

DYNAMIC CLEANSING

The Champion Clinic



Detox Weeks

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'The doctor of the future will
give no medicine, but will
interest his patients in the
care of the human frame,
in diet and in the
prevention of disease.'

Thomas Edison

Fasting

The Beauty of Fasting

The ancient Greek physician, Aesclepius, advised 'instead of using medicine, fast' and Hippocrates routinely recommended prolonged fasting. Christ fasted 40 days in meditation. You'll have noticed that animals and babies retain their natural instincts and refuse food when they're ill. Far from eating to keep your strength up while ill, nothing more harmful could be done to lower vitality while ill than eating.

Fasting is undoubtedly the most powerful medicine tool I use in my practice. Most therapeutic fasts last from three to seven days. The only liquid taken is mineral or purified water and fruit or vegetable juices and broths decocted from them.

Fasting helps the body to heal itself by allowing the digestive tract to rest, by encouraging the mobilisation of various detoxifying defence mechanisms and by stimulating consequent recuperation. The theory behind fasting is that the body is well equipped with mechanisms for eliminating nutritional waste and also the toxic effect of negative feelings which can be argued to cause more illness than any other factor. One digestive process uses up 30% of our entire body's energy so if the digestive system is allowed to rest completely that energy can be channelled to detoxification and healing. Fasting is a superb tool both in emergencies and to accelerate healing of long-term illnesses. If carried out on a regular basis it can help the body achieve peak physical fitness by periodically unburdening itself of accumulated waste. It also prevents minor health problems developing into major ones. Fasting also decelerates the ageing process, and helps the body to utilise nutrition far more effectively after the fast is broken. Research has shown that if juice fasting is done on a regular basis it can achieve remarkable results including faster healing and a greatly reduced risk of DNA damage, the enhanced ability to fight off cancer-causing substances and even helping to promote longevity. The uninitiated often think fasting will lead to stress and fatigue but in fact it does quite the opposite. I have found it the most potent quick-acting antidote to lethargy and anxiety.

The initial elimination begins as soon as the first meal is missed. Sometime during the first 3 days of the fast, usually reaching its maximum on the third day. The by-products of elimination manifest as a coated tongue, bad breath, headaches, muscular aches and general debility. These symptoms are due to the increase of toxins in the bloodstream passing out through the eliminative channels. The sooner these unpleasant symptoms manifest the more toxic is the system. By the morning of the fourth day, these eliminations lessen and fasters begin to feel much better with extra energy and clarity of mind. This state then goes up and down, the latter as more toxins are eliminated. In a long fast, a

healing crisis will occur on the 10th day manifesting as 'flu-like' symptoms, skin eruptions or other eliminative evidence as the body throw off really deep seated toxins but this will not occur in the 5 or 3 day fasts we run.

It is absolutely vital that the fast be terminated with great care, matching each fasting day with a gentle fast-breaking day by adding easily digested foods to gradually recondition the digestive system. In this time food needs to be chewed very thoroughly especially when grains are introduced and, of course, only organic foods should be used. It was George Bernard Shaw who said 'any fool can fast, but it takes a wise man to break a fast properly'.

The tongue will give a lot of valuable information as the fast progresses. During the first 3 days it will be heavily coated and this will gradually subside as the fast progresses.

Juice Fasting

Home-made Juice

Freshly pressed home-made juice is particularly beneficial because you can drink large quantities and therefore absorb more vitamins, trace elements, minerals and enzymes. It is essential that they are freshly prepared as the enzymes die in any juice within 15 minutes of standing, and fresh live enzymes are a major factor in healing any illness. Fruit juice helps to maintain a stable blood electrolyte balance so ensuring that the circulation remains constant, but water alone has the dangerous capacity to distort circulation. Besides all this, juices are easily digested. Within fifteen minutes of being swallowed they are absorbed into the bloodstream. They do not stimulate those with ulcers or tender stomach linings. They contain an unidentified factor which stimulates the micro-electric tension in the body which is responsible for the cell's capacity to absorb nutrients from the bloodstream and so promote the effective excretion of metabolic waste. This is very exciting news for cellulite sufferers. Cellulite is partly the result firstly of the colon failing to dispose of waste as efficiently as it should and secondly of poor lymphatic drainage so that wastes become trapped in spaces between cells. Juices' ability to cleanse the lymph and bloodstream rapidly helps to disperse cellulite. For those with heart and circulatory problems the concentrated sugars in juice actually strengthen the heart.

