

Colon Hydrotherapy and health retreats

Look at any health retreat these days, and the chances are that you will find colonics offered as an important part of their core program. The team at *West London Colonics* (me included) regularly chills out and detox at our favourite retreat, Obsidian.

And I am pleased to find that they are as enthusiastic about the role, and power, of judicious colon hydrotherapy as I am.

This is what our friends at Obsidian say about colonics on their website: “It should be included in any detox program because it supports the liver to release toxins”.
<http://obsidianretreat.com/index.php/the-centre/treatments/colonic-hydrotherapy>.

Obsidian offer flexible residential health-based programs in Spain, and many of the people who go to them, do so for *weight loss*, to *reverse diabetes*, and more; by making lifestyle changes.

How does colonics help with *weight loss*?

Whilst no one can guarantee that someone will lose weight after a colonic, it can help to remove waste from the body, which means that the small intestine can draw nutrients more efficiently. Like *West London Colonics* (WLC), Obsidian uses the ‘closed’ system machine, which they believe is therapeutically and practically preferable to the ‘open’ system. (Of course, this is not to say that colon therapists using the ‘open’ system are necessarily offering an inferior service. It really does depend on the skill and expertise of the practitioner, and also on client preference. Colon hydrotherapy is both an art and technique, and dare I say it, in my experience, the practitioner counts more than the equipment)

Like WLC, Obsidian also view colonics as a part of the whole program, not a stand-alone. Applied as part of an integrated health strategy, they have seen great results from the use of colon hydrotherapy. They cite 3 main areas where, in their experience, colonics have been particularly useful.

(a) In helping people become *free from addictions*.

They say: “This is one of the quickest ways of removing the toxins from your body and by cleansing the kidneys, liver and pancreas help to kick start the new you. It also helps to reduce cravings”.

(b) In cases of *psoriasis*.

Colonics help to rehydrate the system, remove toxins and cleanse the liver; all of which reduce inflammation.

(c) In cases of *type2 diabetes*

They have seen almost instantaneous effects, noting: “we have had clients see their sugar levels drop from 14 down to 7 (UK measurements) after just one treatment.

When combined with the new diet and lifestyle, it is a great way towards reversing diabetes”.

Of course, once people return home from a health retreat, the challenge then is to maintain improvements. I believe colonics are a key to this process. If someone goes on a week (or 2 week) long retreat, their body is still detoxing by the time they have to return, and 1 or 2 colonics post-retreat will be useful.

Certainly, our experience at West *London Colonics* is that clients fitting this category describe colonics as *invaluable* at this transition point (i.e. from detox mode to healthier daily mode).