

## DETOXIFYING WITH COLON HYDROTHERAPY

*StoneTree Naturopathic Clinic, Collingwood, ON*

In today's world, many of us struggle to maintain ideal nutrition and lifestyle habits, but all too often we experience unpleasant digestive symptoms. And while we can turn to laxatives to combat the effects of modern life, overuse can interfere with digestive processes and the body's ability to eliminate naturally.

In addition to lifestyle challenges, we also face increased exposure to chemicals in our environment. Our bodies, particularly our digestive systems, are routinely called upon to manage repeated exposure to toxins in the food we eat, the air we breathe and ground we walk on.

When our bodies can't handle the job and a toxin threshold is reached, we may experience symptoms too vague to warrant a disease diagnosis, but significant enough to make us feel "unwell". In these cases, *colon hydrotherapy* can be an invaluable tool in restoring natural elimination patterns and decreasing the burden of a heavy toxin load on our liver and lymphatic system.

Colon hydrotherapy, also known as *colon irrigation* or *colonics*, has been practiced for over three thousand years, enduring the ebb and flow of popular medical modalities. Unlike an enema, colon hydrotherapy is an extended and more complete form of lavage, designed to cleanse the large intestine with a safe and gentle infusion of temperature and pressure-regulated water.

This process is designed to remove feces, retained gas, mucous and infectious material in the large intestine, while bathing the cells and reducing bacterial toxin concentrations. By improving bowel tone and regularity, colonics promote optimal absorption of nutrients, better detoxification capability, and more comfortable digestion and elimination.

Today, modern technology has allowed for this therapy to be increasingly recognized as a valuable tool for maintaining wellness. Advanced equipment, instrumentation and trained therapists ensure a safe and comfortable experience during treatments.

As part of a sound care plan created with the assistance of a trained health professional, colon hydrotherapy can play a valuable role in achieving and maintaining health and well-being.

*To learn more about colon hydrotherapy, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*