



**Welcome to our Salt Cave Halotherapy & Wellness Centre!**  
**Our Salt Cave Halotherapy & Wellness Centre**  
**is a natural holistic centre with integrated complementary services**  
**that will able to rejuvenate your health and maintain your well-being.**

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# Colon Hydrotherapy



## Colon Hydrotherapy

*Charges for this service per person per session ranges from \$ 120.00 onwards*

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Our *Salt Cave Halotherapy & Wellness Centre* is a natural holistic centre with integrated complementary services that will be able to rejuvenate your health and maintain your well-being.

*Colon Hydrotherapy* is one of the many services we provide at the *Salt Cave Halotherapy & Wellness Centre*. Most of the structures at our *Salt Cave Halotherapy & Wellness Centre* have been made from *Himalayan Rock Salt blocks*. All of the *Himalayan Rock Salt* that we use has been retrieved from the world's best *organic Himalayan Rock*



*Salt Caves*. You will get benefits of the *Himalayan Rock Salt* by having any sessions in our premises. The *Himalayan Rock Salt* attracts positive ions from you and replaces negative ions in your body. The founder with extensive medical background and experience together with the support of a highly competent team proudly bring this *Colon Hydrotherapy* service to you. We use one of the world's



best *Colon Hydrotherapy* systems in our centre. The staff are *Certified Colon Hydrotherapist* and registered with professional bodies: *International Institute for Complementary Therapists* (<https://www.myiict.com>) and *The Global Professional Association for Colon Therapy* (<https://www.gpact.net>). Each of the devices used in the *Salt Cave Halotherapy & Wellness Centre* have been approved by one or more of these following bodies: *CE, FDA, MSDS, SGS, TGA*.

*Colon Hydrotherapy* has been referred to by many other terms such as "*Colonic*", "*Colonic Irrigation*", "*Colon Cleansing*" and or "*Lavage*" and is a safe and effective method of gently washing the large intestine with purified water. The main purpose is to wash out the contents of the *large bowel* using water or other medication directed through the abdominal passage. This breaks down faecal waste that has accumulated over time within the intestines.

The use of *Colon Hydrotherapy* dates back to over three thousand years ago and is based on ancient *Egyptian* and *Greek* beliefs. An ancient *Egyptian* medical document (*Ebers papyrus*) of *1500 BC* described many benefits of *Colon Cleansing*. In ancient times, *Colon Cleansing* was performed in a river using a hallow reed that



*induced water flow into the rectum.*

Since those ancient times, *Colon Hydrotherapy* equipment and methods of practice have improved. *Colon Hydrotherapist* training is now standardised through accredited organisations. The added security and the regulated use of *Colon Hydrotherapy* devices allow greater efficacy.

Despite difficulties in the early 1900's, the benefits of *Colon Hydrotherapy* continued to be recognised by some medical doctors. Three names which deserve to be mentioned here are: (1) *Dr. James A. Wiltsie M.D.*, (2) *Dr. Joseph Waddington M.D.*, and (3) *Dr. John H. Kellogg M.D.*

In the early 1900's, *Dr. John H. Kellogg* performed surgery on twenty of his patients from a total of forty thousand with



gastrointestinal disease. *The remaining patients were treated successfully with a combination of bowel cleansing, diet and exercise.* His work was reported in *The Journal of American Medical Association (JAMA)* in the 1917 edition.

*Dr. Waddington's* work "*Scientific Intestinal Irrigation and Adjuvant Therapy*", reported that abnormal



functioning of the intestinal canal leads to ill-health especially chronic disease. He argued that "*the restoration of physiological intestinal elimination is often the important preliminary step to eventual restoration of health in general*".

*Dr. Wiltsie's* work provides us with knowledge on normal and abnormal physiology of the colon and how we have not kept pace with the pathology and better management of a healthy colon. *As we continue to assume that the colon can look after itself, we are basically ignorant of this most important source of ill-health affecting the whole body.*

During the *Colon Hydrotherapy* process, water is introduced in the colon called "*Fill Cycles*" which is retained in the intestine as long as the client can hold and retain the water. This water is then flushed out when client is ready to empty and indicates to the provider - this is called "*Empty Cycles*". The same process is repeated until the partial or entire colon is cleared. *This entire process is performed for a maximum of 45 minutes with approximately 15-30 "Fill & Empty Cycles" are conducted during this time frame. This entire process is like pouring water on a dry, dead land, getting it soaked initially and if water is continuously poured in cycles, the soil will soften, loosen and get*



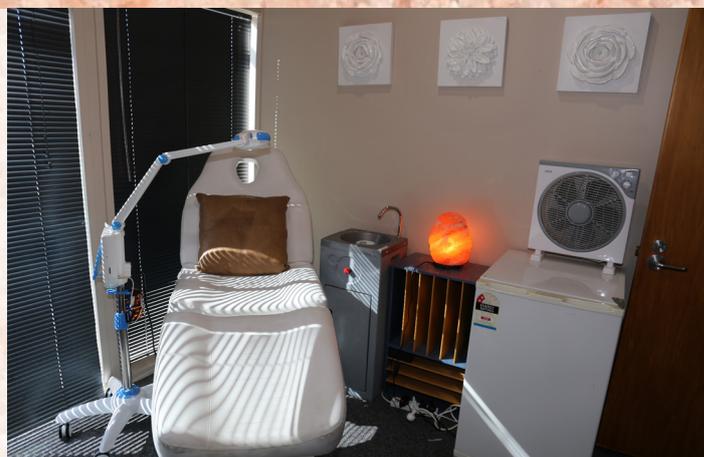
*drained away.* For **Colon Hydrotherapy** a similar process occurs, as a result of several “**Fill & Empty Cycles**” water elevates higher and higher and cleans a part of partial or entire large intestine depending on how badly waste matter is deposited in the intestine. When this waste matter is cleared, health and vitality can dramatically improve. Significant improvement is achieved when **Colon Hydrotherapy** is done in conjunction with an increase in fluid intake, exercise and a high fibre diet (taking little animal protein also helps). If you have constipation, please consider making these lifestyle changes in order to achieve the benefits of **Colon Hydrotherapy**.

