

# WELLNESS WEEKLY

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## COLON HYDROTHERAPY

Colon Hydrotherapy is a means of therapy, where the colon is cleansed using rushing water. This water forces the waste within the digestive tract to expel through the anus. Colon Hydrotherapy may not sound familiar at first, that's because it goes by other names such as Colonics, or colonic irrigation.

The body naturally rids of waste by pushing the excrement to the outside exit of the digestive system. Although this is true, there may still be waste left behind that could linger for longer than necessary.

This backed-up waste becomes an issue when it causes a buildup of multiple things that are unhealthy to the gastrointestinal tract such as yeast, toxins, bacteria, and even parasites.

When a person develops a build-up of such ailments, it eventually compromises their immune system. Once this occurs, it opens the door for other health problems.



# THE BENEFITS OF COLON HYDROTHERAPY

There are many benefits to colon hydrotherapy. After one session it clears an impressive amount of waste from the gastrointestinal tract. Some mention feeling "lighter" after a single session. Over time of colon hydrotherapy sessions, the body reduces the amounts of yeast, and bacteria from the tracts and the immune system is allowed to get back to its normal level of function.

Once the body restores balance, one may notice the benefits:

Weight Loss: Some experience the loss of weight after having multiple sessions of colon hydrotherapy, especially when they accompany it with a proper diet.

Detoxification: Toxins are reduced through the removal of excess waste in the GI tracts.

Feeling Clear and Light: Many people report feeling lighter after a session of colonics.

Increased Energy: A boosted amount of energy is experienced in many who undergo colonics.

Enhanced Immune System: The removal of toxins, yeast, and bacteria from the GI tract help to bring back the immune system to normal functioning.





# WHAT TO EXPECT DURING YOUR APPOINTMENT

Colon Hydrotherapy is nothing to worry about or shy away from. It is actually simpler than you think. At Natural Medical Solutions Wellness Center, after booking your appointment with us as a pre-existing patient, we get you set up inside of the room. We first educate you about the digestive organs and what to expect during colonics. You will then change into a gown and lay onto the colon hydrotherapy bed. From there, the colonics probe will be inserted into the rectum and the session will begin. Water will gently rush into the rectum filling the intestines. The body will naturally want to release, and it will release into the bowl of the colonics bed where it will flush away. The process will repeat for the entire length of the session.



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1130 Upper Hembree Road  
Roswell, GA 30076

(770) 674-6311

[natmedsol.com](#)