When supervising patients through juice fasting it is often difficult to get them to drink enough juice. You should aim to drink 30 mls of fluid for every pound of body weight every day. This means that depending on your size you may well be drinking up to a gallon of liquid per day. The more liquid you ingest, the quicker you will flush out all those accumulated toxins and the less possibility there is of retaining water, because purified water, juice and potassium broth act as natural diuretics.

Fruits cleanse more vigorously than vegetables but the latter, particularly celery, are excellent for acid conditions such as gout, arthritis, rheumatism and stones. Grapes are helpful for heart conditions and anaemia. Citrus fruits are particularly helpful for liver problems, colds and mucous congestion, particularly lemons. Carrots are good for ulcers and colitis as is cabbage, and onions and garlic are good for sinus congestion, colds, lung complaints and ear problems. For hypoglycaemics I tend to use generous quantities of superfoods to stabilise the blood sugar levels. As far as possible I offer fruits and vegetable in season and all of them are organic.

Potassium Broth

This is a very useful addition to a fast. Fill one quarter of a large pot with thickly cut potato peelings ($\frac{1}{4}$ inch), then add equal amounts of carrot peelings and whole chopped beetroot, chopped onions and garlic, and celery and greens. Add hot chilli peppers to taste. Add enough water to cover the vegetables and simmer on very low heat for 1-2 hours. Strain and drink only the broth and put the vegetables on the compost. Make enough for 2 days (refrigerate leftover broth), then start a new broth.

It is essential to make sure that water makes up at least half of the liquids taken during a fast to avoid dehydration and the water I use is ionised to help eliminate acidity from the system, as well as purified of course.

Detox tea is also on offer as an overall strengthener and to detoxify the whole body.

D-tox Tea

Ingredients:

Black Peppercorn berry, Carob pod, Cinnamon stick, Clove bud, Coriander seed, Fennel seed, Ginger rhizome, Hawthorn berry, Horsetail leaf, Juniper berry, Liquorice root, Orange peel, Parsley leaf, roasted Chicory, roasted Dandelion root, Uva Ursi leaf

Therapeutic action:

This formula is an extra strength detoxification formula. Each herb in this formula is famous for its cleansing ability and has hundreds of years of successful documented use for purifying the bloodstream and lymphatic system while detoxifying the entire body. It is based on an old East Indian digestive tea formulation known as yogi spiced tea. It is stimulating to the digestion, soothes the stomach, is mildly cleansing for the blood, while strengthening the heart, cleansing the skin, liver and gall bladder, and is a mild diuretic and disinfectant to the kidneys and bladder - it may make you urinate a little more an hour after ingestion. Best of all it is an excellent coffee replacement and tastes good. It increases the circulation but contains no caffeine and will help you to give up the coffee and tea habit. Not that I'm encouraging you to do this, but if you've had an indigestible meal, skip the coffee and sip a really hot mug of this tea to facilitate digestion. It is also the perfect tea after a liver flush in which to put your liver herbs. Add a little pure organic maple syrup to it if you want to moderate the spicy taste.

Dosage:

To make the tea as effective as possible, put 2 tablespoons of the herbs into 1 pint (600ml) of pure water, allowing the tea to steep in cold water overnight. In the morning, heat up to a boil while tightly covered, reduce and simmer for 15 minutes. Strain out the herbs but do not discard them. Drink 2 cups of the liquid as hot as possible and then put the herbs back into the pot. Add a tablespoon of fresh herbs and a further pint (600 ml) of pure water. Let it sit overnight and repeat the whole process again. Keep adding new herbs to the old ones for 3 days, then discard all the herbs and start again.

All hot drinks taken alongside the hydrotherapy offered help to accelerate a healthy sweating out of toxins.

Steam inhalations are encouraged daily using antiseptic/antifungal herbs for lung and sinus congestions.

Morning dew walks are advised daily in reasonable weather. This involves walking barefoot in wet grass and is very refreshing and an excellent way of grounding any static electricity in the body and channelling the body's vital energies towards health.

