

Alcohol and Drug Abuse
A Methodology
for Treating the Underlying Causes and
Alleviating the Effects
Via Colon Hydrotherapy

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PART I

Treating Alcohol and Drug Abuse Through Colon Hydrotherapy

Substance Abuse on the Rise

The misuse of alcohol and narcotics that is sometimes referred to as substance abuse has a long history. The Book of Genesis records the earliest incidence of drunkenness when Noah over-indulged in wine after his rescue from the Flood. The abuse of narcotics appears to be of more recent date, but by the early 1800's it was already a well-established problem. The classic of English literature, Thomas De Quincey's "Confessions of an English Opium Eater" was published in 1821. This book describes in vivid terms the sufferings the author brought upon himself through an addiction to opium. It is therefore legitimate to ask what is so novel and disturbing about the contemporary manifestations of these problems?

Substance abuse can be defined as follows: "*addiction to alcohol or other drugs (from barbiturates to cocaine) is a physical and emotional dependence on that substance and the effects it produces. It involves a loss of control, often causing devastating effects on all aspects of the individual's life including work, family, and health.*"¹ Symptoms include intense cravings for the substance, the need to continually increase the dosage in an attempt to satisfy this desire, and anxiety, seizures, hallucinations and other severe withdrawal symptoms when the substance is avoided for a prolonged period.²

Today, both alcohol and drug abuse are widely recognized as diseases, and there is substantial evidence that the absolute amount and extent of these problems has reached frightening proportions. The available figures illustrate this thesis. For example, whereas in 1939 an estimated 45% of American women were drinking alcoholic beverages, by 1994 this percentage had risen to 61%. The projected numbers of alcohol abusers, alcoholics, and alcohol abusers and alcoholics combined in the USA increased from 17,642,315 in 1985 to 18,378,299 ten years later.³

Even in Israel, a country not noted for alcoholism related problems, in 1990 there were an estimated 50,000 alcoholics, with 30-40% of minors reporting drinking alcohol.⁴ A November 2000 study of 1,464 junior and senior high school students in the center of Israel "*revealed relatively high percentages of drunkenness (37.38%) and visiting pubs and bars (66.92%).*"⁵ An Israeli government publication describes how substance abuse is another growing problem in Israel: "*A recent sampling of students in grades 7 through 12, conducted by the Ministry of Education and the Ministry of Labor and Social Affairs, indicated that some 10% of the students had illegally used some psychoactive substance – in other words some 60,000 youths...Approximately 57% of youths reported the use of alcoholic beverages during the past year and approximately 21% reported cigarette smoking.*"⁶

The situation of all these unfortunate people who become victims of their own addictions is well summed up in a quote from the Narcotics Anonymous Internet site: "*We are powerless over a*

¹ Susanne Althoff & others, "A Guide to Alternative Medicine", Publications International Ltd., 1997, p. 18.

² Ibid.

³ Dr. Shoshana Weiss, Lia Gefen, Prof. Michael Moore, "High School Students as Victims of Intoxicated Persons", pp. 266-272.

⁴ The Jerusalem Post, Nov 25th, 1990.

⁵ The Israeli Society for the Prevention of Alcoholism. See <http://www.eurocare.org/ispa/journalabstracts.html#Anchor-Evaluation-5677>

⁶ Shiluv, Winter/Spring 2002, p.13.

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*disease that gets progressively worse when we use any drug. It does not matter what drug was at the center for us when we arrived. Any drug we use will release our disease all over again.”*⁷

Taking a historical perspective on these serious problems, we are forced to conclude that the Western world’s high standard of living in the early twenty-first century has been bought at a high price. Although we cannot deny the early twenty-first century’s abundance of food and water, and the luxury of accommodation compared to past ages of human history, the wholesomeness and quality of our diet and the environment we live and work in, has worsened in significant respects. Our bodies are frequently expected to cope with a sugary, carbohydrate-intensive diet of foods that are lacking in fiber and other nourishments required for the effective operation of our bodily systems. Our predominantly sedentary lifestyles deny the body the exercise so essential to the healthy functioning of our vital organs. The faster pace of life, and the necessity for quick decisions in business, has added additional stresses to the work environment.

