



Colon Hydrotherapy

What is Colon Hydrotherapy: A cleansing therapy which involves the infusion of warm, purified water into the colon via the rectum. This procedure cleanses the colon walls and dilutes the bacterial toxin concentration in the colon.

Beneficial For: Constipation, diarrhoea, parasitic infections, abdominal distention, hemorrhoids, intestinal toxemia, balance physiologic flora, mucous colitis, fever therapy, hypothermia, paraplegics and quadriplegics, diverticulosis and more.

Procedure: Patients are required to fill up a health and lifestyle questionnaire. They will then be briefed on the procedure, and once this is done, staff will operate the machine to gently pump purified water into the colon. There may be slight discomfort when the water works its way up into the colon as it dilutes toxins, encouraging them to be expelled.

Duration of Each Session: 45 minutes.



Recommended Frequency of Visits: People are encouraged to undergo five consecutive colonic sessions, with a recommended diet regime, to effectively clean up the colon. Once the initial session is over, monthly colon hydrotherapy sessions are recommended.

What to Expect after the Treatment: If you've not eaten prior to the treatment, you may find your stomach a little bloated as some of the water may be absorbed into the colon. Otherwise, you may feel light-headed, more energetic and slight weight loss.

Results are Visible After: Five consecutive sessions. Skin looks and feels better, body feels lighter and your general well-being is elevated.

Who Shouldn't Go: People with severe cardiac disease, aneurysm, severe anaemia, gastro-intestinal haemorrhage, severe haemorrhoids, cirrhosis, carcinoma of the colon or fissures; women who are pregnant in their first and third trimester; and anyone who has undergone recent colon surgery.



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Disclaimer: This article is not an advertisement/promotion. Its sole purpose is to provide information to readers about alternative health treatments so that they can make informed choices should they wish to give them a try.