

Pure Health Wellness Center

Unit B-0-3, Plaza Damas,
No. 60, Jalan Sri Hartamas 1
Sri Hartamas, 50480 Kuala Lumpur
Tel: 03 – 6203 2097
Fax: 03 – 6203 1967
E-mail: info@purehealth.com.my
Web: www.purehealth.com.my



Pure Health Makes Perfect Sense

Booze. Tobacco. Pizza. Pills. Shooters. Smokes. Sirloin tip. Prescription meds. Drinks after work. Cigarettes. Satay. Repeat ad infinitum. It's a vicious cycle many fall into all too often – especially expats far from home.

Decades later, the ravages of self-inflicted abuse begin to manifest. Wrinkles start to show, your energy levels drop, and it almost feels as if your gut has hardened. You feel old... old and helpless, left to fade into a shadow of your former self. Depression sets in, making the cycle that much harder to escape.

But you can help yourself, and it doesn't involve major life and habit changes. With a little effort, you can nurse yourself back to feeling healthy and vibrant.

Most problems originate due to short-sighted anatomy. On an evolutionary scale, humans haven't been eating meat for too long. We've been drinking alcohol, smoking cigarettes, and ingesting medications for an even shorter period. Our digestive tract and filtration systems haven't kept up to human evolution, and still largely exhibit our earlier herbivore nature.

Pure Health, certified by the International Association of Colon Therapists, is a wellness center offering detoxification and cleansing therapies. As Brian Wong, Director of Pure Health, says, "Everything we do is based on common sense."

Indeed, I have seen pictures of the 2 – 5kg of 'mucoidal plaque' that many people carry around inside their colon – remnants of the 70tonnes of 'rubbish' we put through our digestive systems in an average lifetime. It's black or dark-coloured, solidified, and usually retaining the shape of your lower gastrointestinal tract. They aren't pretty pictures, but they're a wake-up call, like the sight of a cancerous black lung can make a smoker quit cold turkey.

Through Pure Health's detoxification and cleansing therapies, you can expel this 'pure evil' ugliness from your body. To me, that goes beyond common sense... it makes *perfect sense*.

The process isn't as intrusive or unsettling as you'd think. You're first set into 'pre-detox' mode at home with a cleansing diet of juices. After five days, you begin five days of outpatient detox sessions at the Pure Health center. The center is very clean and stylish, and has an air of professionalism to set you at ease. In your private room, warm purified water is gently infused by gravity. The sessions are entirely hygienic, using only FDA-approved equipment. The most discomfort you'll feel happens long before, in your imagination; the real sessions are far less discomforting. As your immediate reward, you can view the toxic materials leaving your body. You may choose not to look.

The long-term rewards are largely determined by your own state of being. Most clients report an increase in energy, healthier and clearer skin, better digestion, restful sleep, mental clarity, and more.

To augment the hydro-colonic therapy, Pure Health also offers Infrared therapy to relieve accumulated toxins from the skin, and health courses to get you on your way to a healthier lifestyle.

After the Pure Health sessions, you might not change your lifestyle. You might fall back into the same old routine and the same familiar habits... but at least you'll feel better, and that's a start. If you can't stop putting rubbish into the system, at least you know where to go to help you get it out.