Fasting Aids

Regular skin brushing morning and evening is encouraged and try to wear only natural fabrics. Sleep in cotton sheets. Fresh air accelerates wound-healing and encourages the skin to breathe properly, so take a walk daily. The yoga offered will help you breathe deeply and properly and each class is attuned to different bodily systems daily, helping them to eliminate toxins and stabilise the specific organ being worked on.

Stay with the natural rhythm of the day, getting up when the sun rises and taking a rest shortly after it sets. You will probably find you need extra sleep during a fast, at least in the initial stages. Try and fit in some extra rest before midday when the liver is still very active. The liver bears the brunt of cleansing during a fast and is at its most active between 4 am and midday. Some time between those hours apply a castor oil poultice to the liver and lie down. By lying down you will increase the blood flow of the liver by 40% and the castor oil pack boosts this flow by a further 20%.

Don't watch tv and be selective about the things you read. Your favourite poetry, inspirational books about health, healing and fasting and books that make you laugh are all fine. Fasting is also a form of spiritual cleansing and if you fill yourself with mental rubbish it will leach your emotional energy and may even give you nightmares. I have found that one of the great things about fasting is that my senses become heightened as my body cleanses itself. My taste buds pick up every tiny nuance of flavour and my sense of smell becomes very sharp. Colours get brighter, sounds more distinct and my sense of touch becomes much more sensitive.

Exercise daily, preferably by taking long, brisk walks well wrapped, unburdened and breathing deeply. As your metabolic rate drops your lymphatic system will slow down but skin brushing and walking will speed up again and help it gather up waste and dump it more efficiently.

Stress

Stress has a profound effect on the whole body and the intestinal ecology. It doesn't matter what the source of the stress is; the stress response stimulates the release of adrenalin and cortisol as the body alerts itself for the 'fight or flight'. These hormones then induce a number of physiological changes, including the drying up of oral and gastric secretions, the retention of sodium chloride and the acceleration of potassium excretion and raised blood sugar. Cumulatively these reactions alter the intestinal habitat, decreasing the micro-organic goodies and increasing the baddies. When you consider how much routine stress you are exposed to, ranging from bright lights, atmospheric pressure, noise and crowds and how much more is self-generated from fatigue, anger, anxiety, pain and fear, it really makes you appreciate just how hard it is to generate the right sort of balance of intestinal bacteria. So consider taking a really good probiotic at the end of each fast and continue with it until your bowels movements smell milky sweet which is a clear sign that the gastric tract is fully impregnated with the correct balance of micro-flora.

Heat Treatments

Some Like it Hot

Hyperthermia has been out of favour for healing disease for some years, but has been consistently used by naturopaths for centuries.

Extreme heat, whether generated internally following an infection or externally by hyperthermia, kills cancer cells and kick starts a spontaneous healing process. Tumour cells are more vulnerable to heat than healthy ones and can be killed by extreme heat (42-43 degrees C).

Heat generates a missing signal that is needed to activate dormant T-cells which result in full or partial regression and can also eradicate dormant cancer cells as prevention.

A Mayo Clinic study in 1959 found the numbers of white blood cells increased by 58% during hyperthermia and the generation of antibodies speeds up, as does the production of interferon, an anti viral protein.

Infrared Sauna

Infrared energy is an invisible band in the electromagnetic (EM) spectrum, which lies just below the visible red light (hence 'infrared' or 'below the red') with three wavelengths: near, inaudible and far infrared (FIR), the longest of the three waves. FIR wavelengths are too long for us to see but we can experience this naturally occurring energy from the sun as a gentle radiant heat which warms us by direct light conversion without raising the temperature of the surrounding air. This over time induces an increase in body temperature by causing the bodily fluids to move around more quickly, leading to heavy sweating but at much lower temperature than with ordinary thermal heat such as that in a Turkish bath or Finnish sauna. Research at Kagoshima University in Japan found chronic heart failure patients could be helped with FIR saunas which improve the function of the lining of blood vessels and their ability to dilate and so help heal atherosclerosis. These findings were replicated on 188 patients at the Mayo Clinic in California.

FIR saunas can also help chronic fatigue symptoms, arrhythmias and peripheral heart disease, chronic pain, fibromyalgia, sleep disturbances and low grade fevers as well as help to normalise weight cholesterol and blood pressure and promote growth and enhance blood circulation.

How do FIR infrared heal?