Some forms of **Colon Hydrotherapy** use tubes to inject water (mixed with herbs or other liquids), into the colon via the rectum using special equipment. People



practicing **Colon Hydrotherapy** believe that accumulations of putrefied (decayed) faeces line the walls of the large intestine and these accumulations harbour parasites or pathogenic gut flora causing nonspecific symptoms and ill-health.

**Why is the human gut widely referred to as the “root of health and disease”?**



The **Colon** has been referred to as the “**Sewage**” system of the body. It is the place where we store the waste material that most of us would rather not think about and unfortunately most of us don’t until our health becomes poor or we feel constipated, have diarrhoea or become seriously ill.

The **Colon (large intestine/bowel)** is 5-6 feet / 152.40-182.88 centimetres long and plays a major role in the outlook of our overall health. The prolonged storage of waste can result in toxic seepage through the colon wall and into our bloodstream. Since every tissue in the body is fed by the bloodstream, a vicious cycle can occur allowing disease proliferation and increased the burden on eliminative organs such as the kidneys.

Everything that you eat or drink comes in contact with the walls of the **Gastrointestinal (GI) tract** and has the **potential to affect GI Health**. When these substances or their by-products are toxic, they damage the intestinal tissues, as well as the nerves and glands in and around the GI tract. Toxins can then be absorbed through the walls into the blood and lymph glands and ultimately transferred to other body tissues and organs. In addition, many dietary and lifestyle habits can result in a sluggish colon. This means that waste products are not moving smoothly out of the body;



the slower movement or “transit time” means that there is more fermentation and putrefaction of undigested food by bacteria and yeast. These microbes produce toxic waste in the form of acids and gasses, which in turn cause inflammation and damage to intestinal tissues. Studies have shown that these toxic substances can promote abnormal brain function, as well as cognitive, mood, and behavioural problems.

### Why do you need to clean out your Colon?

*Colon Hydrotherapy* is an integral part of a successful total body detoxification program as well as for maintenance of a vibrant and lasting sense of wellness.

Many nutritionally oriented physicians require their patients to undergo *Colon Hydrotherapy* as a requirement for any



treatment. This is an integral part of the healing process and patients are strongly recommended to undergo a series of treatments.

*Colon Hydrotherapy* is never a treatment that is done just once. For any lasting benefit to be obtained, a series of treatments over several weeks is necessary especially when muscular retraining is an important



goal after which maintenance weekly or fortnightly or monthly depending on needs and underline medical conditions.

### The most obvious reasons are:

- (1) To get your Gastrointestinal (GI) tract working properly.
- (2) To remove a major source of toxicity from the body.

When the colon is not functioning well, health and vitality tend to decline, and susceptibility to disease increases. *Approximately 1 in 3 people have chronically “sluggish” colon or constipation.* Constipation mainly refers to any one or combination of three interrelated bowel situations:

- Incomplete emptying, such that some waste material remains in the colon.
- Reduced frequency of movements, such that the colon carries more toxic waste for extended periods.
- Not being able to evacuate the bowels at all.

All three situations may result in the build-up of toxic materials in the intestines and re-absorption of toxins into the bloodstream. This puts a strain on many body systems and results in fatigue, weakened immunity, cognitive challenges, and other signs of declining health.



## What does Colon Hydrotherapy accomplish?

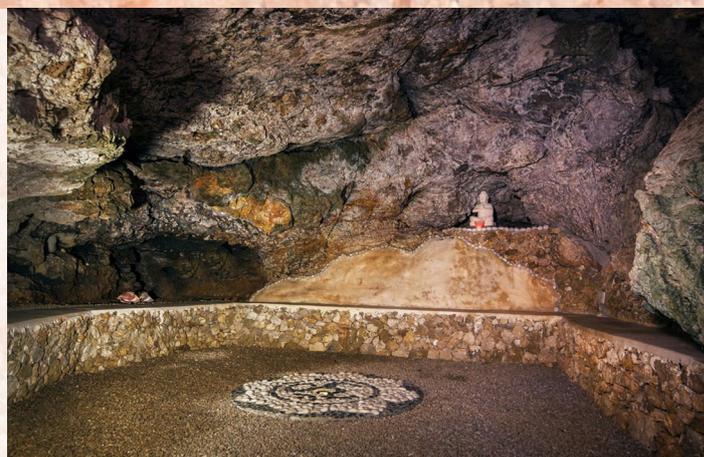
Each session hydrates the intestinal tract while also breaking up the impacted and dehydrated faecal, mucoid, and other waste materials that layer the walls of the intestine. By washing these materials out of the intestines, your body is more capable of disposing of waste products of digestion; also, further build-up of toxic materials is prevented. At the same time, your body's assimilation of nutrients is enhanced and liver health and energy levels may dramatically improve.