The growth of substance abuse can be linked to unhealthy diet, environmental factors and stressful lifestyles, and to the breakdown of the strong family and community-based societies of earlier times. In the words of Dr. Patrick Dixon, “*Drug addiction is often a sign of something far deeper, and when a community shows high levels of addiction, it indicates a sickness at the very heart of daily household life. It is far too easy to focus on simplistic anti-drug campaigns while ignoring the underlying factors that make widespread drug use almost inevitable... While life expectancy has increased, so have the years of loneliness, isolation, chronic illness, muscle wasting, partial mobility, deafness, fading vision, physical dependency and feeble mental powers. There is a growing market therefore for "happy pills"*⁸. This represents one of the most challenging side effects of our technological advance and lifestyle modifications. A civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, is finding it increasingly difficult to cope with the basic malfunctioning in our bodily systems, and the serious health damage consequent upon over-indulgence in the “benefits of progress.”

A Challenge for Conventional Medicine

The serious effects of substance abuse have received extensive publicity. The debilitating effects of drug addiction on the body can be seen in the sad, worn out shells of humanity living out on the streets of our major cities. If they do not succumb to the consequence of the poisons they are feeding their bodies, the deprivations and violence that characterize their lifestyles frequently lead to their early demise. The damage alcohol can cause to the liver and kidneys has received a little less coverage but it is still widely known. Dr. Walker vividly describes for us how “*the British, Germans and Americans — nations which are the greatest consumers of beer — have the most serious and prolific kidney afflictions of any people in the world, although Italians, French and Latin people come a close second.*”⁹

The conventional medical world has adopted various combinations of drug and therapy based methods to try and break patterns of substance abuse. For example, behavioral therapy sessions combined with administration of the methadone medication is commonly used for treating certain hard-drug addictions. However, the success record of conventional medical and psychological treatment is far from encouraging. Drugs such as methadone have many unpleasant and potentially dangerous side effects, including nausea, vomiting, headaches, insomnia, skin allergies and palpitations.¹⁰ Regarding the psychological treatments commonly used, there are also serious grounds for doubts as to their effectiveness in many cases. In the course of the past

⁷ Narcotics Anonymous. See <http://www.na.org/bulletins/bull13-r.htm>

⁸ <http://www.globalchange.com/drugs/TAD-Chapter%203.htm>

⁹ Dr. Norman W. Walker, “Colon Health”, Norwalk Press, Arizona (1995), p. 41.

¹⁰ http://www.rxlist.com/cgi/generic/methdone_ad.htm

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15 years New York's Baldwin Institute have been studying the progress of patients undergoing treatment for drug and alcohol abuse. They have come to the conclusion that, "*Psychological alcohol and drug treatment has been a failure from its beginnings. It has never worked in its entire hundred year history, and now there is evidence that psychological treatment actually hurts those people who go to those types of programs.*"¹¹

The conventional medical doctors and psychologists are doing the best they can to help, but they are limited by their narrow focus on treating the symptoms rather than trying to identify and deal with the source of these problems, and appreciating how they relate to the health of the colon, "*upon which the health of the body in its entirety depends.*"¹² Sometimes medicines prescribed can themselves become the source of an addiction. The well-known tranquilizer drug Valium is a classic case of how trying to treat the symptoms of a problem can result in the creation of an even more serious health crisis. The well-known American media personality, Rush Limbaugh, described how his brother was prescribed Valium for the after-effects of a painful kidney stone. He became addicted to this drug and had now been "*paralyzed for 15 years from the chest down because he was so zonked out on Valium that he miscalculated one morning while jogging and was hit by a car going 55 miles per hour.*"¹³ The fact of the matter is that in the rush to find a quick and preferably drug-based relief for every ailment, an ancient but sound and well-proven technique for internal body cleansing and chronic illness prevention has been sadly neglected. This technique could be a lifesaver by preventing the onset of substance abuse, and helping redress the damage caused to people who have already fallen into its clutches.

The Jerusalem Colon Hydrotherapy Clinic Addresses the Source of the Problem

Diagnosis

Dr. Leah Miller Ph.D. C.C.T., and her husband Meir Miller C.C.T, Certified Therapists by the I-ACT (International Association for Colon Hydrotherapy), and founders of the Jerusalem Colon Hydrotherapy Clinic, are convinced that an ancient holistic approach to internal body cleansing and preventive health care has significant advantages over the typical approach of conventional medical practitioners. The Miller's clinic is unique in the whole Middle East in combining the latest FDA approved technology with one of the oldest recorded techniques for eliminating the sources of emotional and physical deterioration, and increasing immunity to withstand future health pressures.