- By increasing the protein levels of nitric oxide synthase in the aortic lining (the main blood vessel of the heart). Adequate levels of nitric acid are essential for healthy heart function and coronary vessel dilation. After just one week levels of nitric acid increase forty fold and even after levelling off stay 50% higher than before.
- By lowering levels of urinary prostaglandin, a marker oxidative stress.
- Tourmaline, found in the heated FIR under blanket, a borosilicate gemstone that naturally emits FIR waves, significantly stimulates and enhances the activity of white blood cells and inhibits peroxidation of fatty acids. The heat from infrared

saunas permeates more than 1.5 inches into the body. The argument is based on the idea that the wavelengths of far infrared waves are typically between 5.8 and 1000 micro meters which corresponds to the vibration of the water molecule at 9.4 micro meters. Because these vibrations are similar the infrared rays help knock toxins loose from fat cells into the body and these toxins are released through sweating, so helping arthritis and tissue injuries. Dr Sherry Rogers, a fellow of the American College of Allergy, Asthma and Immunology believes that an infrared sauna is the only way of removing man-made toxins and further states that bio accumulated toxic load in the body is responsible for all disease not attributed to bacteria or virus. Regular use of an infrared sauna can help decrease the overall toxic load.

- FIR saunas are especially helpful for removing heavy metals from the body via the skin. Hence the reason why while in it you should sit on your own towel, use your own towel to dry yourself and have a vigorous hot, old shower using natural soap to assist the heavy metals off the skin after each session.

Bio – Resonance Treatments

Matrix Regeneration Therapy (MRT)

Because of its holistic therapeutic approach to thorough basic detoxification, MRT can be applied successfully to all chronic diseases.

It is the best preparation for any subsequent follow up therapy. Its indications thus cover a broad spectrum:

- rheumatic diseases
- chronic inflammation
- bronchial asthma
- allergies
- skin diseases
- lymphostasis
- degenerative diseases (spinal column and joints)

How does it work?

MRT draws on old and proven procedures such as cupping, which, in its modern form of Petechial suction massage, is a part of this method. The partial vacuum in the suction electrode draws waste by-products and tissue toxins to the surface, where they are removed via the lymphatic system. In the case of previously damaged tissue, this can actually cause hematomas – a sign of the capillaries' greater fragility. Initially, the intense red streaks on the skin may be visible for days. After a number of treatments, and as tissue continues to regenerate (it gets noticeably firmer), these streaks fade after just a few minutes; the pain sensitivity also abates more and more. The suction intensity can be adjusted on an individual basis, a plus for patients with sensitive skin.

Two other energetic components complete the MRT treatment. The suctioned-up toxins and waste by-products can also be regarded as electro-magnetic information with a pathological vibrational pattern. Using Systems Information Therapy, a further development of bioresonance therapy, the organism's underlying disturbance fields can be neutralised, taking a considerable load off the immune system. A visible consequence of

this is that disease-conditioned muscular tension eases up during the course of treatment. Although the therapy is primarily performed on the back, all internal organs are accessed via the neural reflex zones, thus achieving a very deep effect.

The third component is low-intensity Direct-Current Treatment that repolarizes diseased tissues in order to stimulate regeneration or reduce inflammation whereby existing charge deficits are compensated out. All three components work together synergistically, reinforcing each other's effects.

The effects achieved using MRT far transcend those previously described. Each treatment strongly stimulates the immune system to greater defensive readiness. Also, hematopoiesis (through cytolysis) and the lymphatic system are intensely stimulated. Chronic malposition of the spinal column due to muscular tension, as well as blockages that impede the flow of energy in the body can be relieved – and the stress overload the brain's central hormonal regulatory system vanishes. Thus, a single operation performs a comprehensive whole-body-oriented treatment, deacidifying the body, regulating the hormonal imbalances and stimulating the lymphatics.

Cell and Matrix Regeneration

As far as I know there are only two of these light machines in the country. Invented by Dr Bodo Koehler (who also invented the MRT) this is a light and bioresonance machine which is extraordinary in as much as it will always create healing prerequisites regardless of where the blocks or misregulation occurs in the system. Every kind of alternative treatment needs a functioning immune system with which to communicate. Energy blocks of any kind are a tremendous hindrance for successful treatment.