**Colon Hydrotherapy** also exercises the muscles in the colon wall to improve peristalsis and effective elimination, thus retraining these muscles to function properly. Finally, **Colon Cleansing** can help promote healthy immunity. About



60 percent of the immune system is found in the GI tract, which makes sense, since microbes are most likely to enter the body through the mucus membranes of the GI tract (as well as the lungs). By removing a huge source of toxicity, **Colon Hydrotherapy** enables your body to thrive and maintain good health for the indefinite future.

What are the medicinal benefits of



## Colon Hydrotherapy?

**Colon Hydrotherapy** is often recommended due to the following:

- Hydrate your body.
- Remove waste from the gut.
- Stimulate peristalsis (rhythmic movements of the intestine, to ensure optimal GI health).
- Reposition and reshape the intestines.
- Rehabilitate the nerves, muscles, glands, circulatory and immune systems that are integral to the GI system.

But the most important benefit for many people is that they feel better and enjoy a better quality of life. After a few sessions, people frequently report feeling “lighter” and having a feeling of well-being in the belly. In addition to relieving digestive discomfort, they also note improvement in many other health problems.

## WhobenefitsfromColonHydrotherapy?

Most of the people who use **Colon Hydrotherapy** have frequent digestive problems or digestive discomfort. Signs and symptoms of intestinal distress may include constipation (sluggish bowels), carbohydrate indigestion, diarrhoea, gas and bloating,



# COLON HYDROTHERAPY

**Before colonic irrigation**

- depression & anxiety
- headaches
- acne
- mood swings
- indigestion
- constipation
- flatulence
- water retention
- joint pains
- painful periods
- insomnia
- SHOPPING LIST: FROZEN PIZZAS, CRISPS, KIDS SWEETS, COKE, AN ACID CURRY
- JOY 50%

**After colonic irrigation**

- feeling of wellbeing improved by 92%
- feeling of depression reduced by 86%
- skin improved by 60%
- indigestion reduced by 90%
- constipation relieved by 93%
- joint & muscle pains reduced by 83%
- menstrual comfort increased by 100%
- flatulence reduced by 50%
- quality of sleep improved by 92%
- headaches & anxiety reduced by 60%
- JOY 92%
- SHOPPING LIST: FRUIT & VEG, EXERCISE, YOGA, JUICES, CHICKEN/FISH, MULTIVIT

**Stay naturally young!**

Meridian Institute Colonic Irrigation Project in West Virginia (USA) - www.meridianinstitute.com © Galina Imrie 2008; www.colonicbook.com

haemorrhoids, Irritable Bowel Syndrome, diverticulosis, colitis, intestinal toxaemia, parasites, skin conditions such as psoriasis, shingles, and eczema, inability to lose weight, and scar tissue and adhesions from surgery.

Other groups who are excellent candidates for Colon Hydrotherapy include the following:

- Individuals who have chronic sinus and respiratory problems.
- People motivated to relieve chronic pain (e.g., abdominal pain, continuous headaches and migraines, back or shoulder pain, aching joints, gout).
- Athletes seeking to improve metabolic efficiency.

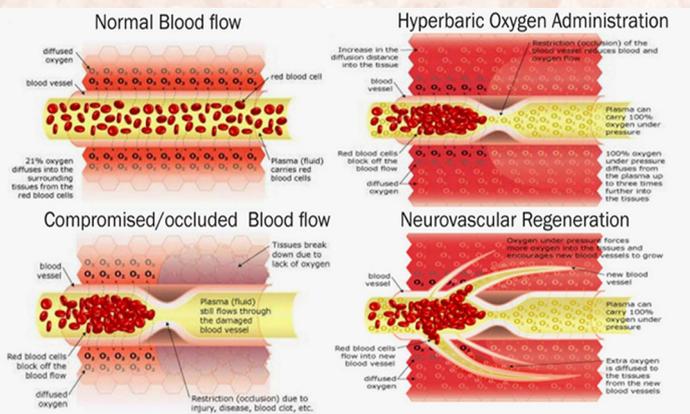
- Patients who are pre- and post-surgery or barium x-ray.
- Anyone who is in a period of life-style change or who desires to use the Colon Hydrotherapy for general cleansing, health promotion, or as a preventive measure.

How many Colon Hydrotherapy treatments will I need and how often?

The number of treatments varies with individual cases and in most people release of older faecal matter will only begin to evacuate after 2-3 sessions.

During the intensive phase of detoxification, it is recommended that you undergo a *Colon Hydrotherapy* session at least about **once a week (minimum of 3<sup>rd</sup> day after first session and no longer than 10<sup>th</sup> day after first session)**. Recommended total number of initial *Colon Hydrotherapy* sessions for removal of old faeces, detoxification or restoring of normal large intestine is **2-3 sessions**. After which maintenance varies from weekly or fortnightly or monthly depending on needs and underlining medical conditions. You will see massive benefit in your life plus overall digestive health from *Colon Hydrotherapy*.

