

## DIET

Good colon health is as much a function of the quality of food we eat, as it is our elimination status. The typical American diet comprised of refined, processed foods, high in saturated fats, sugar, flour, preservatives and low in fiber, inevitably causes problems for the colon. Starches and sugars not digested enough for assimilation will ferment, proteins will putrefy and fats will turn rancid. The bad bacteria in the colon love this nasty environment and cause gas, bloating, increased transit time, toxicity, constipation, and disease.. Over time, the colon will lose the ability to process vital nutrients, absorb water and to eliminate fecal matter from the body, inevitably resulting in autointoxication and toxemia.

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Bowel dysfunction may be the root cause of a multitude of chronic health problems, sickness and disease.

Colon hydrotherapies greatest importance is in eliminating toxins from the colon, in relieving stress on the liver, and in improving lymphatic and capillary function.

When you begin to improve your diet with more natural and chemical-free foods, and begin to eliminate toxins by cleansing and colonics, you will become younger, stronger, and more beautiful.

While not a cure for any disease or ailment, it may be considered an important adjunctive therapy to help you rejuvenate and maintain your overall health.

## COLON HYDROTHERAPY



Offered at:  
Rainforest Naturopathic  
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# THE COLON

The Colon or Large Intestine is a hollow tube-like organ, which is about as long as you are tall and approximately two inches in diameter. The adult colon has a capacity of about nine pints. The structure is muscular and moves matter through it with muscular movements known as peristalsis. The major functions of the colon are to receive the digested food, to absorb certain nutrients and water to reduce the material to its proper consistency for evacuation.

A healthy, strong functioning colon is essential to maintaining good health. Your colon, together with the kidneys, lungs and skin are responsible for eliminating waste from the body. But over time, your colon may lose its ability to properly eliminate all waste from the gastrointestinal tract due to a combination of poor diet, and lifestyle.

If this happens, the colon may become saturated with harmful toxins. Toxins break down the protective lining of the colon and are transported by the blood to the liver and kidneys for further filtering. When these organs cannot handle the overload of toxins, they are distributed throughout the entire body. This may lead to the conditions of toxemia and autointoxication resulting in degeneration and illness.

# COLON HYDROTHERAPY

Colon Hydrotherapy can be most beneficial in helping to restore good health by:

- Clearing the colon of old waste material and harmful toxins.
- Restoring proper pH balance to the body.
- Stimulating the immune system.
- Improving absorption of nutrients into the blood.
- Reduction of absorption of toxins from the colon.
- Improving the gut ecology for the health of microflora.
- Strengthening muscular activity in the colon.
- Promoting a return of normal, regular bowel movements.

# INDICATIONS

Signs of toxic buildup:

- Allergies
- Arthritis
- Asthma
- Bad Breath/Body Odor
- Back/Bellyaches
- Belching/Bloating/Gas
- Brain Fog/Memory Problems
- Brittle Hair/Nails
- Cleansing/Detox
- Constipation/Diarrhea
- Depression/Fatigue
- Headaches
- Hemorrhoids
- Hyper/Hypotension
- Indigestion/Nausea
- Insomnia
- Irritability
- Menstrual Problems
- Skin Problems
- Weight Problems