

The Importance of Colon Cleansing

Ann Wigmore Foundation

Colon Cleansing, Colon Therapy, Colonic Irrigation, Colonics and Colon Hydrotherapy are all names for the same treatment modality that has been practiced for thousands of years. The gentle infusion and outflow of filtered water bathes the colon and helps the release of toxins thereby encouraging the entire system to detoxify and return to a more normal, healthy state of well-being.

Give yourself the gift of letting go and experience a whole new level of well-being. Think more clearly, feel lighter, experience more joy and harmony and bring balance to your Immune System.

Many health care professionals believe all disease begins in the colon. Basically, digestion is weakened from our fast-paced lifestyle and devitalized foods eaten. Undigested food builds up on the walls of the colon, becomes a host for "critters" like parasites, and produces toxic gas, which is absorbed into the bloodstream through the walls. This toxic gas can lodge anywhere in the body and creates symptoms of all kinds.

This autointoxication is how diseases are created. A series of colonics could be the first and most profound therapy to begin your healing program with. Retention implants play an important role in reestablishing and stimulating healing of the liver and intestinal tract. At this point in the development of Colon Therapy, disposable supplies are used to assure safety and health. There are several machines used but the old fashioned "gravity feed" or "gravity flow" method seems to be the most effective and comfortable.

Virtually every toxic condition we experience will be greatly benefitted by Colon Therapy. Where are you on this list? constipation, irritable bowel, colitis, diverticulitis, hemorrhoids, acid reflux, cancer, prostate problems, female problems, bad breath, stomach ulcers, liver problems, arthritis, immune disorders, inflammatory disease, swollen joints, hip or back pain, headaches, candida, parasites and on and on...

1960-94 CREATION & DEVELOPMENT OF THE LIVING FOODS LIFESTYLE

For 35 years Ann Wigmore mobilizes all her energy to build a healthier world. She opens the Hippocrates Health Institute in Boston in 1963 and the Ann Wigmore Foundation in Boston in 1985. She has a brilliant career lecturing, writing, and giving demonstrations in over 35 countries. She dies accidentally due to smoke inhalation at the Ann Wigmore Foundation in Boston on February 16, 1994.