

## Are you in good company?

Health is not merely the absence of disease, but a vibrant state that allows you to be, and perform, at your best. Health means creating a base of physical vitality and energy where the body is performing optimally. When that happens, you experience excitement and an exuberant aliveness, a sense of optimally balanced health and well-being.

Colon hydrotherapy can be a helpful lifestyle strategy to move towards this level of well-being. We applaud our clients for having been willing to explore colonics for themselves; that's the best way of finding out, whether the shoe (as it were) fits, or not.

People whose careers depend upon a high level of personal vitality are constantly on the search for lifestyle tips that give them an edge. And you might be surprised at some of the household names that have turned to colon hydrotherapy as an important part of their own strategies to maintain a *leading edge* level of vitality.

**Quotable quote** “*If I had known I was going to live this long, I would have taken better care of myself.*” — Mae West

Actually, Mae West (who incidentally lived to be an active, vital 87 years old) *did* take care of herself a lot better than most people do. In her always lively encounters with the press, she didn't need much persuading to show off her baby soft skin, and demonstrate that there were no tell tale scars from cosmetic surgery. She said she didn't need it. Her secret? She finally revealed that it was her focus with a clean colon. She believed internal beauty came before external beauty. She had a colonic weekly for many, many years. That's 52 colonics a year. When skeptics objected that medical experts frowned on such a schedule, Mae smiled knowingly and quipped: “Well they would, wouldn't they? *If you never get sick, how are they gonna earn any money?*”

*You are in good company* in having experienced the benefits of colon hydrotherapy: here are some other adherents - Mae West, *Princess Diana*, John Lennon, *Jennifer Aniston*, Cindy Crawford, *Liv Tyler*, Alicia Silverstone, *Avril Lavigne*, Janet Jackson, *Pamela Anderson*, Andie Macdowell, *Madonna*, Ben Affleck, *Woody Harrelson*, Catie Couric, *Beyonce*, Sylvester Stallone, *Demi Moore*, Brad Pitt, *Lindsay Lohan*, Lisa Snowdon, *Roberta Flack*, Britney Spears, *Leonardo Di Caprio*, Erin Heatherton, *Courtney Love*, Usher, *Kate Beckinsale*, Gwyneth Paltrow, *Petra Nemcova*, Kate Upton, *Matt Damon*, Damon Wayans; *Rebecca Romijn*; Janet Jackson; *Paris Hilton*, Suzanne Somers; *Goldie Hawn* and John Cusack.

And the likelihood is that there are scores of other celebrities who use colonics, but prefer not to talk about them publicly. It's even rumored that President Obama has had colon hydrotherapy!

Now, when we see celebrities on TV endorsing this or that product, we confess that we are a little skeptical about their motives. After all they get paid big bucks to say nice things about the products, don't they? That's hardly an unbiased endorsement. *However*, when it comes to the household names who 'fess up to using colonics, its a

different matter. Colon hydrotherapy is hardly big business. They don't get paid for saying good things about it, nor is it a fashionable thing to own up to. The thing is that trend- setting celebs have access to the best health strategies and advice money can buy. When they find something that works for them, they go with it with less hesitation than most of us do. They are also persuaded by testimonials of other celebs. His supermodel girlfriend, Erin Heatherton, cajoled Leonardo Di Capri, who is believed to now “love colon hydro therapy”, into giving it a go.

*Anthony Robbins*, arguably the most influential personal development coach of our time, uses colonics himself, as a cleansing and health promotion therapy, and is a passionate advocate of them as an important part of personal development and growth. Robbins is hardly a shrinking violet. He has met with, consulted, or advised international leaders including Nelson Mandela, Mikhail Gorbachev, Margaret Thatcher, Francois Mitterrand, *Princess Diana*, and Mother Teresa. He has consulted members of two royal families, members of the U.S. Congress, the U.S. Army, the U.S. Marines and three U.S. Presidents, including Bill Clinton. Robbins is a trendsetter if ever there was one.

And - speaking of Princess Diana...

#### *A royal flush*

In 1993, the GLOBE reported that Princess Diana went to the Hale Clinic for colonic hydrotherapy three times a week. The princess said that it “pumps up her energy and keeps her looking young.” She even credited colonics with greatly helping her with a wide spectrum of unfashionable health issues: fatigue, anorexia, allergies, depression, infections, candida, migraines and bulimia. She was quoted as saying: “My migraines are caused by food allergies, and I haven’t had one since I started the treatments. I can actually feel the toxins being flushed out of my system while I’m on the table.”

-The GLOBE, Vol. 40, Number 22 – June 1, 1993.