

A healthy colon is vital for good health

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Every fortnight Dr Ludmila Vassilieva (MBBS, MD, PhD, GP), homeopath and iridologist, makes simple the concept and practices of holistic healing. Having practised medicine for 25 years, she is the first licensed homeopathic doctor in Dubai



Did you know that 90 per cent of disease is due to improper functioning of the colon? The digestive system is the foundation for good or ill-health. In my previous columns, I explained about detoxification. The body releases toxins via the breath, skin and bowels. Your colon, along with the kidneys, lungs, urine and skin, is responsible for eliminating waste from the body. A healthy, strong functioning colon is essential to maintain good health. However, due to a combination of poor diet, lack of exercise and a stressful lifestyle, the colon may lose its ability to eliminate waste properly.

Modern lifestyles put tremendous toxic strain on our glands and internal organs. Of all the vital organs in the body, the one that suffers the most abuse from our dietary habits is the colon. We continually stuff our stomachs with junk food; our livers are swollen and strained with the effort of breaking down massive intakes of animal protein and fat; the pancreas balloon to an abnormal size due to the constant demand for digestive enzymes to process food. The colon gets lined with layers of glue-like crud that poisons the bloodstream.

Toxemia is the real culprit in almost all chronic diseases and degenerative conditions. It explains why, under precisely the same circumstances and external factors, some people catch colds and other contagious illnesses while others remain completely immune. It is not the germs that are at fault but the lack of normal resistance due to autointoxification of the bloodstream that "opens a window of vulnerability" in the body and permits the germs to invade.

The accumulation of the toxins is linked to a variety of health conditions ranging from the more obvious digestive disorders, (irritable bowel syndrome, constipation, abdominal gas) to chronic pain and fatigue, skin problems, asthma and even emotional distress.

Toxic build-up

Often the complete length of the colon is packed with faecal matter. Failure to regularly cleanse the colon is like having the garbage collection staff go on strike for months on end. The result is toxic build-up in the body leading to symptomatic health issues and autointoxication where in the toxins present in an unhealthy colon are transported into the circulatory system. Soon the body may be unable to metabolise food and fat efficiently, or provide vital energy for living. To enable the body to begin its own self-

healing process and eliminate the disease-causing toxins, colon hydrotherapy is recommended as part of a patient's holistic health programme.

The only way truly to rid your digestive tract of all the impacted debris from your former diet is through flushing out the colon through colon hydrotherapy. Just one colon hydrotherapy session may be equivalent to 20 or 30 bowel movements and the health benefits reaped are immense.

Hydrotherapy

Colon hydrotherapy cleanses, exercises and reshapes the colon as well as stimulates all of the reflex points or organs connected to the colon. Toxic material is broken down so it no longer harms your body or inhibits assimilation and elimination. Furthermore, the gentle filling and emptying of the colon during colon hydrotherapy can improve the body's peristaltic function (natural muscle contraction). Finally, the water action and massage techniques can help rid protruding pockets of waste and narrow, spastic constrictions that, over time, have distorted the natural shape of a colon. After a series of colon hydrotherapies, the colon gradually begins to resume its natural shape and works more efficiently to remove waste and toxins through its own peristalsis.



Colon hydrotherapy is a gentle cleansing of the large intestine. It is one of the most safe and effective procedures to help detoxify the digestive system and is a rejuvenating treatment for the body. No chemicals or drugs are used and the entire therapy is relaxingly purifying. Of course, as with any holistic health treatment, you will not experience the full benefits unless you makes some lifestyle changes as well. Both throughout and following colon hydrotherapy, it is important to keep a healthy diet and to exercise. Guidelines for both of these regimes are incorporated into a patient's holistic health and wellness programme. A healthy colon is vital for health, longevity and a life free of degenerative disease. As the alchemist and prolific Taoist writer Ko Hung wrote, "Those who aspire to longevity must keep their bowels clean; those who wish to delay death must keep their bowels unobstructed." If optimum health is your goal, colon hydrotherapy could be most beneficial to you.

— *Dr Ludmila Vassilieva can be contacted at the Holistic Healing Medical Centre in Dubai*

