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START AFRESH WITH A COLONIC HYDROTHERAPY TREATMENT

"You're having a what!" exclaimed my husband when I told him I was off to have colonic hydrotherapy (also known as colonic irrigation).

I ignored his jokes about hosepipes and buckets and headed off to the Wellbeing Now Clinic in Maidenhead where my charming therapist Galina Imrie greeted me and soon made me feel comfortable about the experience.

Colonic hydrotherapy is the process of cleaning the colon by passing several gallons of water through it with specialist equipment. This has the effect of flushing out impacted faecal matter, toxins, mucous and even parasites that build up over the years. It's similar to an enema, but treats the whole colon and a practiced therapist can judge the right quantity of water to insert and the timing of the "release".

Galina has years of experience under her belt, she's even written a book on the subject; "Always Look After Number two" which is surely the definitive guide to perfect bowel movements.

She advocates regular colonic therapies as decomposing matter in the bowel can cause an imbalance of natural organisms and cause a toxic problem leading to many health problems (from migraine, bad breath and acne to chronic fatigue syndrome and even cancer).

Unlike the majority of Galina's patients I didn't actually have a bowel issue before my visit. I simply felt like I wanted to feel clean, detoxified and ready to start a new healthy eating regime and, when you are starting with the new, it's good to clear out the old.

After a chat about my eating, and bowel, habits I was led to the treatment bed and Galina showed me the equipment. The very slim speculum is swiftly put up the rectum. It feels odd, but not painful at all.

A wider tube is then attached to this and all is connected to an innocuous-looking machine which pumps the water. Then you're good to go.

A strategically placed mirror above the bed allows you to see all that is leaving your body during the 20 minute treatment and it's strangely fascinating to see. It's the peristaltic movement of your colon that forces everything out. Sometimes the therapist will massage your tummy to help the process.

Galina can tell from the colour and consistency of the waste what kind of condition your colon is in. Thankfully mine was diagnosed as pretty healthy.

After the treatment many patients feel energized and it certainly makes you think about what you eat for a few days.

My tummy was flatter than it had ever been for several days and I did feel cleansed. The treatment kick-started a healthier diet for me which I have kept up ever since. I've even started eating live yoghurts regularly and make an effort to drink more water.

For more information on **Wellbeing Now** go to www.wellbeingnow.co.uk or call **01628 670970**. To find a therapist in your area go to www.colonictherapists.co.uk

Spinach: Popeye certainly knew what he was doing. This wonder veg contains high levels of carotenoids and folate plus potassium, calcium, iron, magnesium and vitamins E and C. When folate is in short supply it can result in a form of anaemia which in turn results in tiredness.

Berries: Blackberries, blueberries, blackcurrants, strawberries and raspberries and the more exotic goji and acai berries are a rich source of vitamin C and a high concentration of anti-ageing antioxidants. They are good for the heart and circulation and may even help to prevent the onset of Alzheimers disease

Broccoli: One of nature's top superfoods helping to protect against cancer of the colon, heart disease and a range of other medical conditions. Broccoli is the most powerful member of the crucifer family (alongside cauliflower, horseradish, cabbage, spring greens, turnips, Brussel spouts and kale). Its powerful sulfuraphane content fights cancer-causing chemicals and creates enzymes that eat up any carcinogens left over from that reaction.

Other superfoods: garlic, carrots, pomegranate, oily fish, seeds and nuts and tomatoes