

Understanding Your Colon

The colon is also referred to as the bowel or large intestine. It is a muscular tube that is approximately the last 5 feet of our alimentary canal. A healthy colon produces Vitamins B and K and an abundance of beneficial bacteria referred to as microbiome. This microbiome functions to neutralize, dissipate, and help prevent toxic conditions from developing in the colon and is a part of our immune system. This microbiome is a protective barrier that allows water and nutrients to absorb while waste is formed to be eliminated.

The colon has been referred to as the sewer system of the body. It is the place where too often we store waste rather than eliminating it efficiently.

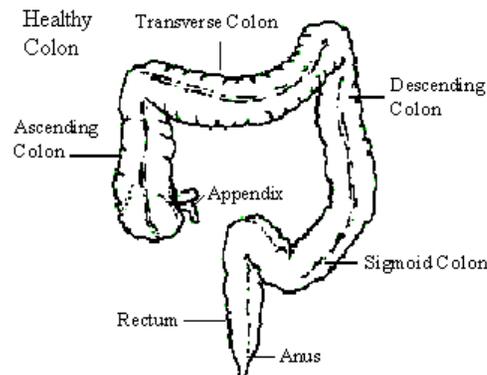
Wave-like movements help form and pass stool along. Food remains that became waste, in a healthy digestive system, will be eliminated completely after 18 to 24 hours of consumption. This is a cleansing process that occurs naturally. A healthy digestive tract helps support a healthy immune system.

Ideally, one should have as many bowel movements per day as meals. This is a natural cleansing when we are hydrated, have consumed appropriately and allow for an opportunity to eliminate.

Colon Cleansing

When we take in more food, emotions, or mental stress than we can utilize and eliminate, toxicity occurs in our bodies.

Historically, colon cleansing with water has been recognized as a valuable practice; medical records from 1500 B.C. document its use.



Colon Hydrotherapy - also known as colonics - is a gentle method of hydrating the colon walls using purified water.

We use an FDA* registered instrument that is manufactured for professional use. We utilize new disposable utensils with each session to ensure sanitation. Our water is both filtered and ultraviolet light sterilized.

*Federal Law (U.S.A.) restricts this device to sale by or on the order of a physician or licensed health care practitioner.

What is a Colon Hydrotherapy session like?

A small amount of water gently flows into your colon and waste and water are gently released out. The water stimulates the colon muscles own natural action.

Each session is a comfortable process as you receive and release water gently. It is like an internal bathing experience where the water can be turned off at any time. Privacy is preserved as clothing and drapes or gowns can be worn.

Consider a colonic anytime!

The number of colon hydrotherapy sessions desired is individual as we all have different health histories and goals. Cleansing maintenance schedules can be evaluated with each unique person. Just as some people exercise on a daily or weekly basis to tone and tighten their outer body, some people have their own ongoing cleansing, toning and rebuilding regimen for their inner body. Colon hydrotherapy can be used as part of a regular maintenance program.

However, colonics are not appropriate for everyone. There are a handful of diseases and ailments which may be contraindications for colonics. Please feel free to contact me or your own licensed health care practitioner for questions about this.

Before and after your session drink coconut water or some other electrolyte enhancing beverage. Consider avoiding processed foods, gluten, dairy, and animal products.

Best results are sustained when we consciously consume fresh high fiber, probiotics and enzyme rich foods that nourish and balance the body.

Remember to take time to enjoy your meals. Chew your food thoroughly as that is the beginning of healthy digestion.

Empowering new lifestyle choices promotes true healing!

As a culture, we routinely ignore the call of nature, as we rush through our day, overriding our body's normal reflex to defecate after eating. This may train our bowel to expand and retain, rather than expand and contract enabling constant flow and less stagnation.

Consider giving yourself an opportunity to eliminate after each meal. Attention to this is important and too often ignored. This may be a key step toward creating bowel habits that promote elimination in a timely manner.

About me. I am certified with the International Association of Colon Hydrotherapy (I-ACT). I have had hands-on knowledge of colon cleansing protocols since 2010 and attend annual international health conferences gaining continuing education while also staying current on recent health discoveries.

As a natural health coach with a holistic approach and a gentle nurturing touch, I believe that everyone deserves to live an extraordinary life with youthful vitality.

A Gentle Wave is a beautiful, homey environment designed to meet your special needs. You are invited to experience the benefits of cleansing in this safe, comfortable, relaxed atmosphere. Consultations and sessions are available for your specific concerns and questions by appointment only.

I may require physician consultation and prescription prior to sessions. I have a medical director and would be happy to refer you.

GIFT CERTIFICATES AVAILABLE

www.agentlewave.com
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COLON REJUVENATION



*A Gentle Wave
Colon Hydrotherapy*



A source of education and support for your natural health needs.

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Internal Cleansing Specialist

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**Optimize your health
and your life.
You deserve it!**

♥ **Begin Within** ♥