

## Roberta Flack Endorsed Our Services



"Dearest Jenny, my experience with you was so good and so good for me. The technique and equipment you use for internal cleansing is so important. I have been enjoying colon therapy for 25 years and never experienced anything like

what you offer. May you continue to heal and save lives."

Roberta Flack, 01/03/09

## Benefits of Colon Hydrotherapy

Some benefits that have been reported are:

- Improved bowel function and digestion
- Better nutrient absorption
- Increased energy
- Look and feel younger
- Clearer skin complexion
- Smoother, tighter skin
- Weight loss
- A sharper, clear mind
- Inner detoxification
- Reduction of bloating, gas and mucus.
- Improved immunity
- Help improve your chances of conception
- Minimise the risks of colon cancer
- All round improved health and vitality

## Why Us?

- Certified professional technicians.
- FDA (USA) cleared state of the art devices
- Disposable pencil sized rectal nozzles
- 99.9% purified water used in procedure
- Sanitized with 100% biodegradable products
- Dignified and relaxing environment
- Most highly recommended Colon Care Centre

## Opening Hours

Monday to Friday: 9am - 6pm

Saturday: 9am - 4pm

We accept Visa, MasterCard, Eftpos and Cash

All sessions by appointment

24 hour notice required for cancellation or change of appointment

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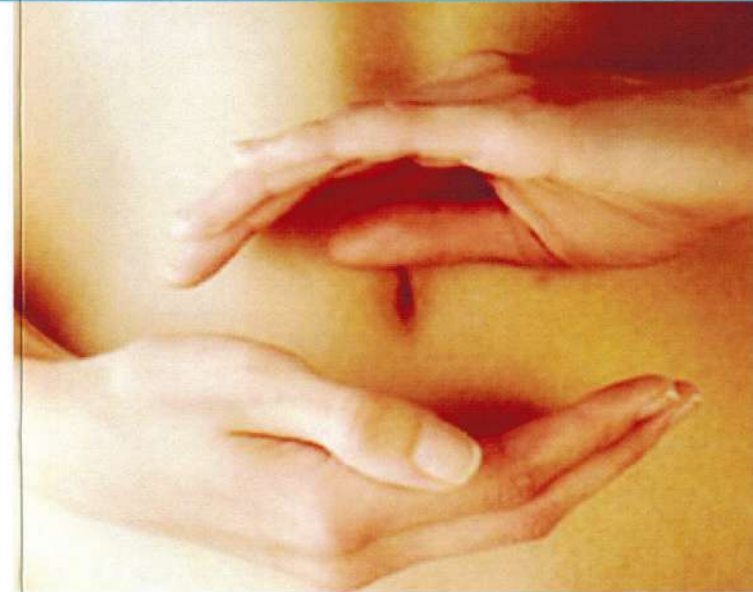
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[www.coloncarecentre.co.nz](http://www.coloncarecentre.co.nz)

# Look Good & Feel Great with Colon Hydrotherapy



Good health begins  
from "A Good Clean Within"

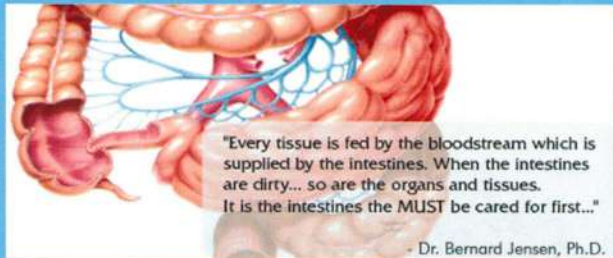


# What is Colon Hydrotherapy?

Colon Hydrotherapy is a gentle infusion of warm filtered water into the large intestine, using no chemicals or drugs. The warm water helps to soften, break up, then remove impacted and dehydrated faecal, mucous, parasitic and other waste material that line the intestinal walls.

You will lie comfortably on a colonic bed as a small sterile, disposable rectal nozzle is gently inserted into the anus approximately 2 inches to allow water to flow into the rectum and colon. This small nozzle remains in place during the entire hydrotherapy session.

Then there begins a gentle infusion of filtered water into the colon, the gravity fed water is temperature controlled. As soon as you experience urgency or fullness, the water, along with old faecal material, gas, mucus, and toxins are released that you can see if you want through an illuminated viewing tube so that the amount and type of waste eliminated can be thoroughly assessed.



## Is Colon Hydrotherapy Safe?

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

## What Are Some Signs of Inefficient Elimination and Toxic Colon?

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

## How Many Sessions Are Needed?

The number of sessions will depend on the individual needs of each client. Most people on the standard Kiwi- style diet will need a series of four to twelve treatments fairly close together to receive a thorough cleansing of the colon. Then maintenance treatments are suggested to keep the colon cleaned and toned, to assist in minimizing accumulation of toxic faecal material that is closely associated with causing colon cancer and many other diseases.

## Is it embarrassing or painful?

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

## How will I feel afterward?

Many people remark how clean and light they feel "like I just took a bath on the inside!" Increased energy and a feeling of wellbeing are common responses. You will be fine to resume regular activity straight after the treatment.



For more information see our website.  
[www.coloncarecentre.co.nz](http://www.coloncarecentre.co.nz)  
Or like us on face book!