

Chronic Fatigue and Headaches
A Methodology
for Treating the Underlying Causes
Via Colon Hydrotherapy

Compiled and edited by the

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PART I

Treating Chronic Fatigue and Headaches Through Colon Hydrotherapy

Technological Progress and Health Regression

Fatigue and headaches are complaints that we all suffer from at one time or another, but their appearance in a chronic form suggests a problem more deep-rooted than the after effects of a hard day at work, or a stressful shopping trip. The related ailments of chronic fatigue and headaches have become sufficiently serious worldwide to justify the proclaiming of an International Chronic Fatigue Syndrome Day on May 12th. This date was chosen because it happens to be the birthday of the famous nurse Florence Nightingale, perhaps one of the best known historical sufferers from chronic fatigue.¹

A DePaul University Study estimated that 422 out of every 100,000 people in the United States suffer from chronic fatigue, and the vast majority of them are not receiving the appropriate medical attention.² Included in the symptoms of chronic fatigue are headaches, poor stamina, and problems with concentration and memory. A good night's sleep fails to relieve these ailments.³ This illness is not evenly divided amongst the sexes; women have an incidence of 522 per 100,000, compared to 291 per 100,000 for men. Contrary to what we might expect, young people are far from immune from chronic fatigue, with an incidence of 318 per 100,000 recorded for the test sample that fell within the 18 to 29 age group. Physical fitness also does not seem to be sufficient to protect a person against chronic fatigue as this can even happen to someone as fit as Israel's top Olympic medal winner, Yael Arad.⁴

Regarding the frequency of headache complaints today, a recent epidemiological study found out that 95 percent of young women and 91 percent of young men experienced headache during a 12-month period.⁵ In the United States a 1989 National Health Interview Survey placed headaches in third place as a cause of school absence, accounting for over 82,000 days of missed school per week.⁶ A number of researchers have detected an increase in this problem over recent years. For instance, a study of Finnish children over a 20 year period revealed an increase in the frequency of recurring headaches.⁷ A World Health Organization survey in Sweden also showed how the frequency of headaches increased during an 8-year period, especially among teenage girls in school.⁸

The Western world's high standard of living in the early twenty-first century has been bought at a high price. The development of chronic fatigue and headaches can be linked to unhealthy diet, environmental factors and stressful lifestyles. Dr. Jensen writes of how, "*Fear, anger, depression, stress, tension, worries, and obsessions can all upset the delicate processes of the body, in particular those of digestion and elimination.*"⁹ This represents one of the most challenging side effects of our technological advance and lifestyle modifications. One might well ask how is it possible that a civilization that has the skills and technology to place a man on the moon, and bring him back to earth from there, cannot find a satisfactory cure to such basic malfunctioning in

¹ Jerusalem Post Internet Edition, July 10, 2001

² Jason LA, and others, Community-Based Study of Chronic Fatigue Syndrome Arch Int Med 1999; 159(18):2129-37

³ <http://www.cfids.org/>

⁴ Jerusalem Post Internet Edition, July 10, 2001

⁵ <http://www.aafp.org/afp/20010215/685.html>

⁶ Michigan Head-Pain & Neurological Institute. See

<http://www.texaschildneurology.com/Children%20and%20Headaches.htm>

⁷ <http://www.cbu.dataphone.se/EngBarnrapp/recurrin.html>

⁸ Ibid.

⁹ Jensen., p.65.

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our bodily systems and the serious consequences to our health consequent upon our over-indulgence in the benefits of progress.

Although we cannot deny the early twenty-first's century's abundance of food and water, and the luxury of accommodation compared to past ages of human history, we are forced to admit that 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. In the words of Dr. Norman Walker *"Infirmity and sickness, at any age, is the direct result of loading up the body with food which contains no vitality, and at the same time allowing the intestines to remain loaded with waste matter."*¹⁰

This situation is aggravated even more by the well known use of pesticides on vegetables, fruits and many crops and the high incidents of polluted air and water in our predominantly urban surroundings. A report issued by the World Health Organization concluded that 90% of chronic illness could be related to environmental factors.¹¹ This includes both pollution of the air we breathe outside the home, and contamination within the home due to the use of chemical-based cleansing agents, air-fresheners and other common household materials. In addition to this hard to digest diet of processed foods and drinks, our digestive and waste eliminating organs have to cope with an intake of food that has been treated by pesticides, and exposed to air that has nothing of the cleanliness the term "fresh air" conjures up.

A Challenge for Conventional Medicine

Medical science is still struggling to identify the specific causes of chronic fatigue syndrome and recurring headaches. Many different theories have been put forth. Almost 150 years ago Dr. George Beard suspected that a nervous disorder triggered off chronic fatigue.¹² Contemporary medical opinion leans towards the idea that problems in the immune system, and viral born infection are responsible for this illness. There are also many different theories as to the source of migraine headaches, including the ideas that they are set off by allergies, hormonal deficiencies, and problems with the liver.¹³

Martin Lerner, MD, professor of internal medicine, undertook two studies and found that 95 percent of patients with chronic fatigue had abnormal electrocardiograms, compared to only about a quarter of healthy subjects. Using a new, ultra-sensitive test, Dr. Lerner was able to detect tiny amounts of the Epstein-Barr and cytomegalo viruses in the study patients. He believes these viruses weakened the heart muscle, giving rise to the symptoms collectively known as chronic fatigue.¹⁴ However, other medical studies have found that many chronic fatigue syndrome sufferers have never had any contact with this virus, so the evidence is contradictory.¹⁵

The lack of consensus on the causes of these illnesses has produced a situation where the treatments concentrate on suppressing the symptoms. According to a 1994 conference on chronic fatigue syndrome, the drug-based treatments in use included medicines such as Zoloft, Paxil and

¹⁰ Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 4.