The Jerusalem Colon Hydrotherapy Clinic operates according to the principles of interconnection between physical and emotional problems, and that the body, given sufficient chance, is its own best healer. Unfortunately, the way we neglect to take care of basic bodily functions, and the lifestyles we follow, remove from our bodies this intrinsic self-healing ability. Trying to treat alcohol and drug abuse in isolation contradicts this understanding of the unity of a mind and body that share the same systems, with the state of one having clearly demonstrated effects upon the other.¹⁴ Bill, the anonymous founder of Alcoholics Anonymous, came to understand the root of his problem when he reached an appreciation of how "*alcoholism was a malady of mind, emotions and body. This all-important fact he had learned from Dr. William D. Silkworth of*

¹¹ <http://www.baldwinresearch.com/>

¹² Walker, p.6.

¹³ Rush Limbaugh quoted in NewsMax.com. See <http://www.newsmax.com/archives/articles/2003/10/13/133723.shtml>

¹⁴ Yakir Kaufman MD, in "Psychoneuroimmunology: The Science Connecting Body and Mind", B'Or Ha'Torah, The Spiritual Wiring of the Brain, Jerusalem, Shamir Publications (2004), p.13.

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Towns Hospital in New York, where Bill had often been a patient. Though a physician, Dr. Bob had not known alcoholism to be a disease."¹⁵ The challenge is how we can restore to our bodies the ability to cope with addictions nurtured through our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

The Miller's studies of the causes and effects of substance abuse in the United States, and now in Israel, combined with their clinical experience in helping afflicted patients, have led them to an advanced understanding of the interconnections between the development of these problems, and problems with the basic waste elimination functions of the colon (or large intestine).

Normally it takes 18 hours for the body to digest food, extract the nutrients and eliminate the waste.¹⁶ If the person eats a healthy natural diet and takes plenty of exercise and fresh air, this "transit time" is increased. The opposite holds true in cases where a person leads a sedentary life in a polluted environment, and has a diet including unhealthy concentrations of junk foods, drugs and other unwholesome substances. The slow down in the transit time from food entry to waste elimination causes a build up of decaying waste matter in the colon.

Unfortunately, many in the Western World have become used to having as few as two bowel movements per week and consider this normal. Comparisons with societies where Western standards of livings, dietary and exercise patterns have not yet taken hold show that regular bowel movements are the healthy norm, and irregular movements a dangerous aberration. A graphic illustration is provided by the research of the British surgeon Denis P. Burkitt, M.D. He compared the bowel transit times of the average Englishmen and rural East Africans, and found that the Africans average transit time was twice as fast as the Englishmen. He related this to the high fiber diet of the typical African, with the opposite being the case with the typical Englishman.¹⁷

Whatever the dietary or environmental influences that lead to the state of affairs where the colon is not effectively discharging its waste elimination function, the consequences are accumulations of decaying toxic wastes within the organ. In the course of time this poisonous waste build-up can penetrate through the skin of the colon, leak out into the bloodstream, and start to poison other vital organs.¹⁸ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.¹⁹ If this condition remains untreated "Auto-Intoxication" commences. Dr. D. Medsker and Bekki Medsker, define this situation as, "*The poisoning of the body, in part or whole, by toxic matter generated in the colon.*"²⁰

The unhealthy concentration of toxins in the colon provides an ideal environment for the development of the severe physical and emotional stresses that can set the scene for the appearance of a substance abuse problem. Understood in this broader context, it becomes easily apparent how the development of alcoholic and drug addictions can be linked to a serious malfunctioning of the colon, and the malfunctioning of the key bodily organs that comes in its wake. Although a perfectly healthy person who is not under unusually heavy stress can still become a substance abuser (for instance, under the influence of bad company) the chances of addiction developing are much reduced if the body is cleansed of toxins and the process of auto-intoxication has been stopped.

¹⁵ <http://www.alcoholics-anonymous.org.uk/em24dc14.html>

¹⁶ Jensen, p. 47

¹⁷ Quoted in Jensen, p.52.

¹⁸ Ibid, Ch.2.

