

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



Do You Need a Detox?

Despite what you're often told, your body isn't a machine. It's a biological entity, separate-but-connected to the stressing influences of your environment. If you live in a polluted environment, the pollutants soon become a part of you. If you voluntarily pollute your own body, it's made even worse.

Luckily, your body has ways to cleanse itself of pollutants. Your sweat carries with it certain impurities. Your kidneys are another of the body's filtration feedback system, and your digestive system is among the most effective means of filtering away the poisons that surround you (and the ones you choose to ingest. Tequila shooter, anyone?)

But it isn't a perfect system. Like a storm drain for dirty street runoff, your body's filtration systems can eventually clog with debris if pushed past their limits. When that happens, the street traffic becomes less efficient, as does the efficiency of your body. Among other effects, you'll start to feel tired, and the one filter you can see – your skin – will begin to look unhealthy. Imagine all red meats, alcohol, prescription medicines, tobacco, and everything else you've put through your body...now imagine what the inside of your colon looks like!

At the Pure Health Wellness Center, you don't have to imagine it. Pure Health follows the same 'common sense' reasoning used in the preceding paragraphs. What do city workers do when storm drains clog up with debris? They rinse them out.

And that is where this grand allegory of common sense ends. The methods used at Pure

Health are (thankfully) much gentler than those used by city workers. After five days of a 'pre-detox' regimen of cleansing juices, you're led to a clean and stylish private room, where warm, cleansing, purified water is gently and hygienically infused by gravity into your colon. Pure Health only uses FDA-approved equipment, and are certified by the International Association of Colon Therapists.

The debris (tastefully called 'mucoid plaque') that's hygienically removed can weigh up to 5kg, and look even worse than the runoff debris from the dirtiest back alleys. If you choose, you can triumphantly view its exit from your body. You might also choose to turn away and just be glad it's gone.

In fact, the most disturbing and intrusive part of the entire process is reading this article, and almost certainly you'll feel better about the results. Most clients of Pure Health 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 extrude accumulated toxins from the skin, and health courses to get you on your way to a healthier lifestyle.

No one can make you change your lifestyle. You might fall back into the same unhealthy habits, but after the treatments you'll feel better, and that's a start. If you can't stop your body's storm drains from clogging, at least you know Pure Health can clean them out.