



PREVITAL

ATHENS

COLON
HYDROTHERAPY

Colon Hydrotherapy

An effective colon therapy using water and oxygen.

As integral parts of modern societies people have adopted certain habits regarding their life style and diet, which influence our system's ability to defense. This results in the growing emergence of various diseases and illnesses, which in the past only appeared rarely or not at all.

More specifically the diet, which constitutes a source of energy and nutrient elements for our system, has a key role in this process. Nowadays people consume food of poor quality; foods are grown with the use of pesticides, while every day we are exposed to various types of poisonous substances, resulting from a polluted environment.

Colon hydrotherapy is a therapy that contributes to the improvement, cleansing and restoration of the intestinal flora, allowing people eliminate all the harmful substances and make a fresh start, with the proper diet in order to strengthen their health.

Colon hydrotherapy as a method

Small and large intestine with a surface ranging from 200 to 400 m² constitute the largest point of contact with the outside world in our body.

Ever since metabolism was associated with our immune system, it helped develop a theory that contributes to colon cleansing aiming at the restoration of the intestinal flora and its appropriate metabolic function.

The disturbance of the intestinal flora is called dysbiosis. It has been observed that dysbiosis may lead to metabolic disorders and may impair the immune system.

Therefore, colon cleansing constitutes not only a suppression therapy in order to strengthen the body, but also a preventive therapy, for the smooth function of the immune system.

What you should know

Colon hydrotherapy causes no pain or spasms. Most of the patients find this therapy method pleasant and beneficial.

The closed system contributes to a clean and dry process.



How it is applied

It is applied with the use of a plastic pipe that delivers water to the colon at different temperatures. A closed system helps remove water and bowel content.

With a gentle massage, the doctor may trace the problematic areas and deliver water there.

Water has the capacity to remove waste material from intestinal walls while colon stimulation contributes to its reactivation.

Therefore, it enables bowel to remove the stagnant content.

Adding oxygen to the water helps deliver food to the cellular gut flora. Therefore, by the end of the therapy we are certain that fecal matter and various stagnant decay products have been removed.

This natural cleansing method helps eliminate the symptoms directly or indirectly related to poor bowel function.

Indications:

- ▶ Irritable bowel syndrome
- ▶ Constipation
- ▶ Skin conditions / acne
- ▶ Allergies
(allergic rhinitis, bronchial asthma, atopic dermatitis)
- ▶ Psoriasis
- ▶ Disorders of microbial flora of the gut
- ▶ Detoxification
- ▶ Revitalization of the body
- ▶ Preparation for colonoscopy





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