The CMR recognises such hindrances on its own and corrects any deviations minutely and accurately. It can be used in conjunction with lots of other modalities (acupuncture, homeopathy, herbal medicine etc) which is why Kitty always uses it with MRT, and all bioresonance treatments are more successful if used in conjunction with CMR.

How does it work?

Bodo Koehler recognised in 2003 the profound implications of how much the psyche influences every functional system in the body and that unwanted changes in the tissues are the result of incorrect control. He amalgamated the work of many famous scientists, among them Wolfgang Pauli who discovered the 3+1 law, Max Luescher who applied the natural law of the 4-poles to the field of psychology and produced the Luescher Cube, Juergen Schole who linked the 4-polarity with the correct regulation of the metabolism, Peter Plichta who discovered the Prime Number Cross and illustrated the importance of quadric-polarity and reciprocity, Konstantin Meyl who understood the importance of scalar waves and Manfred Hoffman who showed the importance of the interaction between protons and electrons in the human body.

Bodo Koehler, understanding all their work (he is a scientist as well as a doctor) looked at the cell metabolism from the inside of the cell and the acid/alkaline balance of the matrix around the cell and organised the 4 regulators of the acid/alkaline balance in the schema of the Luescher Cube and then into an overall system. He was then able to link the psyche with the connection between the potential fields of the structure of the tissue and therefore its quality.

So the CMR corrects the acid/alkaline balance of the body as well as its rapidity changing

catabolic and anabolic processes, removes arterial plaque, deeply cleanses the matrix (the connective tissue of the body) and individually detoxifies and balances the kidneys, liver, respiratory and digestive system using light frequencies individually tuned into the body. It reduces oxidation, regulates the hormones, recharges electrolytes and regenerates the cell building blocks.

It goes way beyond any presently known therapy modalities and its effect is heightened by MRT therapy.

What is Qi?

Traditional Chinese Medicine (TCM) starts with the concept of Qi (or Chi).

- Qi is energy in the very broadest sense possible.
- Qi is universal.
- Qi embraces all manifestations of energy, from the most material aspects of energy (such as the earth beneath your feet, your computer, and flesh and blood) to the most immaterial aspects (light, movement, heat, nerve, impulses, thought, and emotion).

Life, it is said in the Chinese medical classics, is a gathering of Qi. A healthy (and happy) human being is a dynamic but harmonious mixture of all the aspects of Qi that make up who we are. Qi is in a state of continuous flux, transforming endlessly from one aspect of Qi into another. It is neither created nor is it ever destroyed; it simply changes in its manifestation.

It is frequently translated as 'energy flow', and is often compared to Western notions of *energeia* or *élan vital* (vitalism) as well as the yogic notion of *prana*.

The Chi Machine

The Chi machine resulted from 38 years of research by the Japanese medical doctor Shizno Inone, Chairman of the Oxygen Association of Japan. The Korean machine which Kitty owns has taken his process one step further and actually allows the feet to move in a figure of 8. The basic machine merely moves them side to side and this original work was the outcome of his observation of goldfish's movement in the water. When fish swim they swing their tails so generating movement of the entire spinal column and all muscles. The Korean machine has a foot rest which follows this figure of 8 movement as well as allowing the user to swivel from foot to waist to chest and from chest to the cervical vertebra in the head. So the entire spinal column and all of its muscles are exercised. This relieves vertebra joint pressure and promotes a sense of well being relieving minor aches and helping maintain health. More importantly it helps the blood to circulate oxygen throughout the body.

There are three arm positions to use while on the machine.

The Mid Position:

Place both hands under your head with the fingers clasped. This position exaggerates the curves of the spine and will impart a stronger motion to the spinal column.

The Goldfish Position:

Lie with your arms relaxed by your sides at an angle of about 45 degrees. This position is

particularly good for releasing tension and relaxing.

The Stretched Back Position:

Stretch both arms above your head keeping them straight as possible. This position creates traction throughout the whole body and can help to relieve muscular tension and discomfort.

Bodywork

Bodywork on the Cleanse

When the body is loaded with unnecessary stress it can't do its work properly. How can you do your best work mentally whilst doing your worst physically?

There's a Parable of the Saw. A man goes into the forest with his new saw and fells ten trees on the first day. Three weeks later his friend visits him. He is only managing 2 or 3 trees a day by this time. The friend enquires 'Why don't you sharpen your saw?' The man replies 'I haven't got time to sharpen my saw, look at all the trees I have to fell!'

