

Colon Hydrotherapy comes to Sherwood

What is Colon Hydrotherapy?

Colon hydrotherapy is an ancient therapy, practiced long before conventional medicine. It is a method of introducing slow moving water into the colon. Washing out waste gives relief to bloating and is an opportunity to help with constipation and other abdominal discomforts such as IBS. Hydrotherapy is not only for people who are suffering with uncomfortable bowel complaints, but some clients come for a wellness treatment, as it massages the organ, helping to relief tensions and distortions that could hinder its proper function.

Why have the treatment.

The gut is an important organ and our gut microbiome, or our individual gut plan of good 'gut flora' or bacteria, as we commonly know it as, plays a key part in obesity, allergies and depression.

With the ever increasing incidence of gastrointestinal diseases and symptoms in the Western world, such as diverticulitis, colitis constipation to name but a few, I see clients who come to me, to seek out alternatives. They sometimes may feel conventional medicine hasn't helped them. If something goes wrong with your gut, it's not as obvious as a broken arm or leg. However, what's in your gut is one of the most important factors in long-term health.

At my clinic, I see every one of my clients as an individual and I can spend the time with them to discuss their needs or worries without being rushed. I not only do colonic treatments, but I get clients who want to discuss better bowel management, want advice on food or supplementation to help the bowel work better, sometimes people have gone off track and just need some help and advice.

A lot of stars are investing in colonic treatments and allegedly Princess Diana attributed her clear complexion to the treatment. Other supposed converts include Simon Cowell and Gwyneth Paltrow.

Many Sports personalities and their coaches are finding the benefits of this treatment as it becomes more mainstream and the benefits are more widely known and reported to help in performance.

Invest in you and your health, take time for you, it's important, what are you waiting for!

We spend a lot of money on our external



appearances, we have our hair and our nails or our teeth cleaned and whitened or we might opt for botox, but when it comes to looking after the real engine room of our bodies, our colon, which is housed in our abdominal region, we almost go out of our way to neglect it.

When it needs a little help we take laxatives, which is sometimes why people come to me in the first place as we really shouldn't be taking these long term. We eat all the wrong things and we might drink and we still expect it to work effectively, Well it really doesn't work like that. We need to invest in this little loved organ which regulates so much in our bodies no wonder people go about so fatigued a lot of the time.

Why come to me

I have a background in Medicine and trained as a Nurse, which a lot of people find comforting. I am fully regulated and insured and my prices remain reasonable, so that it is more accessible to people as more than one colonic might be needed dependant on what we find when you come for treatment.

I am also a Teacher and have a degree in Psychology and Physiology, I've worked

with people since I was 18 years old, I'm a very good listener and I am good at putting people at their ease at my relaxing and welcoming clinic on Mansfield Road.

On my website there is a video of a treatment in progress that many of my clients have found informative. I have a question and answer section on my website too, although if you'd like to speak to me personally, I am very happy to have any enquiries from people who may just want to ask lots of questions, so call me today or get in touch via Twitter or FB email or write me a letter, to the

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