

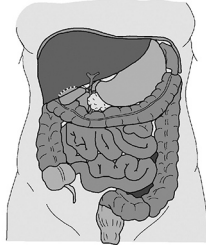


Colon Therapy Rates

Appointments: 206.660.9300

Treatments\$145.00

Infrared Sauna (available only as an add on to colon therapy apt.)



Marie Pence
Certified Colon Hydrotherapist

Internal Beauty

- Colonics -

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35 Years Experience

Member National Health Federation

Member International American Colon Therapy Association
(I-ACT)

Good health is more a function of how we
ELIMINATE from our bodies as
what we actually take in.

Cash and Check only,
No Credit Card sales except via Pay Pal

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What is a Colonic Irrigation?

A colonic irrigation is the art and science of the application of various temperatures of water into the large intestine for the purpose of toning and detoxifying the colon. Colonic irrigations have a cleansing antiseptic and solvent effect, loosening putrefactive material, impacted fecal matter, excess mucus and inflamed tissue.

What can I expect from a colon treatment?

The benefits from colonic irrigations are many, including better energy, clearer skin and eyes, increased elimination through the kidneys, skin and bowel, relief from constipation, fatigue, bad breath, body odor, irritability, abdominal gas, bloating and sciatic pain and so forth.

A toned and better-working bowel upgrades our feeling of vibrant health. We are uneducated about how vital removing toxins from our bodies is. One only has to experience a few treatments to feel increased energy and more vibrant health. We are being exposed to thousands of environmental toxins in today's world. Colonic rinses and clear our tissues increasing our immune function immensely. For detoxification, chelation and cleansing of any kind, colonics are an absolute must. One absorbs their nutrients 100% more after a series of colonics and detoxifying the body.

How many colonic treatments does one need?

Of course, how many one needs depends on the individual. Colon therapy is a process, a series of 15 treatments, followed by a monthly maintenance program, accomplishes much toward cleansing, toning and rebuilding the health of one's colon. How many you decide to have will depend upon your own personal objectives of regaining, rejuvenating and maintaining your health. The truth is cleaning our bowels is a must in today's world. Eating well is simply no longer enough.

How is a colonic treatment given?

A treatment is a comfortable experience for most people. The procedure is gentle, very effective and offers many benefits, particularly improving the tone and function of the colon. Not all colon treatments are done in the same manner, and my preferred method is the Wood Technique. Some methods involve complex use of pressurized water and suction and can produce undue stress on the bowel. The Wood Technique utilizes only the natural force of gravity, gently stimulating the colon's natural peristaltic action, thus, encouraging better colon function and elimination.

A colonic differs from an enema in that you rest comfortably on your side, then back, with an inlet for water and a small outlet for waste matter placed by the rectum. The system is connected directly to the building's plumbing system so one does not have to get on and off the table.

Most clothes can be kept on or a hospital gown can be worn to ensure modesty. There is no odor or discomfort. Warm towels also ensure modesty and comfort.

What about upsetting the electrolyte balance?

Electrolytes are minerals in the body (mostly sodium and potassium salts) that maintain the proper Ph balance.

The material that is released during a colonic is formed stool that has already had the liquid electrolytes removed from it. The amount lost is very minimal and is easily replaced from the food and fluids we ingest on a daily basis.

Washing out this stagnant matter not only strengthens and tones the colon muscles and our immune function, but further encourages the growth of healthy bacteria. Healthy bacteria have a much higher chance of breeding in a clean environment.

Why should I be concerned about my colon?

The colon has been referred to as the sewer system of the body. It is the place where we store the stuff that most of us would rather not think about- and most of us don't until our health becomes poor or we feel constipated. Many benefits have been claimed due to relief of this accumulated congestion in the bowel. It is no wonder that the American Cancer Society tells us that "Colon Cancer is the #1 cancer for men and women in America today."

The removal of accumulated waste strengthens the colon and rejuvenates the immune system. Recent European studies speculate that 80% of our immune tissue resides in the intestines! This is much higher than previously thought. Colonic also HYDRATE the tissue and cells of the body.

Colon therapy is not only about having constipation but about dealing with the root of disease in the body and taking steps towards vibrant and radiant health. Colonic ensure that immune function is strengthened and that vibrant health is possible by assimilating nutrients better and eliminating toxic chemicals and poisons from our bodies. It is a known fact that, before the pharmaceuticals took over the medical system, there is documentation that every hospital contained a colonic-type apparatus and that cleaning out the colon used to be the FIRST thing that was done to reverse illness. Doctors well knew and understood the effect and immediate power of colon cleansing. Deep tissue cleansing enhances energy, health and our sense of well-being!

please see back for rates