

Colon hydrotherapy (a.k.a. a colonic) is a safe, effective method of removing waste from the large intestine, without the use of drugs or laxatives.

The colon (or large intestine) is a hollow, tube-like organ that is 5-6 feet long. The main function of the large intestine is to transport waste out of the body and to absorb water from the waste before it leaves.

Do you suffer from:

- constipation
- leaky bowel syndrome
- digestive distress
- gas and bloating
- skin disorders
- irritable bowel syndrome
- eating disorders
- parasites/candida (yeast infections)
- allergies
- muscle/joint pain
- arthritis
- hypertension
- fibromyalgia
- spastic colon
- chronic breath odor
- chronic fatigue
- chronic body odor
- headaches
- toxic chemical exposures
- acne and more.

Larry Weinberg, CHT, LMT, graduated from the International School for Colon Hydrotherapy in Juno, Florida. His teacher, Cathy Shea, is known worldwide for her gentle techniques and slow-fill method of colon cleansing. Larry's intention as a colon hydrotherapist is to provide professional, client-centered treatments in a comfortable, nurturing environment where clients feel respected and supported on their journey of healing and restoring their body to optimal health and well-being. Larry is also a licensed massage therapist and an experienced yoga instructor.

Other Detoxification Treatments and Services by Larry:

- Ionic Foot Bath
- Infrared Sauna
- Bio-Mat
- Inversion Table
- Body Buffing
- Massage
- Private Yoga Instruction

For more information or to schedule an appointment contact Larry Weinberg at 516-384-3284 or healthwardbound@gmail.com.



Colon Hydrotherapy and other Detoxification Treatments

by Larry Weinberg, CHT, LMT



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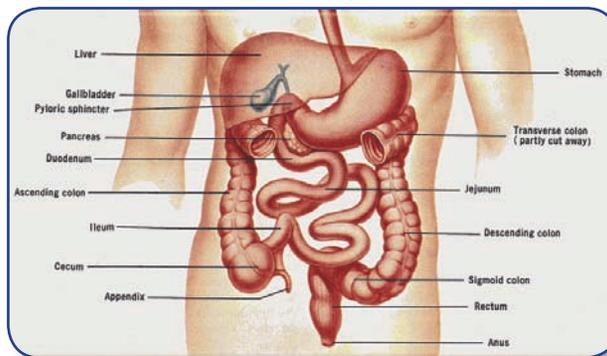
Why Colon Cleansing?

In order to experience optimal health and a more vibrant life, having a healthy, clean colon is an essential requirement. The average person is carrying several pounds of dried up fecal matter impacted in the colon as a result of eating white flour, meat, fat, dairy products, sugar, alcohol, processed foods and preservatives. **Healthy elimination** should be within 24 hours after eating. If you eat three meals a day you should move your bowels accordingly. Having bowel movements once a day, or every two or three days is insufficient to maintain optimal health. **Colon cleansing** is a valuable procedure that activates the body's self-healing processes allowing a more efficient means of waste elimination and nutrient absorption.

What is a Colon Hydrotherapy Session Like?

During the session the client lies comfortably on a massage table and is covered at all times. The usual colonic irrigation lasts about 45 minutes. An FDA-approved colonic machine with a sophisticated water filtration system is used. After gentle insertion of the speculum, by the client or therapist, it is attached to two plastic tubes. One brings the clean, filtered water into the body, and the other carries out the waste, gas, undigested foods, parasites, yeast, etc. The therapist then adjusts the water pressure and the temperature.

The process is an alternating cycle of gently filling the colon with water and releasing. As the treatment continues the client may see mucus, gas, parasites, new and very old



fecal matter that has broken loose from the colon wall passing through the clear glass viewing tube in the machine. Since this is a closed system, there is no smell or mess. The therapist also massages the abdomen to help loosen fecal matter and to promote **peristalsis**, wave-like muscular contractions that move food and waste along the digestive tract. The client is encouraged to breathe deeply and relax.

What will I Feel?

During the fill cycle you may feel a little rumbling in your abdomen, gassy, crampy or

you may feel relaxed and peaceful. Whatever you are feeling during your treatment is perfect. Any sensations are signs that the water is doing its job of loosening and softening accumulated waste in the colon. When you feel crampy during a colonic treatment your colon is getting ready to move waste out of the body. The crampiness may feel a bit uncomfortable, but it is a sign that the colon is doing exactly what we want it to do and that is to move waste out.

Colonics are a gift you give your body, mind and soul. It is a time for deep healing and letting go at whatever level you are ready. It is a sacred process.

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I am amazed at how good I feel after receiving colonics by Larry. I had been suffering from hormonal imbalances for years and decided to get a series of colonics hoping that they would help. Not only did they balance my endocrine system, but my skin has never been as clear and soft as it is now. I couldn't believe how much waste was being stored in my body. I have much more energy and am having bowel movements more often. I highly recommend colonics with Larry. He is professional, educated, caring and sensitive to his clients' needs. His home office is clean, comfortable and relaxing. I am a firm believer in the benefits of colonics and have made them a regular part of my health regimen.

~Karen Passalacqua, E-RYT, LMT

I have received several colonics before, yet Larry Weinberg's process was the most gentle and efficient that I have ever undergone. I felt comfortable from the very beginning of the session to the end; from the warm cup of tea, to the essential oil anointment, to the soothing music played, I felt relaxed all the way through the healing session. His "slow fill" method was quite effective. By my second intake, I was able to hold in the most water I had yet. I felt very little discomfort as Larry gently rocked my abdomen, resulting in the largest releases I have experienced. Larry is a very talented colon hydrotherapist, and I would recommend him to anyone.

~Kandice Korves-Kaus, Hula Hoop Instructor, California