It is preferable not to do *Colon Hydrotherapy* on successive



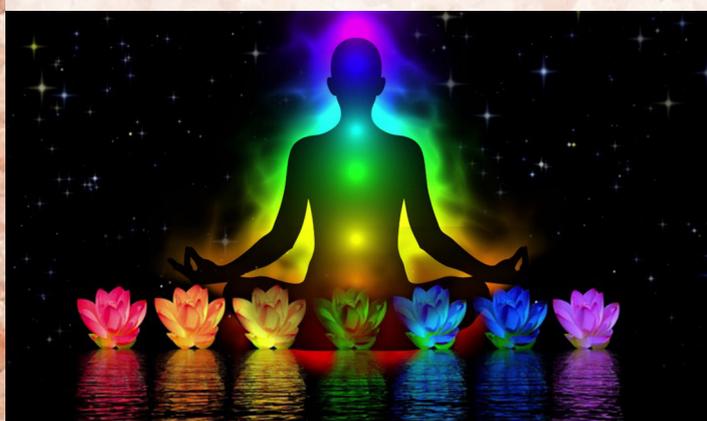
- People with compromised or disordered immunity (e.g., lupus, MS, rheumatoid arthritis, arthritis, cancer, chronic fatigue, Epstein-Barre, candida, or other infections).
- People who are working on emotional issues which they feel may be linked to their digestive problems.



days, skipping at least one or two days in between treatments for your body and large intestine to restore naturally.

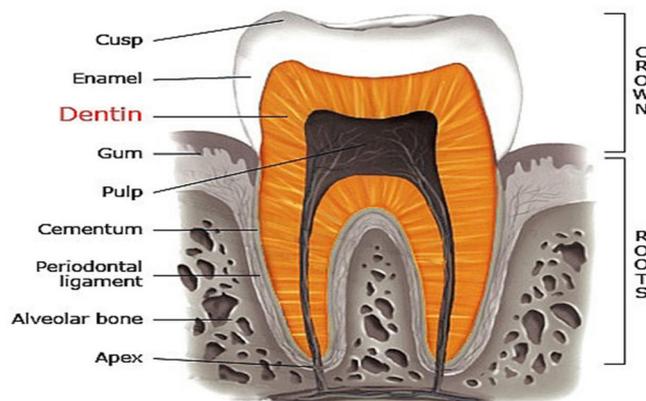
### What is Colon Hydrotherapy Program?

*Colon Hydrotherapy* program is a comprehensive *Colon* and total body cleanse program as well as digestive care guidance. The basic program consists of *2-3 consecutive Colon Hydrotherapy treatment sessions, followed by weekly or fortnightly or monthly Colon Hydrotherapy sessions depending on needs and underlining medical conditions for maintenance.* The provider will brief you step by step about the procedure and will also provide consultation and education for better wellbeing. *The first appointment is one hour and thirty minutes (1 hour 30 minutes) long and consists of health evaluation and*



assessment, as well as briefing on *Colon Hydrotherapy* procedure and therapeutic effects, cleansing program with digestive care. *The second session or the follow-up treatments and consultation appointments are approximately one hour long.*

What should I expect during a session of Colon Hydrotherapy?



When you come in, you will be asked to lie in a comfortable horizontal position. The *Colon Hydrotherapist* will insert a disposable tubing and speculum in your rectum that is attached to a *Colonic Hydrotherapy* device. “*Fill & Empty Cycles*” will be performed as part of the *Colonic Hydrotherapy* procedure through this tubing attached to the device. The *Colon Hydrotherapy* device, facilitates the running of *3 stage purified & filtered water* very slowly into your colon. As water begins to move through the *Colon*, the therapist asks the client to indicate when they feel their intestine is completely full and cannot retain any longer, the water is then released and flows out through an illuminated glass viewing tube. Periodically, your abdominal area is gently massaged. The procedure varies according to the individual’s needs. To ensure highest degree of sanitation, your *Colon Hydrotherapist* will use disposable tubing and speculum (a medical tool for investigating body cavities), as well as *3 ways purified & filtered water.*

The first session entails a partial or segment of large intestine cleanse of the colon. During the session, there is a discussion on the procedure and a medical history assessment is done, as well as essential teaching by the *Colon Hydrotherapist.*

Preparing for your Colon Hydrotherapy session:





## conditions:

- Acute Fecal Impaction.
- Constipation.
- Colitis.
- Diarrhoea.
- Parasitic Infection.
- Atonic Colon.
- Mucous Colitis.
- Fever Therapy.
- Hyper / Hypothermia.
- Abdominal Distention / Flatulence.
- Intestinal Toxaemia.
- Diverticulosis.
- Paraplegics & Quadriplegics



(Bowel Training).

- Bad breath.
- Headaches.
- Insomnia.
- Headaches.
- Asthma.



- Irritable Bowel Syndrome.
- Balance physiologic flora of large intestine.
- Preparation of diagnostic study of large intestine.
- Barium Enema.
- Joint muscle pain.
- Backaches.
- Body odours.
- Skin disorders.
- Foot aches.
- Irregular periods.
- Candidiasis.

## Contra - Indications for Colon Hydrotherapy (reasons not to do Colon Hydrotherapy):

- Severe Cardiac Disease (uncontrolled hypertension of congestive heart failure).
- Aneurysm.
- Severe Anaemia.
- GI Haemorrhage/ perforation.
- Severe Haemorrhoids.
- Cirrhosis.



- Carcinoma of the colon.
- Fissures/Fistulas.
- Advanced Pregnancy.
- Abdominal Hernia.
- Recent colon / abdominal Surgery.
- Renal Insufficiency.
- Rectal Bleeding.
- Appendicitis.
- Diverticulitis.
- Crohn's Disease.
- Leaky Gut Syndrome.
- Ulcerative Colitis Cancer.
- Low Blood Pressure.
- Hepatitis.



while undergoing *Colon Hydrotherapy* include:

- **Probiotics:** We recommend a high-potency, recolonizing formula that provides a minimum of 30 to 60 billion beneficial micro-organisms per day.
- **Vitamin C:** It is recommended that all patients take the maximum dose of vitamin C that results in loose stools, then to pull back from this dose slightly so that they have a daily soft bowel movement. This is especially important for patients with severe constipation.
- **Magnesium:** Additional magnesium improves colon muscle function. We recommend different magnesium supplements for different digestive health needs, working up the dose to bowel tolerance as described in further reading.
- **Iodine:** Iodine deficiency is a lack of trace element iodine, an essential nutrient in the diet. Deficiency of iodine may result in a condition known as goitre. If Iodine deficiency is left untreated, it may lead to congenital hypothyroidism, which results in developmental delays and other health



- Pregnancy.
- Ileitis (inflammation of the ileum).

