

# Colonics

## What Can I Expect From Colon Hydrotherapy?

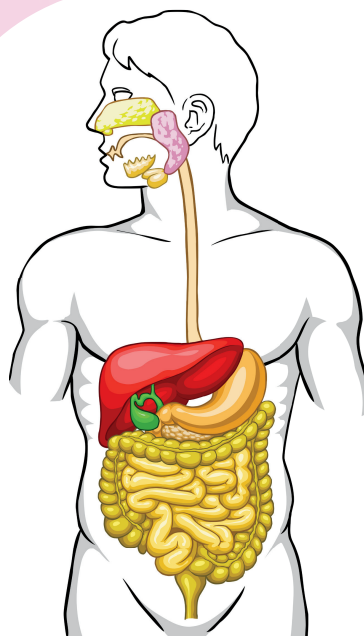
It is not a cure but a valuable procedure used to assist the body for a wide variety of different colon-related conditions. By retoning the bowel wall and improving colon functions, the entire body is able to function more efficiently.

The main benefit received by releasing the toxic waste is that we remove the number one source of disease in the body. The bowel works more efficiently in the elimination of waste, and nutrient absorption is improved.

Common benefits may be: sinus drainage, loosening of mucus from the lungs, improved range of motion, skin tightening, feeling younger, posture automatically improving, abdomen softening and getting smaller, relief from headaches, less fatigue and improved bowel function.

COLONICS ARE NOT USED TO TREAT OR DIAGNOSE ANY DISEASE OR DISORDER. ANY STATEMENTS HEREIN OR IN OUR ADVERTISEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. KAREN LIVINGSTON IS NOT A PHYSICIAN, NOR DOES SHE PROVIDE MEDICAL ADVICE, DIAGNOSIS OR TREATMENT.

A few Colon Hydrotherapy sessions may reverse what could be a lifetime of neglect!



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# Colon Hydrotherapy

*Ancient healing for modern  
times using water for gentle  
cleansing of the colon*



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### Colon Hydrotherapy: What is it?

Colon Hydrotherapy is referred to as colon irrigation, colonics, colon therapy, or high enemas. The procedure uses safe, filtered, temperature- and -pressure controlled water for inner cleansing. It is the gentle infusion of water into the colon by way of a sterile disposable rectal tube or speculum. Water in -- waste matter flushed out.

### What Is the Colon?

The colon is the last five (5) feet of the digestive tract. It is a hollow tube-like organ made up of muscle structure that moves digested food along by a wavelike motion known as peristaltic action. The colon is the living area for a host of bacteria that produce vitamins, such as K and some B vitamins. The colon also absorbs water, nutrients, proteins and electrolytes back into the blood stream. The colon is a reflex organ, meaning there are electrical connections to all other parts and systems of the body. When waste material has accumulated over a long period of time, it breaks down and becomes toxic. The body responds by slowing other functions. This causes constipation and sluggish bowel movements, which affects all other systems in the body.

### What Are Signs of a Toxic Colon?

Some possible signs of a toxic colon are: coated tongue, fetid breath, sallow complexion, abnormal body odor, dark circles under the eyes, cold hands and feet, brittle nails and hair, sagging posture (pot belly), tension, fatigue, allergies, indigestion, chronic headaches, irritability, nervousness, nausea, depression, asthma, and backaches.

### How is Colon Hydrotherapy Different from an Enema or Laxatives?

Unlike enema treatments or the use of laxatives, an experienced colon hydrotherapy therapist can help release more toxins and waste by working on different meridians and pressure points. The therapist will also instruct you on breathing techniques and the importance of healthy food for sustained colon health.

### Describe A Healthy, Well-Functioning Bowel

When one feels the urge to eliminate waste and immediately honors the urge by a trip to the toilet, elimination is quick and painless and will feel complete. Stools are medium to light brown, have very little odor, and will break up in the water.

### Ancient Healing for Modern Times Using Gentle Water for Cleansing the Colon

For years' books have been written about disease beginning in the colon. If you are not evacuating on a daily basis, the buildup of fecal matter in the large intestine is creating a heavy load of toxicity for the system, which can be related to many inflammatory conditions in the body. On a daily basis, we are exposed to toxins and pollutants in the air, water, and foods we eat. Lack of exercise and increased levels of stress lead to an environment for poor health and disease. Many doctors say that the gastrointestinal tract is one of the most commonly treated systems of the body, and one of the most common complaints is constipation or related conditions, such as irritable bowel or diarrhea.

## Services Offered

**Colon Hydrotherapy:** 1 hour sessions. Recommended: 1-3 sessions. (2 sessions in the first week followed by another session in the second week). Then as recommended by a therapist.

**Acupuncture with Dr. Amit Gumman:** 1-1 1/2 hour sessions. Acupuncture harnesses the body's own natural healing by stimulating strategic points on the body with the use of flexible and very thin needles. Dr. Gumman is an internationally recognized Acupuncturist, Ayurvedic and Naturopathic physician. He is the Founder and President of Harmony Healing Center and has been in practice for over 25 years.

**Massage:** 1-2 hr. sessions. Helps relieve stress. Great for pain relief and overall well-being.

**Reiki:** 1 hr. sessions. Ancient art of touch therapy which provides a means to recharge, realign and rebalance our energy fields.

**Shirodhara:** A form of Ayur-vedic therapy that involves gently pouring of herbal decoctions and oils over the forehead.

**Herbs, Nutritional Supplements, Organic Spices, Lentils, Grains, Ghee and Oils etc.:** We carry the highest quality, maximum potency and pure products. They are free from pesticides and chemicals. We believe wholesome natural foods are critical for vibrant health.

**All our products and services are very affordable.**

### Ayur-vedic Nutrition, Lifestyle and Cooking:

Drs. Amit and Bintee Gumman lead these fun filled practical interactive workshops.

**Conference / Meeting Room:** Beautiful, state of the art facility with latest Audio-Visual equipment is available for rent. A full kitchen is also accessible. Capacity: 45 people.

**Integrative Holistic Esthetics:** Combining the latest technology and time-tested, proven natural methods.