

***Cancer  
Chemotherapy  
in Conjunction with  
Colon Hydrotherapy***

Compiled and edited by the

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## PART I

# Treating Cancer through Colon Hydrotherapy

### A Modern Plague

From the ancient era until the early modern period people were terrified about the onset of plague. Today, the fear of cancer has perhaps taken over first place in the list of misfortunes people dread. Although nobody is in danger of catching it from contact with other infected people, as was the case with the highly infectious plagues of yesteryear, the connection between unhealthy living conditions and incidences of the disease can still be seen. Also, the terror the mere mention of the illness inspires has its parallels in fears of typhoid, cholera and other illnesses almost forgotten from memory in the prosperous west. With cancer competing with heart disease to be the number one killer of adult Americans there is certainly sufficient grounds for concern.<sup>1</sup>

The most feared ailment of modern man spreads through the body as a severe disorder of the immune system that mutates the cell replication process. It can take a variety of forms, and develop over different time periods. Environmental, dietary and stress are all possible contributory factors in the outbreak of the disease. For example, the American Cancer Society has gathered evidence regarding the link between bowel cancer and “*environmental agents such as: pesticides and herbicides sprayed on crops, hormones and antibiotics fed to animals and carcinogenic agents in the air we breathe.*”<sup>2</sup>

Cigarette smoking is perhaps the best known of all causes, with the American Lung Association noting how “*Cigarettes contain at least 69 distinct cancer-causing chemicals. Smoking is directly responsible for 87 percent of lung cancer cases.*”<sup>3</sup> Regarding breast cancer, perhaps the other high profile form of this chronic disease, the California Cancer Registry estimate that “*given current incidence and mortality rates, about one in eight (12.7%) baby girls born this year will develop invasive breast cancer before the end of her life.*”<sup>4</sup>

A recent survey carried out by the Israel Cancer Society revealed that Israelis have the fourth highest rate of colon cancer in the world. The survey was publicized in an article in the Hamodia newspaper: “*Some 3,200 Israelis, rachman litzlan, are diagnosed with the disease each year, and some 1,800 die. Bad diet and a lack of exercise contribute to the country’s high ranking said the Society. According to the society, colon cancer is the second most common cancer among Israeli adults and the leading cause of cancer deaths, even though new drugs have been recently developed to treat it. It generally emerges in both men and women at around age 64. Experts recommend that everyone over 50 undergo annual testing for the disease.*”<sup>5</sup>

The frightening findings quoted above are indicative of how the Western world’s high standard of living in the early twenty-first century has been bought at a high price, arguably too high a price. Although the majority of people enjoy access to food supplies and housing of a range and quality undreamed of in previous generations, 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. In the words of Dr.

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<sup>1</sup> Susanne Althoff and others, “A Guide to Alternative Medicine, Publications International Ltd., Lincolnwood, Ill. (1997), p. 51.

<sup>2</sup> Tony Centracchio, P.A, “Colon Hydrotherapy – A Forgotten Art”, The American Chiropractor, October 1986, p.3.

<sup>3</sup> [http://www.lungusa.org/tobacco/smoking\\_factsheet99.html](http://www.lungusa.org/tobacco/smoking_factsheet99.html)

<sup>4</sup> <http://www.ccrca.org/>

<sup>5</sup> Hamodia, 12 Adar, 5764/March 5, 2004, pA21.

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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.”*<sup>6</sup>

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, such as cancer, can be related to environmental factors.<sup>7</sup> This includes both pollution of the air we breath 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**

The large number of medical researchers and charitable institutions throughout the world devoted to trying to find a cure for cancer illustrates both the high level of public concern, and also the lack of any major breakthroughs in successful treatment. Currently surgical, radiotherapy and chemotherapy treatments are the main conventional medical approaches. Unfortunately, success rates are very variable, depending upon how early the disease was detected, the area of the body affected and the extent the illness has spread.

The conventional medical treatments can also often have unpleasant side effects that patients find it extremely difficult to endure. Chemotherapy kills the cancerous cells by injecting into the body chemicals and toxins that can seriously impair the functioning of organs of digestion and waste elimination. These side effects might be considered an inescapable consequence of becoming cured, but the damage they cause should not be dismissed so lightly. In the words of Brenda Watson CT, *“All drugs cause some side effects. Many of these drugs affect the organs of the digestive system, the accessory digestive organs and/or the organs of elimination, thus adversely impacting the digestive and/or eliminative functions of the body.”*<sup>8</sup> The unpleasant effects of radiotherapy including hair loss, anemia and fatigue, are also well documented.<sup>9</sup>

The conventional doctors are doing the best they can to help you, but they are limited by a focus on treating the symptoms of the disease rather than trying to identify and deal with the source of these ailments, and a lack of emphasis on disease prevention. Also, although they certainly want to reduce the physical and psychological suffering inherent in the treatments used, they have been trained to seek such relief only through the prescription of additional medications. 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 disease prevention has been sadly neglected. The connection between chronic disease and the health of the colon, *“upon which the health of the body in its entirety depends”*<sup>10</sup> was once well understood in medical circles. Unfortunately, the development of modern medicine has largely side stepped this tried and tested health preservation and enhancement method known to our ancestors.

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<sup>6</sup> Dr. Norman W. Walker, “Colon Health”, Norwalk Press, Arizona (1995), p. 4.

<sup>7</sup> Susan Stockton, “The Terrain is Everything”, Power of One Publishing (2000), p.123.