### Supplements for Colon Hydrotherapy:

Most patients will be on individualized supplement regimens that may be modified somewhat to improve the effectiveness of the *Colon Hydrotherapy* sessions. Those supplements that are particularly important



problems. Iodine deficiency is an important public health issue as it is a preventable cause of intellectual disability.

- **Intestinal cleansers and natural Laxatives:** There are several formulas we recommend that patients begin prior to and continue during their series of *Colonics*. These will be reviewed by either the physician or *Colon Hydrotherapist*.
- **Intestinal cleansing fibres:** A variety of fibre formulas are used to assist with colon cleansing ranging from mild bulking agents to more powerful granular formulas that provide a more aggressive scraping effect against the intestinal walls.

### Colon Hydrotherapy plus therapeutic retention implant enemas:



*Colon Hydrotherapy plus therapeutic retention implant enemas* are given between or at the end of a standard *Colon Hydrotherapy* session. *Therapeutic retention enemas* are administered through the *Colon Hydrotherapy equipment*, retained in colon for 10-15 minutes and residual are after flushed out through the *Colon Hydrotherapy equipment* making the experience effective and mess

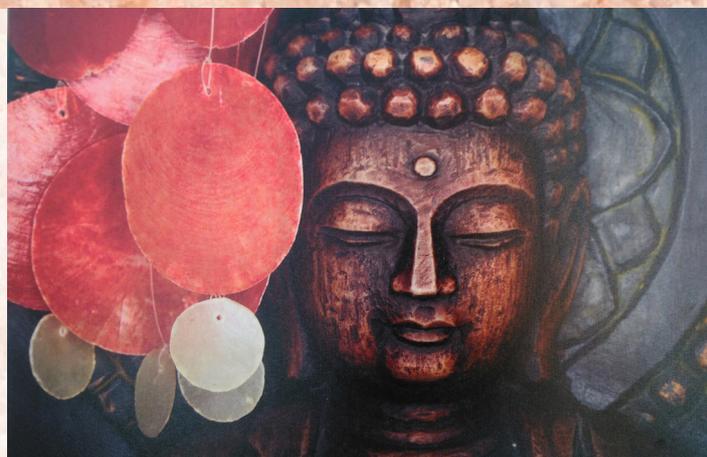


free. There are two types of *therapeutic retention implant enemas* which we perform at our centre: *Coffee Implant Enema & Probiotics Implant Enema*.

- **Coffee Implant Enema:** *Coffee Implant Enema* is recommended after few days of gap from initial standard *Colon Hydrotherapy*. *Coffee Implant Enema* is ideally suitable for flushing out toxins from larger intestine, liver and gall bladder. *Coffee Implant Enemas* reduce toxicity in the body, help eliminate parasites and Candida, improve digestion, ease bloating, help with depression and increase energy and clarity. *Coffee Implant Enema* have also been used by the *Gerson Therapy* along with diet as a treatment protocol for cancer. The retention of the *Coffee Implant Enema* is important, as the coffee soaks in the Sigmoid colon; the end part of the colon that is directly connected to the liver and gall bladder through the circulatory system. The coffee contains alkaloids which have a detoxifying effect on the liver, stimulating release of bile and toxins, and thus making the liver more effective; sort of like cleaning out a clogged filter in the vacuum cleaner allowing better suction



capabilities. The coffee retention is then followed by an additional *Colon Hydrotherapy* sessions to clear out any remaining faecal matter and released bile. To achieve best or excellent health benefits *Coffee Implant Enema* is done after a few days gap from *standard Colon Hydrotherapy* session, this way it will provide good flush of toxic from larger intestine, liver and gall bladder. Not advisable to do *Coffee Implant Enema* during your first visit if you haven't had a *standard Colon Hydrotherapy* few days ago prior as in such condition if you induce *Coffee Implant Enema* it will not be helpful as should be as your lower segment of the large intestine will be filled with faeces. Therefore we highly



*Hydrotherapy* session and *second Colon Hydrotherapy* followed with *Coffee Implant Enema*. *Colon Hydrotherapy* followed with *Probiotics Implant Enema* is the *third treatment*. There should be *gap of few days between each session(s) or treatments*. *Probiotic Implant Enema* is ideally suitable for getting good growth of the guts flora inside your larger intestine. Balanced gut flora is linked to strong immunity, lower serum cholesterol, improved lactose tolerance, proper nutrient absorption and a reduction in risk of colon cancer, irritable bowel and inflammatory bowel disease. There are a few things one can do to maintain healthy gut flora balance; refrain from refined sugar and refined carbohydrates (as this feeds Candida and other bacteria that cause disease), eat plenty of raw and fermented foods, and using probiotics. However oral probiotics are not very effective in rebalancing the colon the small intestine. It is important to rebalance the colon as the main source. This is where our probiotic enemas comes in. We take brief history to determine the balance in the gut, and then based on assessment, we put the proper amount of probiotics in the enemas, and



recommend *Coffee Implant Enema* to be done after a *standard Colon Hydrotherapy* session and after a gap of a few days from the initial treatment for better and effective results.

