

## Why Use a Healthy Practice?

I had a Candida condition and could hardly walk due to arthritis. I was weak and fatigued. I lost my job and became housebound. It took me time to call my energy to do simple tasks. My doctor recommended colon Hydrotherapy. I was generally scared during the session and had a panic attack in Linda's office. She was very understanding and caring and offered to try again when I felt ready. I came back a week later, and it was not nearly as uncomfortable as I had thought it would be! After a series of colonics and diet modification, I had so much energy that I went back to work full time and resumed a part-time teaching position. My arthritis is greatly reduced, I no longer feel fatigued, and I owe much of my newfound energy and healing to Linda. I consider: Hydrotherapy to be one of the most effective, natural and cost-effective therapies.

— Josh F.

I am grateful for your colon hydrotherapy expertise. Who would've thought a colon could be so therapeutic in healing my mind, body, and spirit? I am amazed at the benefits of colon cleansing and deeply appreciate your sensitivity and professional touch as a healing therapist.

— Diane M.

As a result of the colonics that I have been having over the past year, I was able to go back east and not respond adversely to the numerous allergens that usually affect me. It's the only change that has had such a positive effect. What a pleasure to walk through the woods without the pollen attack! Thank you for strengthening my immune system. With great appreciation...

— Carol F., RN

Linda's approach to colonics was essential to the process of healing related to healing a multi-organism infection that I had been fighting. Linda has an understanding of the mind/body connection that encourages and even teaches the body to eliminate properly, both physically and energetically. A healthy practice should be commended for its adherence to technique, cleanliness and the personal well-being of the patient through every step of colon hydrotherapy.

— Melissa A.

## Indications for Colon Hydrotherapy

- ◆ Indigestion, gas and bloating
- ◆ Constipation
- ◆ Foul-smelling, compacted stools
- ◆ Irritable bowel syndrome
- ◆ Abdominal distention
- ◆ Intestinal parasitic infections
- ◆ Bad breath and coated tongue
- ◆ General digestive health and prevention
- ◆ Low back pain
- ◆ During fasting or dietary cleansing
- ◆ Before any surgical procedure
- ◆ Fatigue
- ◆ Respiratory or food allergies
- ◆ Feeling "toxic"
- ◆ Candida or yeast overgrowth
- ◆ Heavy-metal or other environmental toxicity
- ◆ Skin problems
- ◆ Immunodeficiencies
- ◆ Headaches

### Clients report additional benefits with:

- ◆ Greater mental clarity
- ◆ Increased energy
- ◆ Weight loss
- ◆ Reduced sugar cravings
- ◆ Improved skintone
- ◆ Overall sense of well-being

---

---

Fear Less, Hope More

Eat Less, Chew More

Wine Less, Breathe More

Hate Less, Love More

And All Good Things Are Yours

— Sweetish proverb

---

---

## A Healthy Practice

Body Ecology ~ Healing Within



**Colon Hydrotherapy**

**Dietary Support**

**Cleansing**

**Detoxification**

**Linda**

**US & International  
Certified Colon Therapist**

415-152-1114 SMA

801-389-4004 US Cell

[lindyhall@gmail.com](mailto:lindyhall@gmail.com)

[AHealthyPractice.org](http://AHealthyPractice.org)

## What Is Colon Hydrotherapy?

Colon Hydrotherapy, also known as a 'colonic', is the gentle flushing of waist from the large intestine with purified water. Each session hydrates not only the colon but the rest of your system and helps to flush retained or impacted waste and other toxins. Colon hydrotherapy also stimulates neuro-reflex points that connect to all other parts of the body.

## Why Would I Need a Colonic?

Good digestive health is as much function of our elimination status as the quality of food we ingest. The longer that waste material stays in the colon, the more chance for toxic byproducts and other toxins are re-absorbed — resulting in a variety of health concerns as well as chronic colon dysfunction.

Over \$1.3 billion is spent annually on laxatives in the United States. The incidence of colon diverticular disease is increasing in younger age groups and is among the most prevalent conditions in western society. Up to 20% of the population in the US and Asia have symptoms of Irritable Bowel Syndrome. Colon cancer is the third most common cancer in the world.

## Why Should I Be Concerned about My Colon?

The colon has been referred to as the "sewer system of the body". It is where solid waste material is stored and transported but generally ignored until we have issues with constipation, diarrhea or other digestive related issues. The relief of congestion and accumulated waste material in the bowel can lead to many other health benefits.

In a perfect world of clean air and water, natural foods and a stress-free lifestyle we might all enjoy excellent health and boundless energy. But that is just not a reality for most people. In fact, today most of us eat food of less quality, have greater exposure to increasing number of toxins and experience more stress than ever before.

Colon therapy is not only about treating constipation. It is about addressing personal habits and lifestyles that promote vibrant and radiant health.

## What Is a Session Like and How Many Sessions Are Needed?

By using a closed system, the procedure is private, respectful of your dignity and honors your cleansing process. There is no odor; it is clean and efficient. The equipment is state-of-the-art, FDA approved and the least invasive available today. It is completely disinfected between clients and all tubes are disposable and used only once.

In initial series of 3-6 sessions is recommended. Of course, each individuals needs and responsible very. Colon hydrotherapy may be part of your long-term health maintenance; helping to cleanse, tone and rebuild the health of your colon. It may also be used prior to surgeries or other medical procedures or for other acute digestive conditions.

## When Should I Get A Colonic?

Consider a colonic before surgery, colonoscopy, pre- and post-barium enema procedures, cleansing fasts, during detoxification therapy and before or after traveling. These are only a few occasions where a colonic can't assist in enhance these medical procedures, medical conditions or dietary and lifestyle changes.

## How Do I Prepare for a Colonic?

### *The day before:*

- Please eat lightly. Some suggested foods include: salads, soups, fish, steamed vegetables, puréed papaya or other fruits, smoothies.
- Drink plenty of water
- Avoid meats, dairy products, Pasta, grains, bread, pizza or 'heavy' foods. These foods are difficult or slow to digest and may interfere with the cleansing of your colon.
- If fasting, schedule the colonic at the beginning of your fast and 1 or 2 additional sessions later depending on the duration of the fast.

### *The day of your session:*

- Avoid eating foods or drinking other than clear liquids 2 hours prior to your session.

Do you ever have the feeling that things aren't quite right? To you hold her breath when you are in traffic or stressful situation? His your body sending you messages? Are you listening?

It is been set that in else of prevention is worth its weight gold. Eating foods that support R body, along with exercise, is so important in maintaining a healthy lifestyle. A well-functioning: Plays a key role in the support of a vibrant life.

Whether you are interested in a seasonal cleanse, diet support, detox, or maintenance of your digestive health — colon therapy will likely be beneficial for you.

Yours in good health!

**Linda**

Certified colon therapist.

**Helping others create Harmony and Health for 28 years**