

Philosophy

Weight Loss With Colon Hydrotherapy

**"FIRSTLY CLEAN THE BODY, ONLY THEN EXPECT A GOOD RESULT"
- BERNARD JENSEN**

We all know the world we live in is very toxic, after years of absorbing this toxicity, it is time to give your body a break, and this is done primarily through nutrient, rich foods, and enhancing all organs of elimination; colon, skin, lymphatics, kidneys, liver and lung.

Through an all liquid diet, with organic vegetable juices, clean water, nutritional supplements, therapeutic teas, and amino acid combinations, your system is given all it needs to begin to soften and dissolve the toxins that have accumulated in your body throughout the years. These toxins perpetuate weight gain and make your body hold on to fat much more easily. Once these toxins are softened, we accelerate the release of toxicity through the use of colon hydrotherapy (colonics and/or enemas), which is a safe and very effective way to dislodge and release debris from the colon. Removing these massive obstacles are key to weight loss, and are often overlooked in many weight loss programs! That's why you haven't been able to lose weight in the past or keep it off once you did.

If you experience any abnormal symptoms or side effects - make sure to tell one of the staff right away.

Resting is a large part of the detoxification and weight loss process, Please allow yourself to relax while energy is directed towards cleansing. It may take a few days into the cleanse before you start feeling more energy, a decrease in pain and inflammation and your mind to become clearer. Stick to the program, our staff is behind you the entire way.



The Healing Crisis

It is essential for all embarking on a *weight loss program* to understand and recognize what a healing crisis is. Firstly, the road that we travel on over the years is the same road that we travel back on as we regain our health. For this reason, many are surprised when the herbs, vitamins or minerals they are consuming are not helping them to feel better and actually lose weight. In fact they often appear to be getting sick after embarking on such a program. This is actually a good sign not a bad one. The body is merely re-experiencing the same symptoms, temporarily, as it now returns on the uphill road, eliminating toxic wastes as it goes.

Your body is now experiencing a healing crisis not a sickness crisis. There is a world of difference between the two. When the odd headache, sore throat, tired or lethargic feeling or other miscellaneous aches and pains appear often with an "off-food" feeling - (sometimes even nausea and vomiting) be relived. Your investment including time and effort is now beginning to pay off.

An organ usually takes 4-6 months to detoxify and rebuild itself to the point where it will function properly. However, depending on the severity of the condition, the organ(s) may require 1 month's treatment for every 1 year the problem existed. Chronic conditions may take longer than a year to heal, especially for those who have experienced resistant weight loss, and ***those who are patient and persevere to the end are the ones who will see results - weight that finally melts away and stays away for good!***

It is important to not force food on the body when you're not hungry. It should not be kept busy coping with heavy food while it's healing. Your body is capable to remove almost any sickness, disease, or foreign matter that enters it. In order to assist the process, we should preferably eat raw vegetables, fruit and seeds with occasional nuts and 8-8 ounce glasses (2 litres) of water a day, if the crisis is extended. We do not need to eat concentrated foods such as, meats, grain, eggs, dairy products, peanuts and sugar. (the last item should be treated as the plague at all times).



The Healing Crisis

Healing crisis only occurs when:

- a) The body is cleansed naturally, with or without fasting with correct nutrition and supplementation.
- b) The body has the strength and vitality to stand the accelerated healing process. (therefore there is no need to be anxious or to take any special measures.)

The body will take care of itself without any outside assistance.

Asprin and tylenol etc. will interfere with the healing process.

- c). A person feels good.

The healing process can start within 3 days in some cases, or up to 3 months when chronically ill. A healing crisis may last from 1 day up to 28 days. By eating correctly or even fasting etc., the body may eliminate wastes a little at a time, or may never experience a healing crisis at all.

Disease crisis only occurs when:

- a). The body is dangerously full of mucus or phlegm.
- b). Enough germs and bacteria are present and multiplying.
- c). The body's strength and vitality is low.
- d). There is a danger to the body when the eliminative organs are clogged (it generally lasts longer in more serious cases such as cancer etc.)

The above conditions do not all have to be present together. In a disease crisis, the body will only cleanse itself to the point where it can tolerate the toxic wastes and won't completely eliminate them. This is precisely why sicknesses may often reoccur.



Supporting The Bodies Detox Pathways

For ultimate long term success, The Weight Loss Program is designed to enhance all 5 detox pathways (skin, liver, kidneys, lungs, colon).

Some points to remember:

1. Promote daily bowel movements with **increased water consumption**, ideally 1/2 to a full ounce for each pound you weigh, (closer to the full ounce when excess sweating). For example, if you weigh 150 pounds, that would be 75 to 150 ounces of pure/clean water a day.

2. Daily colon hydrotherapy or enemas, bowel massage, and additional "Clean Bowel Formula" (gentle laxative) supplements as needed.

2. Ozone and Infra red saunas are also an excellent way to drive impurities out from the skin. Soaking in **epsom salt baths** for 30 minutes can provide additional magnesium and sulfur to support detox and correct those deficiencies.

3. **Castor Oil** plus heating pack over liver (upper right corner of abdomen, next to lower rib cage) can also help to decrease stagnation and accelerate lymphatic and blood movement.

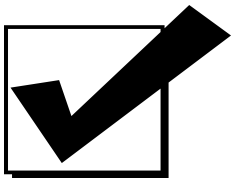
4. **Allow your body to rest**, often when we are in constant fight or flight mode, energy is re-directed from bowels into survival mode. Especially during the 5 days, try to get to bed early, and relax as much as possible.



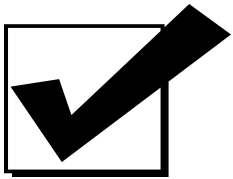
The AT HOME Metabolic Circuit

- Decrease Cellulite and Water Retention
- Maximize Lymphatic Health & Circulation
- Boost Energy & Blood Flow
- Decrease Toxicity & Swelling

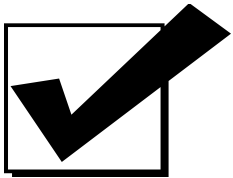
UPON WAKING:



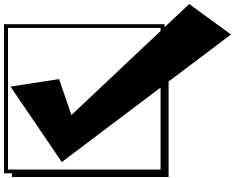
Herbal Tea
Metabolic Boosters



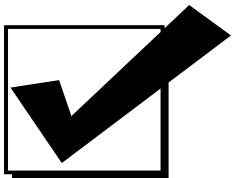
MOVEMENT/EXERCISE/DANCE
20+ minutes



Dry Skin Brushing



Contrast Shower
At end of shower, cover from head to toe in cold for 20 seconds, then hot 30 seconds, end on 20 seconds cold- repeat if desired)



**Proper Bowel
Movement Ergonomics**