- *Probiotics Implant Enema*: We recommend *Probiotic Implant Enema* to be done third in series after first *standard normal Colon*



administer it after the final *Colon Hydrotherapy* session. To achieve best or excellent health benefits *Probiotic Implant Enema* is done after a gap of a few days from the initial Colon Hydrotherapy session. This technique is ideal in achieving good growth of the gut flora inside your larger intestine. It is not advisable to do a *Probiotic Implant Enema* during your first visit if you haven't had a standard Colon Hydrotherapy prior to the *Probiotic Implant Enema* as in such condition if you induce *Probiotic Implant Enema* it will not be helpful as should be as your lower segment of the large intestine will be filled with faeces. Therefore we highly recommend *Probiotic Implant Enema* to be done third



peaceful, lighter, cleaner and more energized after a *Colon Hydrotherapy*.

- If there has been a longstanding condition of constipation or several health problems, a slight headache or fatigue may be experienced with the first or second *Colon Hydrotherapy* session(s). If this is so, a short rest will help restore one's equilibrium. In some cases you may feel slightly bloated for a few hours after the *Colon Hydrotherapy*, as the untrapped gas makes its way to the exit. If this is the case, have a cup of peppermint tea and lie down with hot water bottle for a while. In very rare cases tiredness persists for a few days, as the body continues to detoxify itself. In these cases, we recommend having another *Colon Hydrotherapy* treatment to accelerate the process.



in sequence for better and effective results.

#### After Colon Hydrotherapy treatment care:

- Please abstain from alcohol, rich and spicy foods for at least 24 hours after your treatment.
  - One can anticipate feeling more
- Since the *Colon* has been cleared of solid matter, it may take an average of one to four days before it fills up again and normal bowel movements are resumed.
  - Some water is absorbed through the colon wall during a *Colon Hydrotherapy*, and one may notice an increased need to urinate for a few hours



afterwards. This beneficial effect of flushing the kidneys may also be enhanced by drinking a few glasses of water with the juice of half of a lemon added to each glass.

- **“Beauty Breakfast”** for energy and regular elimination. This Breakfast has been traditionally used by those wanting to have a steady supply of energy in the morning, good digestion, regular elimination and beautiful skin. In the evening soak some oats in yogurt and citrus juice and leave on the counter to let ferment overnight. Eat in the morning on its own or with some fresh fruit.
- We are honoured you chose us to support you on your health journey, if you have any concerns

**Bernard Jensen Research Institute**  
**Patient Education Chart of the Bowel Reflex Points**  
 Neural Reflex Areas of Bowel for Corresponding Organs

**LARGE INTESTINE - RIGHT SIDE OF BODY**

415. Oesophagus	225. Ampulla
416. Larynx	226. Proximal Duodenum
417. Trachea	227. Duodenum
418. Esophagus	228. Jejunum
419. Stomach	229. Ileum
420. Proximal Small Intestine	230. Cecum
421. Middle Small Intestine	231. Ascending Colon
422. Distal Small Intestine	232. Transverse Colon
423. Cecum	233. Descending Colon
424. Sigmoid Colon	234. Sigmoid Colon
425. Rectum	235. Rectum
426. Anus	236. Anus

**LARGE INTESTINE - LEFT SIDE OF BODY**

427. Esophagus	237. Ampulla
428. Larynx	238. Proximal Duodenum
429. Trachea	239. Duodenum
430. Esophagus	240. Jejunum
431. Stomach	241. Ileum
432. Proximal Small Intestine	242. Cecum
433. Middle Small Intestine	243. Ascending Colon
434. Distal Small Intestine	244. Transverse Colon
435. Cecum	245. Descending Colon
436. Sigmoid Colon	246. Sigmoid Colon
437. Rectum	247. Rectum
438. Anus	248. Anus

**LARGE INTESTINE - RIGHT BRAIN**

439. Esophagus	249. Ampulla
440. Larynx	250. Proximal Duodenum
441. Trachea	251. Duodenum
442. Esophagus	252. Jejunum
443. Stomach	253. Ileum
444. Proximal Small Intestine	254. Cecum
445. Middle Small Intestine	255. Ascending Colon
446. Distal Small Intestine	256. Transverse Colon
447. Cecum	257. Descending Colon
448. Sigmoid Colon	258. Sigmoid Colon
449. Rectum	259. Rectum
450. Anus	260. Anus

**LARGE INTESTINE - LEFT BRAIN**

451. Esophagus	261. Ampulla
452. Larynx	262. Proximal Duodenum
453. Trachea	263. Duodenum
454. Esophagus	264. Jejunum
455. Stomach	265. Ileum
456. Proximal Small Intestine	266. Cecum
457. Middle Small Intestine	267. Ascending Colon
458. Distal Small Intestine	268. Transverse Colon
459. Cecum	269. Descending Colon
460. Sigmoid Colon	270. Sigmoid Colon
461. Rectum	271. Rectum
462. Anus	272. Anus

**SMALL INTESTINE - RIGHT SIDE OF BODY**

463. Esophagus	273. Ampulla
464. Larynx	274. Proximal Duodenum
465. Trachea	275. Duodenum
466. Esophagus	276. Jejunum
467. Stomach	277. Ileum
468. Proximal Small Intestine	278. Cecum
469. Middle Small Intestine	279. Ascending Colon
470. Distal Small Intestine	280. Transverse Colon
471. Cecum	281. Descending Colon
472. Sigmoid Colon	282. Sigmoid Colon
473. Rectum	283. Rectum
474. Anus	284. Anus

