



insideout colonics

COLON CLEANSE WEIGHT LOSS

Few people are aware of how much additional weight they are carrying around inside them; weight which they could eradicate in 1.5 hours!

This is not about dieting, exercise, fat reduction, increasing the metabolic rate, addressing food intolerance etc., it is about having **Colon Hydrotherapy**. Alternatively, this may be referred to as Colonic Irrigation, Colon Cleanse or High Colonic.

We can carry around in our colon or bowel as much as 2-4 kilos of waste matter!

This is toxic matter which can cause auto-intoxication or re-absorption of toxins into our organs, therefore weakening organ function.

Bowel cancer is the second biggest killer with 16,000 deaths a year; we need to be giving ourselves the best possible chance.

Colon Hydrotherapy removes the toxic waste which is stuck on the colon wall.

Every time we eat we produce a substance called 'mucoid cement' which glues itself to our colon walls. ***Every time we pass a stool***, the shape of the bowel is such that bits break off and store in the muscular pockets. ***Every time we pass a stool*** it is like a river flowing through leaving sludge at the banks. This is three layers of matter which builds over the years inside us. Our colon does not have sensory nerves, so we feel no pain as the bowel merely expands to accommodate this waste and to allow enough space for the next stool to pass through. ***If you want to search for them, there are pictures of colons which are so distorted with the weight of residual matter that they hang in the abdomen and press on other organs.*** A bloated abdomen may be the result of a colon congested with stool.

Treating **Colon Hydrotherapy** as a regular appointment every 2-3 months (like going to the dentist) is just like a form of health insurance.

Fiona Corliss

Nutritionist and Colon Hydrotherapist DNN MBRCF FNTF MCHA

For more information please visit my websites:

<http://www.insideoutcolonics.co.uk>

<http://www.insideoutnutrition.co.uk>

<mailto:info@insideoutcolonics.co.uk>

or contact Fiona Corliss on: 07817921916