food altering, the digestive organs cannot process the minerals efficiently and they are passed out of the small intestine into the colon as wastes. The consumption of mucous-producing foods such as meat, dairy products, and flour, cause dense sticky bowel movements. Excess mucous in



our system is a sign of trouble. Mucous stools are difficult for the body to eliminate. When they are expelled, they leave behind a glue-like coating on the wall of the colon which accumulates layer by layer into a hard rubbery crust. The body cannot eliminate these layers of hardened mucous on its own. They are often carried for the duration of the persons life as a toxic burden. **Incompletely digest- ed food ferments and putrefies when remaining in the colon longer than a day. When this fermented waste combines with the body's own bile acids from the liver, carcinogens can form.**

We already know carcinogens can ultimately develop into colon or rectal cancers. Enhancing the colon's ability to expedite the elimination of waste reduces the risks of developing colon-rectal cancer.

Constipation is one of the first signs indicating to us that our bowels are not functioning properly. When a person is constipated, the walls of the colon are often encrusted with accumulated fecal matter. The inner diameter of the colon is reduced like a water pipe blocked by mineral deposits, and eventually the opening becomes narrower and narrower making it more difficult to pass wastes through. Since the encrusted feces line the colon wall, the colon is unable to absorb nutrients from our food in the last phase of the

digestive process. Wastes from the blood stream which should normally be drawn into the colon through the colon wall are reabsorbed by the body along with other toxins resulting from the fermentation and putrefaction of incompletely digested food. Subsequently, intestinal stasis often follows which occurs when the muscular contractions know as peristalsis can no longer sweep the hardened feces along the digestive canal.

A person can even have several bowel movements a day and still be constipated. The movements are usually smaller and occur more often because the inner diameter of the colon is smaller than it should be. The body reacts to this constricted bowel by stepping up the frequency of the peristalsis wave action to allow the waste to exit the body. Taken to its limit, the effect can be diarrhea, which is when the body moves out the waste so fast, the bowel doesn't have time to remove the water and consolidate the waste into stool.

These reasons are why thousands of people each year choose colon irrigation as a safe, inexpensive way to improve and maintain good health.

TO FIND OUT MORE ABOUT COLONICS, OR TO SET UP AN APPOINTMENT CONTACT:

COLONIC

A Gentle Irrigation for your Colon

Have you ever considered the benefit of what a colonic could do for you?

- ◆ Reduce risk of developing colon-rectal cancer
- ◆ Remove toxic waste from your body?
- ◆ Eradicate Constipation?
- ◆ Increase the absorption of nutrients from your body?