**SMALL INTESTINE - LEFT SIDE OF BODY**

475. Esophagus	285. Ampulla
476. Larynx	286. Proximal Duodenum
477. Trachea	287. Duodenum
478. Esophagus	288. Jejunum
479. Stomach	289. Ileum
480. Proximal Small Intestine	290. Cecum
481. Middle Small Intestine	291. Ascending Colon
482. Distal Small Intestine	292. Transverse Colon
483. Cecum	293. Descending Colon
484. Sigmoid Colon	294. Sigmoid Colon
485. Rectum	295. Rectum
486. Anus	296. Anus

salt) the night before you want to eat them. This neutralizes enzyme inhibitors, phytates (phytic acid), polyphenols (tannins), and goitrogens and encourages the production of beneficial enzymes, increases the amounts of vitamins, helps break down gluten, supports digestion, makes protein more ready for absorption, prevents mineral deficiencies and helps neutralize toxins in the colon and keep the colon clean. Nourishing Traditions by Sally Fallon.

[www.nourishingtraditions.com](http://www.nourishingtraditions.com)

[www.westonaprice.org](http://www.westonaprice.org)

[www.gapsdiet.com](http://www.gapsdiet.com)

[www.gapsaustralia.com.au](http://www.gapsaustralia.com.au)

- Eat traditional cold pressed oils and fats such as olive oil, coconut oil, butter, hemp oil flaxseed etc. Stay away from processed vegetable oils made under high temperatures with solvents such as margarine and canola oil. When eating vegetable oils such as flaxseed keep in the fridge and use by one month of opening. Rancid fats are as harmful as processed fats.
- Practice oil pulling. Put a large teaspoon of coconut oil in your mouth and swish for 20 min once to two times a day. This will bring nutrition to your teeth and gums and also pull toxins from

**EFFECTS OF HYPERBARIC OXYGEN ON THE BLOOD CELLS:** Under hyperbaric conditions the combination of increased pressure and high oxygen levels increases the amount of oxygen carried in a person's blood.

**EFFECT OF HYPERBARIC ON HEMOGLOBIN**

**EFFECT OF HYPERBARIC ON REBUILDING OF NEW SMALL BLOOD VESSELS**

or questions, please don't hesitate to contact us.

**Tips and links:**

- Stay away from any processed carbs (sugar, white rice, flour etc) and eat whole grains, however prepare them in the following way. Soak grains, pulses (beans) and nuts (grains with a teaspoon of vinegar, pulses and nuts with some

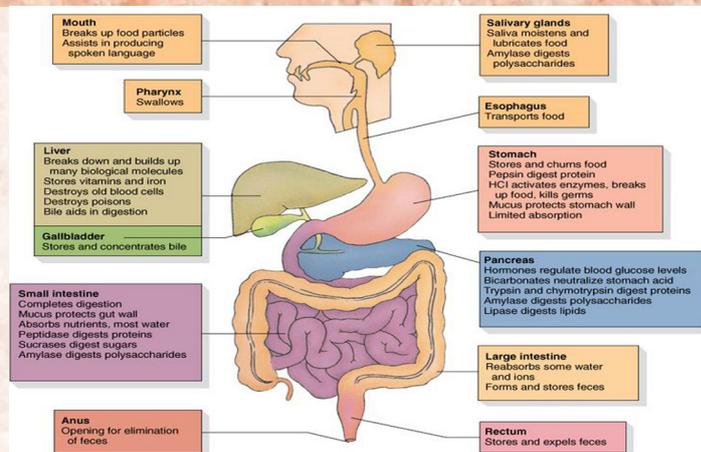


the body. A side benefit is beautiful white teeth.

- Intermittent Fasting for Weight Loss w/ Jason Fung, MD [www.youtube.com/watch?v=v9Aw0P7GjHE](http://www.youtube.com/watch?v=v9Aw0P7GjHE)

- Niacin, Exercise, and Sauna—A Simple and Effective Detox Program That Can Significantly Improve Your Health <http://articles.mercola.com/sites/articles/archive/2014/05/04/detoxification-program.aspx>

- Remineralize your soil and grow wheatgrass (it will pick up all 92 minerals) with ocean solids or ocean water. Dilute pure ocean water to 1500 ppm by 1 heaping teaspoon of sea solids per 4 litres rain water or 180 ml of ocean water per 4 litres of rain water. Sea Energy Agriculture by Maynard Murray Fertility from the Ocean Deep by Charles Walters.



- Do it yourself with tapping techniques: [www.rogercallahan.com](http://www.rogercallahan.com) (Emotional Freedom Techniques).

### Booking requirement:

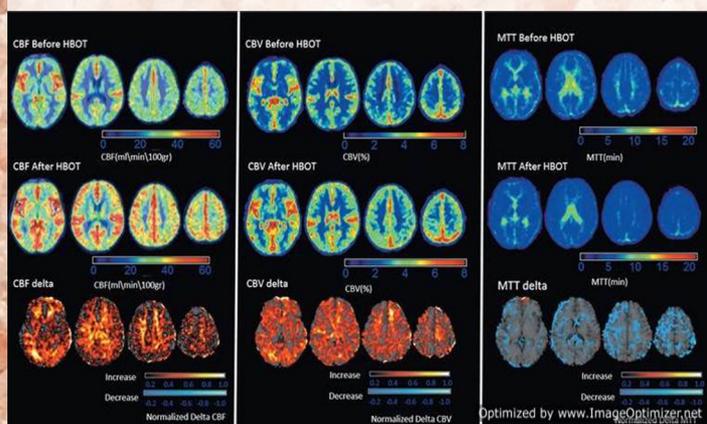
Booking is essential subject to availability. For booking confirmation please provide needful information to supplier or booking tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 1.

