

Healthy on the inside

HEALTH-CONSCIOUS clients are reaping the benefits of a balanced colon as Cheshire Natural Health sees a 30% increase in the number of patients undergoing colonic hydrotherapy.

The treatment, also known as colonic irrigation is now one of the most popular therapies at the Stretton-based clinic. To cope with the demand, two more colonic therapists have been appointed.

Cheshire Natural Health's senior colonic therapist, Julie Smith, says "We've seen a tremendous amount of television exposure in programmes such as 'You Are What You Eat', making people fascinated with the possibility of...being totally cleansed.

"It's impossible to be at the top of your game if you constantly feel sluggish, bloated and generally run down. Sadly factors such as modern day eating habits and stress can inhibit the bowel's ability to self-cleanse. This is particularly prevalent in our Western society with our high consumption of processed foods, caffeine, alcohol, tobacco, meat, dairy products and wheat, and minimal intake of water, fruit, vegetable and unrefined grains," says Julie, 46, a mother-of-two from Lymm.

Colonic hydrotherapy is a gentle and effective method of restoring balance to the colon by introducing warm water to the colon to cleanse it of toxins, gas and faecal matter. It is used to treat digestive disorders including irritable bowel syndrome, bloating, constipation, leaky gut syndrome, lazy bowel, diarrhoea, flatulence and stomach aches.

Julie became interested in colonic hydrotherapy during her 20 years as a nurse. She saw many patients enduring complications linked to constipation and general bowel problems. But it was only when Julie herself suffered from irritable bowel syndrome seven years ago that she investigated colonics and underwent extensive training at the European College of Naturopathic Medicine in London.



Julie Smith, senior colonic therapist at Cheshire Natural Health

"I realised the power of a cleansed colon and the impact on a person's health. I treated one lady who had suffered with chronic constipation for years; she was in and out of hospital and taking two laxatives a day. After six treatments, this patient is on just two laxatives a week and we are confident she will be laxative free within a couple of months," says Julie, who is also a massage therapist.

The first treatment lasts for one-and-a-half hours and includes a detailed consultation. Subsequent sessions are one hour. Most patients feel a difference after just one or two treatments. The treatment is safe, hygienic, and comfortable and dignity is maintained at all times.

Cheshire Natural Health has installed the latest state of the art equipment, the Toxygen BSC-UV Colon Hydrotherapy Unit, with a built-in multi-stage water filtration system, state of the art ultraviolet sterilizer, and one micron solid black carbon. This ensures optimum water quality, and a more effective treatment than the gravity system used by most other clinics.

For more information on colonic hydrotherapy, please contact

Cheshire Natural Health on 01925 730123 or visit www.cheshirenaturalhealth.co.uk or www.colonicsforhealth.co.uk



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Ask to Speak to our Clinic Director, Tracey Turton for free advice on the best treatment for you

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