

Our Centre Specialises in colon hydrotherapy, this is an effective and natural detox therapy. A safe, gentle internal bath using **gravity fed** warm filtered water is infused into the colon for up to 45 minutes. A colonic helps stimulate (exercise) the colon's natural peristalsis, which aids in the removal of **waste** and **toxins** that have accumulated in the large intestine.

What is Colon Hydrotherapy?

Colon hydrotherapy is not a cure-all but a valuable procedure used to assist the body in restoring or sustaining vibrant health, and **prevention of disease**. It can assist in helping many conditions including relief of constipation, bloating, sluggish bowel movement, irritable bowel syndrome, low immune system, poor digestion, irritability and skin problems; and a great kick start to any weight loss or cleansins programme.

Our Centre maintains the best practice and highest standard of hygiene, which includes the use of disposable equipment. The pencil thin tube which you insert 1 inch into your anus, provides more comfort than traditional machines. Our device is unique to the state of the art **FDA approved** colon hydrotherapy systems. Our certified therapist will assist you through the whole process, or if you prefer you can choose to be left in complete solitude. A restful ambience created by soft lighting and music allows you to completely relax as you cleanse.

How Many Sessions Are Needed?

The number of sessions will depend on the individual needs of each client. Most people on the standard diet will need a series of 6 to 8 treatments fairly close together to receive a thorough cleansing of the **6ft** colon. A personal program is designed during your first visit with our colon hydro therapist.

Preparing for your Colon Hydrotherapy:

In order to gain the most from your session, we would like you to prepare your body for **cleansing** by following these nutritional guidelines. If possible, avoid **processed foods, wheat and dairy** products, **tea, coffee** and **alcohol** leading up to your cleanse and during your colon hydrotherapy program. Drink as much clear fluids such as filtered water with a **dash of lemon is alkalizing**, herbal teas. On the day of your appointment we recommend that **no food** is consumed **2 hours** prior to your treatment.

The Goals of each treatment are:

- Hydrate the body...
- Soften and remove hardened toxic fecal matter...
- Stimulate and strengthen the nerves, muscles, glands, circulatory and immune components of the digestive system to enhance appropriate function and elimination.
- Stimulate peristalsis (the natural wavelike muscular movement that moves waste through the intestines)

- Cleanse the intestinal wall to allow better nutrient absorption.

Is Colon Hydrotherapy Safe:

It is completely safe. The hydrotherapy equipment is FDA (USA) approved, and has been in the market for more than 30years. The water used has an extensive filtration system to filter out chemicals and contaminants. The water and temperature are controlled by our therapist at all times for the client's complete comfort and safety.

Is it Embarrassing or Painful?

Your dignity is completely maintained with proper draping in a private room; there is no offensive odor or mess to worry about. There may be minimal cramping or discomfort just before a release, as with any bowel movement. Most of the treatment is very relaxing. Our therapist uses carious abdominal massaging techniques along with relaxation and visualization suggestions to add to the client's comfort and help facilitate a more thorough cleansing.

Is Colon Hydrotherapy habit-forming?

Colon hydrotherapy retrains the muscle or the bowel to regain strength. After a series, most people regain the normal bowel function of one movement per day. A healthy bowel may have 2 or 3 bowel movements a day, depending on what you eat. Trouble is usually first recognized by an individual as constipation or diarrhea. These danger signs along with foul-smelling stool and gas may be overlooked.

What are some signs of Inefficient Elimination and a Toxic Colon?

- Constipation
- Hemorrhoids
- Chronic headaches
- Bad breath – body odor
- Excessive gas or bloating
- Irritability, depression
- Poor concentration
- Persistent tiredness
- Sagging posture (pot belly)
- Cold hands and feet
- Dry, brittle nails
- Aching muscles or joints
- Coated tongue
- Skin problems
- Inability to lose weight
- Poor immune function

Benefits of Colon Hydrotherapy:

- Improved bowel function that allows for better nutrient absorption
- A loosening of mucus in the lungs
- Looking and feeling younger
- More energy
- Improved range of motion
- A clearer complexion
- Smoother, tighter skin
- A better posture
- Weight loss
- A sharper, clearer mind
- An all around feeling of improved health & vitality

Opening Hours

***Monday to Friday
9:30am to 5:00pm***

We accept all major credit cards
All Sessions by appointment
24hours cancellation is required for any appointment

Our Contact Detail:

285 Riccarton Rd
Riccarton
Christchurch

P.O.Box 8247
Riccarton
Christchurch

Ph: 03-3431668
Mob: 021-688268
Fax: 03-3432233
A/h: 03-3396628
E-Mail: tem.clinic@clear.net.nz

We use:

- Certified Colon Hydrotherapists.
- FDA registered colon hydrotherapy system
- Disposable rectal nozzles individually packaged
- 99.9% purified water in the procedure
- Highest standard of hygiene products
- Private & comfortable rooms