

WEIGHT LOSS THROUGH COLON CLEANSING

A major issue, both in the United States and virtually all over the world, is obesity. Aside from genetics and more than just overeating, overweight is usually due to consuming large amounts of unhealthy, inorganic foods that the body is not designed to handle. A direct result of consuming these “junk” foods over a period of time, is a colon that is coated with an accumulation of waste and toxic matter. This condition is not only responsible for overweight, but can eventually lead to other digestive diseases unknown to our ancestors who subsisted on a diet of natural foods.

A myriad of diets and diet pills found on the market today do not, because they cannot address the problem of overweight from where it needs to be addressed. What they do achieve, however, is frustration and needless expense for the millions of people who put their trust in these unnatural and unhealthy methods of weight loss.

Colon hydrotherapy, on the other hand, combined with a complete bowel cleansing routine, is a safe, simple, and completely natural way towards maintaining an efficient digestive system. This should be the goal ... not a quick fix weight-loss pill, shake, or fad diet.

An efficient digestive system is the only natural and healthy way to lose weight and rid the body of harmful toxins at the same time!

Unlike the quick fixes on the market today, colon cleansing is not a one-time only approach to weight loss. It must be done on a regular basis to maintain a healthy and efficient digestive system. The rewards not only include looking slimmer, but becoming more energized as well as skin that is noticeably smoother. In addition, nutrients taken into the system are better absorbed by the body when the digestive system is functioning as nature intended it to.

An overworked or unclean bowel can easily lead to liver, kidney, lungs and skin problems.

These organs are forced to work harder to rid your body of toxins and you can feel the effects in a number of ways other than bowel disorders. A toxic overload can cause bad breath, skin eruptions, headaches, cough, fatigue, body odor and can even affect memory.

You could be walking around with 5 to 25 pounds of old fecal matter in your colon.

What about fasting? When combined with colonics, the process is expedited. A colonic gently cleanses the last five feet of the digestive tract that can help to strengthen a weakened bowel and it is completely non-addictive.

Your colon hydrotherapist can easily identify the foods, vitamins and minerals that are not being properly absorbed, along with identifying yeast, parasites and mucus. The entire digestive system benefits from having a clean bowel.

So if you're serious about losing weight and improving your overall health, call the Reno Alternative Health Care Center -775-827-6888 today and make an appointment with a skilled colon hydrotherapist.