¹⁹ Watson, p.39

²⁰ Dr. D. Medsker and Bekki Medsker, "Understanding the Need for Colon Hydrotherapy, Medsker Publishing Company, Quinby (1997), p. 6.

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The taking of drugs to relieve the problem obviously fails to address the central problem of the build up of contaminated waste matter and toxins in the colon. If anything such medicines only add to the problem by providing additional work for the hard-pressed waste elimination and digestive organs to cope with. If the root of the problem is not attended to, a spiral of emotional and physical health problems can gather pace with a frightening rapidity and ever-increasing severity.

Solution

Based on their academic studies and clinical experience, the Millers are convinced that the most effective way to treat alcohol and drug abuse tendencies and their after effects is not to be found in taking medications to remove these signs of malaise. The only long-term answer is found in the elimination of the leak of toxins from the colon, and the taking of measures to ensure that blockages of toxic waste do not recur. By restoring the effectiveness of the colon's normal waste elimination role, the downward spiral of physical and emotional health can be reversed. If the decaying waste is allowed to pass out from the body naturally, the colon once again can fulfill its role effectively in preventing toxic waste accumulations, and thus it can start to undo the damage caused by the original blockage. With the return of the patient's bowels to normal functioning, the self-poisoning ceases. The resultant strengthening of the immune systems and reduction of pressure on the liver and other organs soon start to impact on the patient's physical well being.

With the blockage in the colon removed, the stress on the body pushing the patient in the direction of substance abuse is eliminated, and the process of repairing the damage caused by alcohol and drug abuse can now get underway. The intimate relationship between physical and emotional well being — often expressed in English as “a healthy mind in a healthy body” then goes to work to free the patient from the clutches of these chronic sicknesses with all their undesirable manifestations and disturbing long-term effects. In the words of Dr. Carter, Professor and Head of the Nutritional Section at Tulane University School of Medicine, “*Colon hydrotherapy is an excellent detoxifier for overindulgence of alcohol drinking and drug addictions of all kinds. Residues of drugs and other agents in the tissues are eliminated with colon hydrotherapy...It takes away any desire to use drugs or imbibe in alcoholic beverages. Colon hydrotherapy should be part of nearly any addict's therapeutic regimen.*”²¹

Implementation

The techniques applied in the Jerusalem Colon Hydrotherapy Clinic are rooted in health preventative and curative medicine practices known to the ancient world and now adapted to work with the latest technology and the highest standards of hygiene. The colon is cleaned by a gentle infusion of purified water. While the patient is able to see how the toxins are drained out of their system, a soft massaging of the abdomen assists the evacuation process. As the toxins leave the body and the patient begins to feel the relief of toxin-provoked tension, they often also feel like giving a verbal release to their pent up emotional pains. The trained listening ear of the professional colon hydrotherapist provides an emotional outlet.

Many treatments already effectively performed testify how the Jerusalem Colon Hydrotherapy Clinic's unique combination of colon hydrotherapy, massage and emotional support has the power to remove the sources of the bodily tensions that both contribute to and result from substance abuse, and thereby boost the individual's disease resistance and well being. Unlike most courses of conventional medical treatment, Colon Hydrotherapy can also be an effective means of preventive medicine. By allowing the smooth functioning of the body's waste/toxins elimination organs, immunity against recurrence of these problems is enhanced. When integrated

²¹ Morton Walker, DPM in the Townsend Letter for Doctors & Patients: August / September 2000 (#205/206)

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with an individually tailored nutritional program, the dream of saving patients from the trap of this self-destructive behavior can be realized.

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Walking in G-d's Ways — Preserving a healthy mind in a healthy body

The Body Under Siege

The past 60 years has witnessed tremendous advances in curative medicine with significant successes in reducing infant mortality and increasing life expectancy. Nevertheless, at the same time medical science has marched forward with proud strides, the quality of the environment we live in and the food we eat has seriously deteriorated. The improvement in living standards has been gained at the price of an increasingly polluted environment and a major downturn in the quality of the average person's diet with the rise of the junk food industry, and the introduction of artificial food flavorings. The waste processing and digestive organs of the body are able to satisfactorily cope with a certain level of contamination. However, there comes a point where an unpalatable diet of air, water and food pollution deposits such residues of waste in the body that its processing mechanisms clog up²². This can soon lead to the overwhelming of natural defenses against disease, and the results are catastrophic.

