



Helen Shortland

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COLON HYDROTHERAPY



I have been practicing complementary therapies for several years and have a variety of experience. I have a passion for helping people and really enjoy working as a Colon Hydrotherapist .

I trained in Colon Hydrotherapy at the National College for Colon Hydrotherapy and I am a member of Association and Register of Colon Hydrotherapists.

I work at Optimum Health Centre in West Bridgford through out the week and appointments are available some evenings and also Saturdays.

**H E L E N
S H O R T L A N D**

A.R.C.H Registered

COLON HYDROTHERAPY

Colon Hydrotherapy is a very safe, popular and hygienic treatment.

Cleaning out the colon is very beneficial and can help with the following-

- Allergies and food sensitivities
- Bloating
- Constipation and or Diarrhoea
- De-toxing
- Flatulence or gas
- Headaches
- Helping medical conditions
- Improving bowel function
- Improving skin
- Improving mental clarity
- Improving energy levels
- Improving the immune system

- Indigestion, reflux and heart burn
- Irritable Bowel Syndrome (I.B.S)
- Lifting mood and encouraging a feeling of well being.
- Weight loss

The treatment exercises and tones the colon and encourages it to empty. This reduces the toxic build up and improves the bowel function. These toxins can cause people to feel sluggish and unwell in many different ways so removing the waste is very beneficial.

As the name suggests the treatment involves introducing warm water slowly into the colon. The treatment is hygienic and a towel is used to preserve clients modesty during the treatment. Appointment times are approximately 1¼ hours and this includes consultation time. The treatment itself lasts approx 45 minutes.

The number of treatments a client needs will depend on many factors including the result of the first treatment but advice will be given.

No preparation is needed before a treatment. However after a treatment it is recommended that no alcohol be consumed for the rest of the day and eating a lighter meal is advised. Clients can continue with normal activities after the treatment including working, walking etc

“I felt amazing after the treatment– my tummy was flat and all my discomfort had gone” JE, Nottingham

“I wish I had been for a treatment years ago because it has changed my life and the treatment was a very positive experience”. RH, Loughborough

“Colon Hydrotherapy has given me the kick start to a healthier life style that I needed” LP, Lincoln