### Your requirement(s) for the session(s):

Please come relaxed with comfortable clothing. Each person visiting for **Colon Hydrotherapy** please must bring two big bath towels, one hand towel, spare inner wears, change of clothes and bottle of water for your **Colon Hydrotherapy** session. Please come 20 – 30 minutes prior to your booked time for new client. / Please come 5 – 10 minutes prior to your booked time for repeat client.

### What do I wear for Colon Hydrotherapy?

Please be comfortable and relaxed for your **Colon Hydrotherapy** session. Try to be comfortable, relaxed, stable, breath in & out and talk to your provider for any concern. Wear comfortable clothing when you come to the centre. You



- Walk barefoot, preferably on the beach by the ocean or wet grass. This physically grounds you, electrically connecting you to the earth so that you do not get any EMF interference. It reduces inflammation, balances hormones and is great for overall well-being. Earthing Book - The Most Important Health Discovery Ever? By Clinton Ober, Stephen T Sinatra and Martin Zucker.





Consultation. Recommended to be done as **second Colon Hydrotherapy session** and to be done after a gap of few days between **initial standard Colon Hydrotherapy session**. Ideally suitable for getting toxins flushed out from larger intestine, liver and gall bladder. Please come 20 – 30 minutes prior to your booked time for new client. / Please come 5 – 10 minutes prior to your booked time for repeat client.]

Retail price per person per session for **standard Colon Hydrotherapy plus Probiotics Implant Enema: \$160.00** [Involves Pre – Colon Hydrotherapy Consultation and after Lifestyle & Nutritional Consultation. Recommended to be done as **third Colon Hydrotherapy session**. For beneficial results sequence are **first session should be standard Colon Hydrotherapy, second session to be done is standard Colon Hydrotherapy plus**

**Clinical trials have shown that multiple sessions of Colon Hydrotherapy provide relief from existing chronic & other medical conditions. Multiple sessions are recommended to attain best results. Please contact Salt Cave Halotherapy & Wellness Centre for more clarification about present or about any other treatments provided at Salt Cave Halotherapy & Wellness Centre.**

Research article(s) for Colon Hydrotherapy:

**The History of Colonic Hydrotherapy.**

**Jane Hall, A randomized and controlled trial of hydrotherapy in rheumatoid arthritis, 1996.**

**Douglas G. Richards, Colonic irrigations a review of the historical controversy and the potential for adverse effects, 2006.**

**Ruben D. Acosta, Clinical effects of colonic cleansing for general health promotion a systematic review, 2009.**

**A. Moventhan, Scientific evidence-based effects of hydrotherapy on various systems of the body, 2014.**

**Magnesium the ultimate guide Dr Carolyn Dean.**

**The guide to supplementing with iodine Stephanie Burst.**

Opening Hours:

**Solution?  
Biologically Repair the Brain**

**Coffee Implant Enema and third session to be done is standard Colon Hydrotherapy plus Probiotics Implant Enema. There should be gap of few days between each session(s) or treatments. Ideally suitable to get good gut flora growth inside your larger intestine. Please come 20 – 30 minutes prior to your booked time for new client. / Please come 5 – 10 minutes prior to your booked time for repeat client.]**



**We are open: 10 am- 7 pm: Mondays to Sundays (Including Public Holidays).**

**Location:**

**We are based at: 11 / 326 Sunset Road, Windsor Park, North Shore, Auckland 0632, New Zealand.**

*There is availability of onsite as well as off street parking for our clients.*

**Contact us:**

**Phone: (+64) 9-3907886**

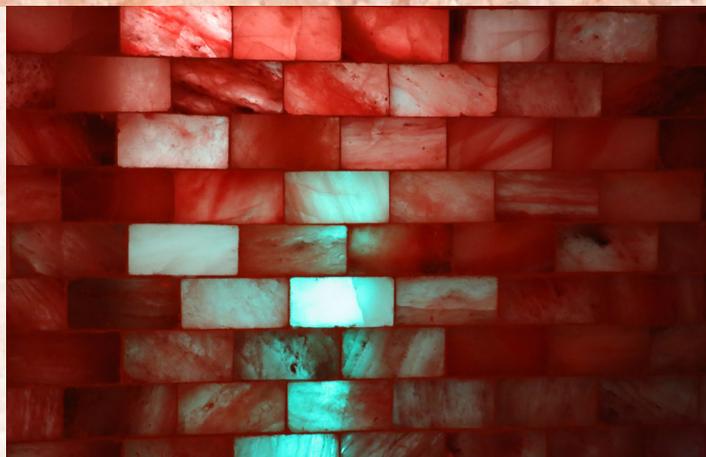
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**Website: <https://www.saltcavenz.co.nz/>**

**Also visit us on:**

**[Website](#) or [Facebook](#) or [TripAdvisor](#) or [Instagram](#) or [Google](#) or [Yelp](#) or [YouTube](#).**



research databases or *Google Scholar* or *Google*. *Salt Cave Halotherapy & Wellness Centre* does not provide medical advice, prescribe or dispense medication, or diagnose any disease(s).



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