What is happening is easiest to understand from a comparison with the blocked household drains we are all familiar with. Just as you would not want waste matter to overflow into your kitchen and then into the living room, so you should feel the same way about a waste and toxins build up in your own body. It is easy to envisage how an overflow of domestic waste into the house would provide a fertile breeding ground for germs if left untreated, so imagine the consequences for our bodies when they are unable to rid themselves of accumulations of poisonous waste!²³ Initial symptoms might manifest themselves in the form of stress and fatigue. Subsequent complications can include constipations and diarrhea, allergies and skin problems, weight loss and ultimately deadly serious intestinal disorders. Once sent in motion there is no limit to the gravity of the individual health crisis in the making.

Conventional Medicine Challenged

The contradiction between improved living standards and the plethora of health problems afflicting Western man poses a serious challenge for conventional medicine. Unfortunately today's emphasis placed on curative as opposed to preventive medicine puts doctors in a position where they can at best relieve symptoms rather than address the causes of the illness. The increasing numbers of new drugs released onto the market may be doing more for the incomes of the pharmaceutical companies than they are doing to improve our health. The side effects of many drugs are still not thoroughly investigated. For example, it has been estimated that over a thousand of the drugs and chemicals in regular use today can cause serious damage to the liver²⁴. The well known phenomena of diseases such as SARS resisting antibiotics is a another clear indicator of conventional medicine's short term victories gained at a long-term price.

²² Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

²³ Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

²⁴ Melissa Palmer MD, "Hepatitis and Liver Disease, Avery Publishing (2000), p.377.

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Prevention is the Only Long Term Cure

Dr. Leah Miller Ph.D. C.C.T, and her husband Meir Miller C.C.T, Certified Therapists by the I-ACT (International Association for Colon Hydrotherapy) and founders of the Jerusalem Colon Hydrotherapy Clinic, follow a complementary medical approach with an impressive track record of successful treatments. The health care method they both preach and practice is founded on an appreciation of the interactions between mind and body, and the need to tackle illnesses at their source as opposed to simply treating symptoms.

This theory has firm and ancient roots in the understanding of the prerequisites of good health possessed by our ancestors. In the Talmudic tractate Brochos, 57B, the sages try to explain the pleasures of the World to Come by using comparisons from the world we know. One of the comparisons they make compares the pleasures of the World to Come with the relief that comes to a person from a proper evacuation of the bowels. The fact that many of us would be startled by the Talmud's choice of comparison can be seen as indicative to how far away we have moved from a true appreciation of what is important to leading a healthy and satisfied life.

The renowned Talmudic scholar and legal codifier the Rambam (Maimonides), of blessed memory, lived in Spain and in Egypt in the 1100's. One of his most famous Jewish legal treatises is the Mishne Torah. This includes a section called Ethical Ideas (Hilchos Deos). In the fourth chapter of Hilchos Deos he states that it is the Divine Will that each person should carefully watch over their physical health, since it is impossible to perform the Divine Service with a sickly body. He continues to explain how doctors should not use any medicine if they can manage the sick person through diet. He also states how the health of the body is contingent upon eating food that is easily digested and that most diseases come from eating unwholesome food or eating too much good food. Taking steps to maintain healthy bowel functioning and eating properly are central points in his good health program. He remarks how a person is obliged to make efforts to maintain the health of their bowels throughout their life. If a person avoids excreting waste, or can do so only with difficulty, they have reason to be seriously concerned over their health.

Colon Hydrotherapy is a technique for maintaining and improving bowel health that was certainly known to the Rambam's generation. The origins of the practice predate his era by over a thousand years, going back in time all the way to the ancient Egyptian and Roman civilizations. Colon Hydrotherapy continued in popular use in the United States and other countries up until the 1930's, when it began to be displaced with the use of antibiotics as a cure all solution.²⁵ The Millers extensive studies in the United States have convinced them that the abandonment of Colon Hydrotherapy by conventional doctors has deprived patients of a proven method for successfully treating a range of serious illnesses, but even more importantly, a way of preventing these illnesses initial development.

²⁵ Tony Centracchio, P.A, "Colon Hydrotherapy – A Forgotten Art", The American Chiropractor, October 1986.

