

Reno Alternative HEALTH CARE CENTER

Colon Hydrotherapy | Organ Cleansing Products
Body Detoxification Wraps | Nutritional Counseling

History of Colon Hydrotherapy

Colon therapy is an ancient method of natural healing. Enemas were recorded as early as 1500BC in the "Ebers Papyrus", an ancient Egyptian medical document. Hippocrates, Galen and Pare also promoted the use of enema therapy. In these early times, people performed an enema in a lake or river using a hollow reed to allow water to flow into the rectum.

How long does it take?

Each session lasts approximately one hour. According to each individual, time on the table ranges from 20-40 minutes.

HOW OFTEN SHOULD ONE RECEIVE COLON HYDROTHERAPY?

It depends on the health and desire of each individual.

COMMON CLEANSING PROGRAMS ARE:

Seasonal Cleansing - A series of 3 at the change of each season.

Annual Cleansing - A once a year cleansing choosing a series of 3, 6, 9 or 12.

Bi-Annual Cleansing - A twice a year cleansing choosing either a series of 3, 6 or 9.

Others with specific health concerns - Often choose to receive more frequent sessions for a short period of time, then decrease the use of sessions until they discover which one of the above programs works best for them.

Colon Dysfunctions

Trouble is first recognized by an individual as constipation or diarrhea. These symptoms along with foul - smelling stool or gas may be experienced. The normal color of your stool is honey golden brown and has no odor which is offensive, although during constipation, you may observe a darkening of the stool, fermentation and putrefaction into the blood.

THE SYMPTOMS THAT CAN SUGGEST THE NEED FOR COLON CLEANSING ARE:

Abdominal discomfort	Backache	Asthma	Craving for food
Allergies	Insomnia	Poor appetite	Brittle nails and hair
Depression	Hemorrhoids	Skin problems	Dark circles under the eyes
Overweight	Fatigue	Headaches	Blood pressure up or down
Indigestion	Nausea	Menstrual trouble	Swelling of the legs
Bad breath	Nervousness	Irritability	

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