<sup>8</sup> Brenda Watson, C.T “Renew Your Life”, Renew Life Press, Clearwater, FL, (2002), p. 43.

<sup>9</sup> Althoff, p. 51.

<sup>10</sup> Walker, p.6.

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### 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 disease prevention and treatment 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 disease, and increasing immunity to withstand future health challenges. Unfortunately, colon hydrotherapy is not sufficient by itself to cure every cancer, but there is impressive evidence that it can play a part in preventing the onset of the disease, and in providing relief from the side effects of conventional treatments.

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. Regrettably, 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 cure any serious disease 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.<sup>11</sup> The challenge is how we can restore to our bodies the ability to cope with chronic diseases nurtured by our unhealthy lifestyles and polluted environments, and reinforced by the stress these generate.

The Miller's studies of the causes and effects of cancer in the United States, and now in Israel, combined with their clinical experience in alleviating the suffering of afflicted patients, have led them to an advanced understanding of the interconnections between the development of the illness, and problems with the basic waste elimination functions of the colon (or large intestine). The link with colon cancer is the most obvious of these links since the connection between the illness and toxic accumulations in this organ is the most direct. However, the highly integrated nature of all the bodily systems does not restrict the association to this variety of the disease alone. In addition, the side effects of both chemical and alternative herbal treatments can be seen to be clearly related with the health of the colon.<sup>12</sup>

A 1980 University of California Medical School study focused attention on the links between bowel ailments and the development of cancer, and detected a link between "a high-fat, low-fiber diet and the risk of breast cancer."<sup>13</sup> This study found that abnormal cells were found five times as often in women who had fewer than three bowel movements per week, compared with women who had one bowel movement per day.

Dr. Denis P. Burkitt MD observed how cancers of the colon (as well as a number of other serious diseases) were virtually unknown among rural East Africans. After extensive field research in Congo, Kenya, Uganda and Sudan, he came to the conclusion that "*Excessive consumption of*

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<sup>11</sup> 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.

<sup>12</sup> Dr. D. Medsker and Bekki Medsker, "Understanding the Need for Colon Hydrotherapy, Medsker Publishing Company, Quinby (1997), p. 13.

<sup>13</sup> Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 42.

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*refined carbohydrates favors the growth of putrefactive bacteria in the bowel, alters bowel chemistry and invites ulcerative colitis, polyps and colon cancer.”*<sup>14</sup>

Whatever the dietary or environmental influences that lead to a 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.<sup>15</sup> This is a state of colon malfunctioning known as Leaky Colon or Leaky Gut.<sup>16</sup> 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.”<sup>17</sup> Understood in this broader context, the appearance of cancerous cells can be seen as a reaction to a serious problem in the functioning of the colon.

The taking of drugs to relieve the ailment thus 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, providing fertile ground for the cancer to sink its sickly roots.

### **Solution**

Based on their academic studies and clinical experience, the Millers are convinced that 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, can play a positive role in preventing the onset of colon and other forms of cancer. 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. 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 strengthen the patient’s immunity against the onset of these chronic sicknesses with all their undesirable manifestations and potentially lethal consequences.

For cancer patients who are receiving conventional medical treatments, removal of accumulated toxins in the colon can help them deal with the constipation and other digestive disorders commonly associated with these treatments. For example, chemotherapy infuses the body with chemicals and toxins that have many serious side effects. By eliminating these toxins from the colon, colon hydrotherapy makes it possible for the patients to derive the maximum benefit from the chemotherapy treatment. Also, patients who have chosen diet or acupuncture based treatments are more likely to see the desired results if the toxins of their illness are eliminated from the colon. Dr. M. Gerson noted a number of his cancer patients died due to “internal pollution” caused by the process used to eliminate the diseased cells.<sup>18</sup> For those with a history of colon cancer in the family, regular checks and cleanings of the colon are an indispensable part of the disease prevention that is so much easier and more pleasant than the efforts to cure it.

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<sup>14</sup> Ibid, p.52

<sup>15</sup> Ibid, Ch.2.

<sup>16</sup> Watson, p.39

<sup>17</sup> Medsker p. 6.

<sup>18</sup> Ibid. p.13.

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### **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 redress the harm done by years of colon neglect, 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 colon and other forms of cancer is enhanced, and the health problems of cancer patients resulting from conventional treatments can be eased. When integrated with an individually tailored nutritional program, the dream of removing these serious health concerns can be realized.

## *PART II*

### **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 up<sup>19</sup>. 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!<sup>20</sup> 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 liver<sup>21</sup>. 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.

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<sup>19</sup> Brenda Watson, C.T "Renew Your Life", Renew Life Press, Clearwater, FL, (2002), ch.3.

<sup>20</sup> Dr. Norman W. Walker, "Colon Health", Norwalk Press, Arizona (1995), p. 5.

<sup>21</sup> 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.<sup>22</sup> 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.

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<sup>22</sup> 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.<sup>23</sup> 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.<sup>24</sup>

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 colon<sup>25</sup>. 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"?<sup>26</sup>

### **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

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<sup>23</sup> Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), p. 53.

<sup>24</sup> Hanna Kroeger, "Parasites, the Enemy Within", Hanna Kroeger Publications (1991), p.7

<sup>25</sup> Dr. Bernard Jensen, "Dr. Jensen's Guide to Better Bowel Care", Avery (1999), Ch.2.

<sup>26</sup> 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.

### **The Jerusalem Colon Hydrotherapy Clinic is located at**

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We look forward to hearing from you.

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