

Colonic irrigations

enjoy
widespread
popularity
in the
alternative
medicin

Colonic Irrigation is a highly effective method of clearing out waste and toxins from the body. It is an extended & more complete form of an enema as it can cleanse all 5 ft of the colon & not just the 6 inches of the rectum. However unlike enemas it is a gentle cleanse that is simple, discreet & painless.



Colonic Irrigation improves the muscle tone & peristaltic action in the colon which enhances absorption of nutrients. You don't have to suffer with digestion problems to reap the health benefits, as over 50% of the immune system resides in the colon & 95 % of serotonin (our happy hormone) is produced there. So people are not only healthier but also happier. It also reduces the toxic load on the liver.

Colonic Irrigation is also recommended by many doctors as a pre-operative treatment.

Colon cancer is the 2nd biggest cancer killer in the USA.

People are interested in receiving the extensive health benefits of the treatment but sometimes feel awkward about this misconceived treatment. This is not the case at Nutri-Cleanse as the clinic is tranquil & there is no need to reveal parts of the body people wish to keep private.

At Nutri-Cleanse the colonic machine is a «Libbe» from USA. Unlike other methods it allows total privacy. After a medical consultation & short zen-chi massage, full instructions are given & the client is left alone to self insert a small pencil like tube.

Once comfortable & covered with fluffy towels the therapist can then enter the room. Libbe is gravity fed & pure warm filtered water cleanses the colon. Treatments lasts approx 1.5hrs.



A course of 3 is recommended & then a maintenance session every 6 months.

The nutritional testing machine is MSAS also from USA. It tests for over 120 foods, vitamin + mineral levels & toxicity levels. Whilst the client holds a conductor in one hand, a stylus is used on the other hand. This is linked to the computer & a reading of the body's stress levels is printed out. An exclusion diet of 4 weeks is recommended for the offending foods. During this period the body's natural tolerance levels normally increase & offending foods can be reintroduced in moderation.

If however further tests are required our partner from Harley Street attends the clinic every 2 wks.

We have had staggering results from both methods, however the most beneficial is to have a course of colonics followed by an intolerance test. Not only is this beneficial to digestive health issues & also well being but it's also beneficial pre surgery. By cleansing the body it can significantly reduce recovery time. It particularly helps suffers from IBS, Constipation & Diarrhea, Weight problems, Flatulence & Bloating, Skin Problems, Weak Immune system, Fatigue & Insomnia & Acid Heartburn.

Nutri-Cleanse is located in San Pedro and offer festive season packages, for more information :

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