

THINKING OF HAVING COLONOSCOPY? – THEN THINK ABOUT THIS!

Colon irrigation prior to a colonoscopy provides safe, gentle and effective colon cleansing that is not only well tolerated, but is the preferred alternative method of removing waste from the large intestine.

Did you know that inadequate bowel preparation before a colonoscopy can easily lead to several problems such as missed lesions or increased complications? Even more important, poor bowel preparation before a colonoscopy can also mean repeat exams and this, in turn, results in increased cost to the patient.

Colon irrigation prior to a colonoscopy is a more effective method that clears the large intestine of waste matter by means of infusing warm filtered chemical-free water into the colon by a trained technician. There is no inconvenience to the patient whatsoever. During the procedure, the technician monitors both the temperature and pressure of the water in order to achieve the best results. The process is both safe and gentle and usually involves little to no discomfort or side effects.

Considering that the colon is regarded as the body's "sewer system," eliminating impacted matter that has accumulated over a period of time is a major deterrent to a myriad of diseases. Many headaches and skin disorders – just to name a few – can be alleviated or eliminated through proper and regular colon cleansing.

Colon cleansing can definitely lead to a higher state of health.

Here are few points to consider:

Don't make excuses for not feeling your very best! Many diseases start in the colon.

You could be walking around with anywhere from 7 to 25 pounds of old fecal matter in your colon.

Just because you may be having 3 or 4 bowel movements a day doesn't necessary mean that you do not have a serious problem.

Carol Christian, owner of the Reno Alternative Health Care Center, is a highly trained colon hydrotherapist and instructor who employs the closed system in her clinic.

Take that first step towards making a positive change in your life! Call the Reno Alternative Health Care Center – 775-827-6888 and make an appointment.