



Colonic Irrigation

Nadine Firth kick-starts her New Year detox with Colonic Irrigation

For many, the idea of Colonic Irrigation is embarrassing and rather terrifying! So, as part of my New Year plan, I decided to bite the bullet and booked myself in for a session at the Beckenham Therapy Rooms. I told a few of my (closest!) friends that I was going and the reaction from all of them was "ergh!" I carried on convincing myself that it wouldn't be that bad and afterwards I was truly impressed and felt great.

Of course, you feel a little bit awkward at first, wearing nothing on your lower half except a paper gown, but I was soon made to feel completely at ease, relaxed and comfortable. The room was clean and a small incense candle was burning in the corner to help soothe any last-minute nerves.

If you're unsure of the details behind the process, Colonic Irrigation is the gentle rinsing of the colon with warm water, to remove encrusted faecal matter, gas and mucus. This allows vital nutrients to be absorbed more easily. It also helps to tone and reshape the colon, rather like a workout at the gym for your insides!

The feeling is quite hard to describe, at times it can be a bit

uncomfortable and as though you have a bit of wind. It is not painful and if anything, I found it very interesting. There is so much to learn about how your food is digested and what exactly goes on in there. Once you have got over the initial embarrassment of seeing what bits go down the tube, it becomes quite amazing to think that was just hanging around inside you!

I couldn't believe how great I felt afterwards. I felt light, refreshed and cleansed. It is definitely worth giving it a go and it was not at all as scary as I thought it would be!

The Beckenham Therapy Rooms provide an integrated and natural approach to healthcare. Each treatment is tailor-made to address each individual client's needs and a natural, coffee or herbal probiotic implant can be added into the water to address specific intestinal issues. Prices start from £60 for one session and the number of sessions can differ from person-to-person.

For more information on this treatment and others available at the Beckenham Therapy Rooms, contact 020 8658 5544 or visit www.beckenhamtherapyrooms.co.uk



Beckenham Therapy Rooms

Acupuncture – Colonic Irrigation
Massage – Reflexology

102a Bromley Road, Beckenham, Kent BR3 5NP

Detox Special Offer for 2009

Bloated? Overweight?
Constipated? Looking to Detox?
Then why not try Colonic Irrigation!

Tuesday - Friday 9am to 5pm

1 Colonic Irrigation £60, 3 Colonics
£150, 6 Colonics £280

Tuesday - Friday 6pm-9pm & Saturday and Sunday

1 Colonic Irrigation £65, 3 Colonics
£165, 6 Colonics £310

Gift vouchers available

Tel: 020 8658 5544

www.beckenhamtherapyrooms.co.uk

Opening hours: Tues-Fri 9am-9pm, Sat 9am-6pm, Sun 10am-4pm
info@beckenhamtherapyrooms.co.uk