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The Theory of Colon Hydrotherapy

Colon Hydrotherapy is based on an understanding of the pivotal role of the colon (also called the large intestine) in eliminating toxins from the body. The famous surgeon Dr. Harvey Kellogg of Michigan's Kellogg sanitarium, estimated that more than 90% of known diseases originate from a blocked and non-operational colon.²⁶ When the colon is working effectively waste matter is discharged through regular bowel movements. If the colon is blocked up the waste matter accumulates and provides a fertile breeding ground for bacteria that can spread infection throughout the body, and for the development of parasite infestations that can cause abdominal pains, lung infections, weight loss and fatigue as well as other illnesses.²⁷

Just as the overflow from a blocked sewage pipe can contaminate a whole neighborhood, an overflow of toxins from the body can contaminate the blood stream and impede the effective functioning of other vital organs. If this situation is left untreated the results can be fatal. This phenomenon is referred to as "Auto-intoxication" since the body is poisoning itself by releasing a toxic overflow from the colon²⁸. According to an investigation made by England's Royal College of Surgeons up to 36 poisons can be released into the body from a leaky colon.

If we all followed a diet with high fiber and bran content and healthy portions of raw foods, and we lived in environments free from stress and pollution, key causes of colon blockage would be removed. The realities of modern, urban life force so many of us to contend with highly polluted environments, and drink water and eat food that is very far from its pure state. There is much that each person can do by maintaining a wholesome diet and taking regular exercise, but the external environment we live in makes it so much harder to avoid situations where our bodies end up overburdened with the task of removing the waste that builds up within them. So how is it possible today to achieve the lasting and abiding health that Dr. Jensen describes as "...the result of education and discipline in cleanliness of the body, mind and spirit"?²⁹

The Jerusalem Colon Hydrotherapy Clinic Can Help You

Colon Hydrotherapy removes waste from the body without the use of chemicals. The cleaning is performed by gently flushing the colon with a trickle of distilled, warm water. This removes the layers of waste accumulated on the inner skin of the colon, and weakens the harmful bacteria and parasites lodged within the colon. The cleaning can stop "Auto-intoxication" by halting the harmful bacterial and parasite proliferation, and creating conditions for flora (friendly microorganisms that work to break down waste within the colon) to flourish, so enabling the colon to function more efficiently. Flora are most prone to multiply in a clean environment. Thus removing putrefying waste has the double advantage of encouraging an increase in flora and creating the conditions for a better absorption of nutrients.

A good comparison can be made between the way colon hydrotherapy cleans the body and the method every housewife knows for cleaning a pot encrusted with congealed food – letting it soak over night in the sink. However, in the case of Colon Hydrotherapy the cleansing procedure for the colon is accomplished in about 45 minutes.

The Jerusalem Colon Hydrotherapy Clinic uses the latest Colon Hydrotherapy machine (approved by the FDA). Sessions are painless and patients often find them very relaxing. No compromises are made in respect for the patient's privacy, and with the maintenance of the highest standards of hygiene. As the waste is released from the body, the patient can see it draining away through a transparent sealed pipe, but no unpleasant odors are allowed to escape. During the treatments

²⁶ Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 53.

²⁷ Hanna Kroeger, "Parasites, the Enemy Within", Hanna Kroeger Publications (1991), p.7

²⁸ Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), Ch.2.

²⁹ Ibid. p. 154

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female patients are attended by Dr. Miller, and male patients by Mr. Miller. In addition to controlling the flow of sterilized water, and ensuring that the optimum temperatures and pressures are maintained, the Millers know how to release the pent up tensions that are usually let out in the course of the treatment. By providing a sympathetic listening ear they assist the patients unload their emotional burdens, while the Colon Hydrotherapy machine does its job of dislodging accumulated wastes and toxins, and pushing them out of the body.

The Millers have found that Colon Hydrotherapy can be successfully applied to treating a variety of disorders including chronic stress, constipation, gastronomic complaints, pains and fatigues, as well as helping those who are suffering from the side effects of conventional medical treatments. Treatments are also applicable to a range of age groups from 9 to 99! People who are concerned over deterioration in their health, and people who want to take preventative action to forestall future illness, both find Colon Hydrotherapy can be very beneficial.

The Jerusalem Colon Hydrotherapy Clinic will be happy to provide additional details of what a Colon Hydrotherapy session involves, and how it might help you realize your legitimate strivings to attain that blessed state of a healthy mind housed in a healthy body.

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We look forward to hearing from you.

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