



Your one-stop health place for detox and rejuvenation



Services offered:

OUR DETOX SERVICES

- Colon Hydrotherapy
- Bio Cleanse
- Infrared Sauna

OUR REJUVENATION SERVICES

- Acupuncture
- Magnetic Resonance Stimulation (MRS)
- Zen Chi Machine
- Massage



Life in the modern world has exposed us to increasing number of toxins accumulating in our body- from the air we breathe, the water we drink, the food we eat and the many body products we use. These contain chemical contaminants that as they accumulate in our body produce signs and symptoms which may lead to outright diseases.

While our body does have organs that helps to eliminate them, the constant bombardment with toxins are overtaxing our kidneys, liver and colon.

Detoxification is therefore important to allow our body's inherent systems to work by helping get rid of these harmful toxins.

Colon Care Centre offers you our services to help you start of and maintain your health.

FIRST STEP of Detoxification: Colon Hydrotherapy



Step one in detoxification is doing Colon **Hydrotherapy**. It is the gentle infusion of pure, filtered and temperature –regulated water into the colon which will safely and effectively remove wastes through natural movement of the body- known as peristalsis.

The cleansing effects of colon hydrotherapy reduce stagnation and subsequent bacterial production in the colon and maintain harmony of intestinal flora for optimum health.

SECOND STEP: Bio Cleanse



The next step in detoxification is the **Bio Cleanse**: The skin is the second largest area of detoxification of the body. It is a relaxing alternative therapy for reducing unwanted toxins from the body. In the energy field created by the Bio-Cleanse System, a massive negative ion field is created in the water which is easily absorbed by the body. Studies show that these negative ions neutralize free radicals. Also, negative ions have been implicated in the rejuvenation of cells in regards to their ability to "energize" OR "charge" individual cells allowing cells to more readily release toxins and absorb oxygen.

THIRD STEP in Detoxification: Infrared Sauna



With **Infrared Sauna**, the body temperature rises by infrared heat, perspiration occurs and blood circulation increases. The muscles and organs are stimulated and toxic waste (fat, heavy metals and other toxic materials) is removed from your body through perspiration.

Our body reacts to the increased heating through the natural cooling process of perspiring. Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol and the potentially carcinogenic heavy metals are removed from the cells (especially zinc, lead, nickel, cadmium, etc). With the increased heat, the pores of our skin open and discharge waste products. As a result, the skin gradually sheds any old skin cells, leaving it glowing and immaculately clean with improved tone, elasticity, texture and colour.

Rejuvenation is the next important step to do after cleaning up.

To bring back and enliven the body's vitality and vigour - we need to allow our body time to recharge and recover. Our services does exactly that- it aids in bringing balance, harmony and energy.

Feel good, feel relax and be stress free.

The aim of rejuvenation is to improve your body's response to stress and prevent illness occurring. We owe it to ourselves to be healthy.

Try out our rejuvenation services:



Acupuncture — is a safe and minimally invasive treatment that stimulates the nervous system and connective tissue to enhance, strengthen, and direct these “natural forces” in our body. Energy or Chi (Qi) runs our body and are interconnected like power lines that run throughout. Acupuncture points are windows by which we can access these channels and correct underlying disharmonies or imbalances which causes symptoms to appear. The use of needles which are put in these acupuncture points help to enhance, correct and modulate this Chi /Qi to improve one's health and well being. When the Chi/Qi flows harmoniously then the body is in a state of well being.

Acupuncture has been used to relieve pain, manage stress, and enhance well being.

The needles are very fine and you barely perceive as pain. Try it out, it definitely works!



Magnetic Resonance Stimulation Machine (from Vita Life) - also known as pulsed electromagnetic field (PEMF) therapy.

Vibrations or frequencies (matching our own) are being transmitted as purposeful information to energy deprived, weak or unhealthy cells whose function is already restricted and disturbed. The effects include increased perfusion and oxygen supply, an influence on nerve pathways involved in pain modulation and thus, increasing the vitality of cells and their function.

It's as easy as lying down on a mat that does the work for you- be it for increase oxygenation, improve circulation or a mild cardio work out.



Zen Chi- is a machine which produces a wave like motion (vibration therapy) that stimulates venous and lymphatic return to the body.

This flow of energy replicates ancient pulsing techniques and helps to release daily stresses, and maintain a healthy flow of CHI energy throughout the body - vital for continued wellbeing.

The Zen Chi's side to side action opens the vertebrae alleviating stress and tension placed on the spinal column. This unique wave like motion replicates exercise and promotes the flow of blood to capillary banks in all extremities of the body, restoring supply to areas that may have suffered poor circulation. Body detoxification is improved via enhanced lymphatic circulation and abdominal peristalsis (involuntary digestive tract muscles) which results in a higher metabolic rate. These boosts to the anatomical system will assist to relieve the symptoms of:

Lethargy, Digestion Imbalance, Insomnia, Weight problems, Arthritic Pain, stress and tension, Aches and Pains, Poor Posture and Lack of Exercise

Ventosa/Cupping



Ventosa/ cupping therapy is an ancient Chinese alternative treatment that uses local suction on the skin to eliminate stagnation of the blood flow and promote healing for a variety of health conditions such as colds, bronchitis, pneumonia, body pain, swelling and gastrointestinal disorders. It is also used to balance energy and maintain a healthy physical well being.

Researchers reviewed studies on cupping therapy published between 1992 and 2010. They found out that cupping therapy may be effective when combined with other treatments like acupuncture or medications in treating various diseases and conditions, such as: Herpes zoster, Acne, Facial paralysis, Cervical spondylosis

Types of Cupping Therapy

There are various types of cupping therapy, including:

- Dry cupping (suction only)
- A more modern version of cupping uses a rubber pump to create the vacuum inside the cup. Sometimes practitioners use medical-grade silicone cups. These are pliable enough to be moved from place to place on the skin and produce a massage-like effect.



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