

Deep cleansing with Colon Hydrotherapy



by **Norma Hope**
Certified Colon Hydrotherapist

It's a medical fact that 90% of all diseases are caused by toxins in the body.

Toxin and waste accumulation in the body happens gradually over time and are caused by two main factors: stress and dehydration.

The most effective way to deal with these toxins is *regular* cleansing. There's just no quick fix for what took years to accumulate. What occurred in layers also needs to be released in layers.

And stored toxins aren't just physical - there is an emotional component too. Therefore each time you cleanse, you go deeper and experience a different reconnection to yourself. Your physical body gets cleansed but so do the emotions and traumas you've stored too.

The belly tightens automatically without you even realizing it when you're not seen and heard or triggered otherwise. It started in childhood for all of us; that little belly tightens when a parent said something like: "Don't be silly" or "Don't be stupid."

This isn't about bashing mom or dad as none of us had perfect parents, nor are we perfect. This is about reacquainting you with the real you, *in your body*, that you separated from as a child. Even being told: "That doesn't hurt; you're okay" when you fell and scraped your knee, made your little belly tighten because in that moment you weren't okay and it did hurt. Having your feelings validated in the moment allows the belly and other places in the body (like shoulders or neck) to stay loose and therefore open.

This constant internal tightening in the body was an unconscious survival technique that happened automatically in each of us as children and it still happens but now that we are adults, it is time to reconnect, acknowledge and unwind those traumas being held all these years.

Unwinding tight places through cleansing with colon hydrotherapy and lymph therapy is a process that is both gentle and successful. Being the youngest of six, I didn't get heard and seen often. My belly was an old wounded place.

which is why my cleansing (to get the layers of old waste off the walls of the colon) took 14 sessions over time. I had no idea that old mucoid, greyish-black, tarry stuff was in there until I saw it come out during the colon hydrotherapy sessions (as you can too).



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My belly was and is still my bodyguard. It will tighten when I am triggered by something or someone but now I feel it immediately. Just acknowledging what it is and how I am feeling allows the tightening to let go in that moment or not happen fully. The inner child is being heard in the moment now.

One of the reasons I can 'feel' my belly is because of all the cleansing I've done to help it become soft and open again. Cleansing uncovers the real you. Your body feels like it's yours again because you're really connected to yourself once again instead of just being in your head.

Each of us tightens somewhere in our body when we are under stress. Shame, grief and other genuine feelings you have (but can't or don't express in the moment) are the cause of the tightening very deeply in the belly. What you feel in your body is your truth NOT what your mind 'thinks' you feel. Emotional tightening happens unconsciously, automatically, in a millisecond and can take hours or days to undo just from one event, let alone years of it.

Tighten your fist over and over and over again and you will get an idea of how your colon feels after years of physically and emotionally 'feeling' everything that you didn't feel or acknowledge.

This is why it will take time to cleanse - to relax and rehydrate. It also requires trust to relax enough to even be able to let go of the deeply layered places (those tight little vulnerable kid places inside). That really old stuff, both physically and emotionally, needs water and time to unwind.

The bad news is just drinking water is not going to hydrate the body or colon enough to remove the layers of dehydrated waste off the walls nor is taking herbs. The good news is water is still the best medicine but the colon needs to receive it directly.

Picture the job that a glass of water has. As you drink this water it has to travel a minimum of at least 29 feet inside your body to even get to the colon.

Before it even gets to your colon (which is the primary location of all toxicity in the body) the water you drank is used by the stomach, small intestine, liver, lymph, kidneys, muscles and other organs and tissues. And after 29 feet of all that you still have more than five feet of colon to saturate. Eight glasses of water a day can't possibly hydrate years and years of dehydrated waste stuck on the walls.

Drinking that same glass of water or eating food while running out the door or when in a stressful situation, makes the absorption factor of fluid and nutrients next to nil because your body is tight, making passageways smaller, contracted, shut down. It's like a garden hose that is all twisted up or your tight fist; nothing is moving or very little.

Putting water in at the source by doing consecutive colon hydrotherapy sessions does hydrate enough and is soothing when done professionally, at your body's own pace, with a personalized protocol. Combining it with Lymph Therapy moves you and your body effortlessly together into a deeper, more relaxed state than you have ever experienced before, allowing the body to really let go at the deeper levels. You don't know how 'uptight' your body is until its not.

The healthy transit time for food from mouth to bowel movement is 18-24 hours; liquids slightly less. Stress or emotions not validated (heard) over time affect this and the whole body. Stress will even destroy the adrenal organ's efficiency which is responsible for blood sugar balancing, peristalsis of the colon muscles and much more. This is where weight gain starts too.

Cleansing gets you whole again - in total communication with your body. It gives you awareness of what is really happening on the inside so you can truly let go at deeper and deeper levels of both physical and emotional wastes.

It is primarily 'tightening' that traps fecal matter and the toxins from that matter in the colon. Removing this matter is only achieved well and fully by saturating the area gently with water over and over again during colon hydrotherapy. Over time the deeper levels are saturated also to achieve absolute cleansing. This cleansing rids the body of 90% of all symptoms like constipation, fatigue, skin problems, sinus issues, back pain and many more including an emptier, flatter soft belly that feels like it is yours again. Deep emotional holding is allowed to surface and let go as the layers are removed (memories of events unconsciously held as a child).

I used to drink three litres of water a day for years and do herbal kits for cleansing. I got short term relief. After doing consecutive Colon Hydrotherapy and regular Lymph Therapy, I have excellent flow in my physical and emotional body. It opened me up to the real me so I could heal truly. I got 'all of me' back including my giggle and sense of well-being.

And let's be honest - there is no better feeling in the world than a complete, satisfying bowel movement. Or when you feel totally empty yet fulfilled and at peace. Unwinding and letting go is what I do, what I teach and how I live.

Norma Hope is a Certified Colon Hydrotherapist, Lymph Drainage Therapist, NeuroAcoustic Sound Therapist, Certified Natural Health Practitioner of Micro Current Therapy and more. Call 780-477-1100, www.lifesynergyinc.com

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"Cleansing quite simply changed my life. I no longer suffer from Chronic Pain, Fatigue, IBS or Headaches. I love what I do. The results are phenomenal."

Call Norma J. Hope
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