

## RICTAT MEMBERS IN THE PRESS- SHIRLEY EMILIO, RICTAT TRAINER, THE ALGARVE

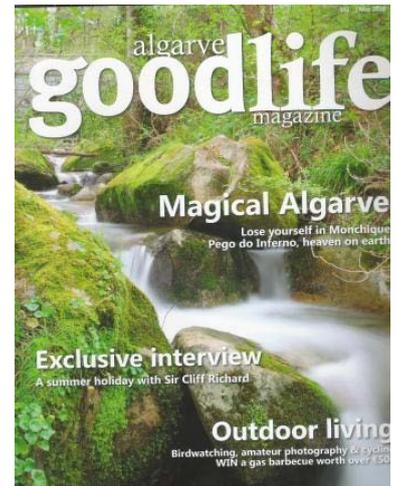


### Colon Hydrotherapy, Weightloss and Getting your Mojo Back - and Why Should Know About These Things?!

"Gentlemen, this isn't just for the ladies! Having had treatments up until a few years ago, I was delighted to find there was a qualified colon hydrotherapist in the Algarve.

The tips and advice I was given, my doctor hadn't made me aware of or knew half of this information. They were such simple pointers, everyone should know about, especially about sitting on the toilet!

My energy, vitality and well being are definitely improved and the book, 'Always look after Number Two', I have already implemented a lot of the content in my lifestyle. Many thanks"  
John – Boliqueime, Algarve



Over recent years it has become 'popular' to follow detox routines. These can include total abstinence from food, the taking of certain products, and lots of different ways to rid the body of toxins, lose weight and get your mojo back!

There are many programs available which combine colon hydrotherapy, body work, juicing wonderful fresh fruits and vegetables and when combined with exercise, sleep and rest you can expect some fantastic results. Some places you even have the option to have all the juices made for you, so all you have to concentrate on is the exercise and rest, how good can that be?

The health issues created by an unhealthy lifestyle and faeces clogging your colon are obvious; bloating, flatulence, feeling uncomfortable and fatigue are just a few. Colonic hydrotherapy removes this toxic waste, literally giving your insides a spring clean.

More than that, Colonic Hydrotherapy is also thought to help with conditions like irritable bowel syndrome and multiple sclerosis. Still not convinced? Well if the health benefits don't have you searching for your nearest Colonic Centre, you should know that it can also help with the weight loss. Afterwards your tummy looks flatter and you feel that little bit lighter. It must be said though it is not a weight loss quick fix route. Imagine at any one time you can have quite a few sections of waste in your large intestine. As you go to the toilet you pass another section and so everything moves around. A colonic treatment introduces warm filtered water into the body and helps remove all the sections of waste which leave the bowel empty and allowing your digestive system to rest and relax. If you really want to know the transition

time between food entering and waste leaving, eat beetroot! Before and following the treatment it is good to have lighter foods, salads, soups, and plenty of water.

For the ladies it's no more intimate than a bikini wax, if like some people you can not bare the thought of a bikini wax it is more comfortable than that, and before you know it the treatment will be over. Most men are far more health conscious now a days, with the increase in bowel cancer and digestive problems, everyone is far more open to discussing these things and after experiencing the treatment most wonder what all the fuss was about. It is also far more comfortable than going for a colonoscopy and taking the pre-med liquid.

Usually you brush your teeth yourself and from time to time you need the assistance of a dental hygienist to give them a good spring cleaning. In the same way, most healthy people would benefit from having their gut periodically groomed by a professional colon hydrotherapist. It is far less embarrassing and far more comfortable than you will ever imagine.

Helping the body remove toxins and allowing the vital organs to rest and get itself back in balance is one of the greatest gifts you can give your body. If you're not on the squeamish side, take a look at what gets cleared out. It will make you wonder how you ever functioned with such a lot of 'rubbish' weighing you down, and will make you seriously consider the things you put in your body don't resemble what has just been cleared out!

Afterwards you may be given the option to take some probiotics to give your brand spanking new colon a bit of defence from the food you'll put into it in the future. Colonic hydrotherapy might even inspire you to give other things a clear out too; your wardrobe, your desk, even your mind. You'll feel cleansed, energised and you're jeans will feel looser!

Take a serious look at your lifestyle, this will give you an idea of the value you place on your health and how you can grow in your learning about what is good for you.

Always check your therapist is qualified.

*If we lived correctly, there would be no need to concern ourselves with the bowel.  
However, most of us are not living right – Bernard Jensen, Physician*

**(THE BOOK MENTIONED ABOVE IS BY GALINA IMRIE, RICTAT TRAINER,  
MAIDENHEAD)**