It seems as if in contemporary society looking good has become more important than feeling good. But what if you lived your day-to-day life practising excellence with ease. Well applied bodywork helps you do this. It unblocks the blockages whether they be physical, emotional or metaphysical.

Bringh Joy, a former cardiac surgeon turned metaphysical teacher and very much in harmony with Einstein's equation $E=MC^2$, stated:

'I believe that the human body is an outrageously ingenious demonstration of the power of consciousness to turn energy into matter and matter into energy. With this insight we can now undefine ourselves and stop defining our limitations'.

Bowen therapy

The Bowen technique is a 'hands off, hands on' treatment. Thumbs and fingers are used on certain part of the body making rolling type movements over soft tissue (muscle, ligament, tendon and in between each set of moves the therapist leaves the room to allow the body to respond as the movements take effect.

How does it work?

The brain sends out electrical signals at a phenomenal rate, something in the region of 6,000,000 impulses every second and these come back to the brain as information. Very little of it is needed at any one moment and the decision to ignore or act on it is generally based on past experience. The brain is very reliant on the information sent from the body and is inclined to accept the very first version of events that it receives, even if the information is inaccurate. During a Bowen move the brain searches for points of reference that will establish what cause of action needs to be taken but the move is so different that such a point of reference is difficult to establish and the brain decides it needs to investigate further. It is at this point the real work of the Bowen therapist begins and she

leaves the room! The brain goes into the Alpha brainwave and the body relaxes almost immediately. This indicates that the brain has asked the body for more information and attempts to effectively recreate what happened in order to decide on a cause of action.

What does it treat?

One of the principles of Bowen is that it doesn't treat specific conditions. The great thing about Bowen is that there is no situation where it cannot be used safely and effectively. It has a profound effect on neck and back pain, shoulder restrictions and general aches and pains and is useful for less obvious problems such as ME, MS, hayfever, colitis, asthma, migraine, constipation, eczema and others. This is not a list of diseases it can treat but more an example of the kind of conditions that can and do respond positively to it and Kitty ensures everyone on a detox week receives one Bowen treatment.

Colonic Hydrotherapy

£50 million in annual laxative sales suggests that elimination is a problem for many people.

The colon is a tube approximately five feet long and two and a half inches in diameter. It extends from the lower right-hand side of the abdomen by the appendix, up to the rib cage, then across the body to the left side of the rib cage, then downwards, ending at the anus.

The colon completes the digestive process. It absorbs nutrients and excess water from the digested residue of food we have eaten, and discharges toxins and waste materials from the body. When the colon is clean and healthy, we experience a feeling of well being. When it is congested and stagnant wastes, poisons back up into the system and pollute the inner environment. This is called autointoxication – literally 'self-poisoning'.

All of the body's tissues are affected by autointoxication. Poisons are reabsorbed into the bloodstream and are carried to every part of the body. In the nervous system we feel irritable and depressed. We feel weak if they back up to the heart, bloated if they reach the stomach and our breath is foul if they reach the lungs. The waste build up of months and years can actually result in five, ten and sometimes as much as fifteen pounds of weight, causing a distended and abnormally shaped colon. Autointoxication can be a causative factor in numerous serious diseases. The colon, being the largest perpetrator of diseases of any organ in the body, is said to be the initiator of 80% of all critical illnesses. This need not be so.

Improper diet, insufficient exercise, stress, overeating and ignoring the 'call of nature' can all lead to bowel problems. Dense, sticky bowel movements indicate an excess of mucus in the system which is usually the product of mucus-producing foods such as sticky animal products and flour. These bowel movements leave a sticky trail behind them which glues to the colon wall, eventually building up until there is a hard rubbery crust there. This crust inhibits the working of the bowel and is often carried for the duration of the person's life. This crust means that wastes from the bloodstream that are normally drawn in for elimination through the colon wall can't get through, and so are reabsorbed by the body.

Colonic irrigation is an internal bath that helps cleanse the colon of poisons, gas and accumulated faecal matter.

What is colon hydrotherapy?