¹¹ Susan Stockton, "The Terrain is Everything", Power of One Publishing (2000), p.123.

¹² <http://www.niaid.nih.gov/factsheets/cfs.htm>

¹³ Rabbi Dr. Yehonatan Sraya, "A Guide to Better Health", The Israel Vegetarian and Vegan Movement, Tel-Aviv, 2003, p. 80.

¹⁴ <http://www.med.wayne.edu/Scribe/scribe00-01/scribesp01/rounds.htm>

¹⁵ <http://www.cfs-news.org/faq.htm#2M>

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Prozac, and low dose anti-depressants such as doxepin and amitriptyline.¹⁶ In addition to drug-based treatments doctors also recommend exercise and avoidance of stressful situations. Treatments of headaches center initially on aspirin and other well known drugs available over the counter at the pharmacy. If these prove ineffective, nonsteroidal anti-inflammatory drugs such as naproxen sodium, ibuprofen, ketorolac and indomethacin are used. As a last resort corticosteroids and narcotic analgesics might be turned to, though their use is controversial.¹⁷

The conventional medical doctors are doing the best they can to help you, but they are limited by their narrow focus on treating the symptoms rather than trying to identify and deal with the source of these ailments, and appreciating how they relate to the health of the colon, *“upon which the health of the body in its entirety depends.”*¹⁸ The common resource to the use of pain killing and anti-depressant medicines also falls into this category of trying to suppress the symptoms rather than dealing with the source of ailment. Success of these treatments is far from guaranteed and often there are undesirable side effects. For example, Dr. Jaime Lopez, assistant professor of neurology and neurosurgery at Stanford University School of Medicine, writes of how through use of *“more and more over-the-counter medication, you could set yourself up for rebound headaches.”*¹⁹ Additional serious side effects of this drug use include stomach ulcers, chest tightness and dangerous interactions with other drugs the patient happens to be using.²⁰ 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.

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 illness, and increasing immunity to withstand future health challenges.

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 chronic fatigue and headaches 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.²¹ The challenge is how we can restore to our bodies the ability to cope with such illnesses nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these lifestyles generate.

¹⁶ Ibid.

¹⁷ <http://www.healthatoz.com/healthatoz/Atoz/dc/caz/neur/hach/headmir.html>

¹⁸ Walker, p.6.

¹⁹ <http://health.discovery.com/centers/headaches/tension/tension.html>

²⁰ Susanne Althoff & others, “A Guide to Alternative Medicine”, Publications International Ltd., 1997, p. 88

²¹ 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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The Miller's studies of the causes and effects of chronic fatigue and headaches in the United States, and now in Israel, combined with their clinical experience in successfully treating afflicted patients, have led them to an advanced understanding of the interconnections between the development of these ailments, 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.²² 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.²³

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.²⁴ This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.²⁵ 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.*"²⁶ This unhealthy concentration of toxins in the colon also provides an ideal environment for the development of a parasite infestation. In the course of his investigation of tape worm infestation in the colon, Dr. Walker noticed how such a condition "*usually results in the development of a state of constant fatigue.*"²⁷ Understood in this broader context, it becomes easily apparent how the development of chronic fatigue and recurrent headaches can be linked to a serious malfunctioning of the colon.

The taking of drugs to relieve the ailment 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.

²² Jensen, p. 47

²³ Quoted in Jensen, p.52.

²⁴ Ibid, Ch.2.

²⁵ Watson, p.39

²⁶ Dr. D. Medsker and Bekki Medsker, "Understanding the Need for Colon Hydrotherapy, Medsker Publishing Company, Quinby (1997), p. 6.

²⁷ Walker, p.24.

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Solution

Based on their academic studies and clinical experience, the Millers are convinced that the most effective way to treat chronic fatigue and headaches is not to be found in taking medications to remove these signs of malaise. This is equivalent to ignoring warning lights in your car indicating that there is a lack of water or fuel. 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 with the fatigue and headache symptoms is eliminated. 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.

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 chronic fatigue and headaches, 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 these illnesses is enhanced. When integrated with an individually tailored nutritional program, the dream of removing the curse of chronic fatigue and headaches 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 up²⁸. 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!²⁹ 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 liver³⁰. 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.

²⁸ Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

²⁹ Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

³⁰ 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.³¹ 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.

³¹ 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.³² 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.³³

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 colon³⁴. 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"?³⁵

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

³² Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 53.

³³ Hanna Kroeger, "Parasites, the Enemy Within", Hanna Kroeger Publications (1991), p.7

³⁴ Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), Ch.2.

³⁵ 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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