Unlike an enema, it does not involve the retention of water. It is the gradual and gentle introduction of purified water into the colon via the rectum. This water stimulates the colon muscle to recover its natural shape, tone and peristaltic wave action. About fifteen gallons of water are used, but only two to three pints are maintained internally at any time. The outflow of water takes with it accumulated faecal matter. Each treatment takes approximately three-quarters of an hour.

Does that mean my colon is clean after hydrotherapy?

A series of colonics is usually necessary to dislodge hardened waste. Colonic hydrotherapy is most effective when employed in combination with exercise and a mucus-free diet. Once the colon is clean, it is advisable to have a colonic every few months to maintain a healthy environment.

Isn't it a bit messy?

No. The water and waste are totally contained in tubes, and the waste goes directly into the sewage system. Part of the tube is made of glass so that the therapist can check the state of the waste.

Won't it damage the normal intestinal flora?

When the acid-alkaline balance becomes abnormal, and the bowel is impacted, the growth of friendly bacteria is stunted. Cleansing the colon will put this trend into reverse.

Herbal implants

During a course of treatment. It is often beneficial to introduce particular herbs into the colon. Only a small amount of liquid is introduced, and shouldn't if possible remain in overnight.

Reflexology

Reflexology is a therapy that works on the feet enabling the body to heal itself. Following illness, stress, injury or disease, it is in a state of 'imbalance', and vital energy pathways are blocked, preventing the body from functioning effectively. Reflexology can be used to restore and maintain the body's natural equilibrium and encourage healing.

Pressure is applied to the feet and for each person the application and the effect of the therapy is unique. Sensitive, trained hands can detect tiny deposits and imbalances in the feet, and by working on these points reflexology can release blockages and restore the free flow of energy to the whole body. Tensions are eased, and circulation and elimination is improved. This gentle therapy encourages the body to heal itself, often counteracting a lifetime of misuse.

Precision Reflexology also works by applying pressure to the feet combined with holding specific reflexes and creating energetic links between reflexes (for example linking the pituitary gland with the adrenal or thyroid gland to correct hormonal imbalances). By gently relaxing the autonomic nervous system, this form of reflexology is powerful in its subtlety.

Reiki

Reiki is a Japanese word meaning Universal Life Energy, an energy which is all around us.

Reiki is the name given to a system of natural healing which evolved in Japan from the

experience and dedication of Dr Mikao Usui (d. 1926). Fired by a burning question, Dr Usui was inspired to develop this healing system from ancient teachings after many years of study, research and meditation. He spent the rest of his life practising and teaching Reiki. Today Reiki continues to be taught by Reiki Masters who have trained in the tradition passed down from Master to student.

There is no belief system attached to Reiki so anyone can receive or learn to give Reiki treatment, the only prerequisite is the desire to be healed.

The method of receiving a Reiki treatment from a practitioner is a very simple process. The recipient simply lies on a couch and relaxes. If they are unable to lie down the treatment can be given in a sitting position, the main thing is for the recipient to be as comfortable as possible. There is no need to remove any clothing as Reiki will pass through anything, even plaster casts. The practitioner gently places their hands non-intrusively in a sequence of positions which cover the whole body. The whole person is treated rather than specific symptoms. A full treatment usually takes 1 to 1 ½ hours with each position held for several minutes.

Who Are You?

What determines your current level of health?

Your current level of health is a perfect reflection of how your body, mind and spirit is responding to the environment and lifestyle you have created for yourself.

INTAKE

The quality of air we breathe, the liquid we drink and the food we eat

ELIMINATION

The function and efficiency of our organs designed to remove and expel waste

MOVEMENT/CIRCULATION

The ways we move our body to keep it toned, flexible, with good circulation

LIFESTYLE

How we live, work and play

EMOTIONS/SPIRIT

Do we have positive/healing or negative/destructive emotional and spiritual habits

INHERITED CONSTITUTION

Your physical, emotional and spiritual constitution inherited from your parents and what you choose to do about it.

Your Brilliant Body

=

YOUR LEVEL OF HEALTH

Your entire body totally rebuilds itself in

less than 2 years!!!!

98% in less than 1 year.

A new brain in 1 year.

Blood in 4 months.

Skeleton in 3 months.

DNA in 2 months.

Liver in 6 weeks.

Skin in 1 month.

Stomach lining in 5 days!!!!

**Why are you still creating
the same body???????**