



Detox & Bowel Conditions...how can detox help?

Our experience with bowel conditions, such as, IBS, chronic constipation, diarrhoea and candida is that they usually respond very well to the detox process. This is because detox opens up the body's channels of elimination, improving both digestion and elimination, allowing your body to detoxify naturally and let go of the internal toxic burden. During detox most people also eliminate a large amount of colon plaque which has been lining the colon and compromising both elimination and the internal intestinal environment. A person's bowel may not have been working optimally for years! After releasing old impacted faeces, the whole body can work so much better, with improved absorption of nutrients and greatly improved elimination of toxins.

Also during detox the bowel is cleansed of unwanted bacteria, yeasts and fungi which provide the wrong chemical environment for good bowel health and can cause an array of associated symptoms from constipation and diarrhoea to chronic fatigue and skin problems. Once the colon is cleansed and rejuvenated at cell level, the correct intestinal flora can be restored, leading to improved bowel function and absorption overall. Many seemingly unrelated health issues invariably clear up too.

How much each individual gains from the detox week and how much a specific condition improves, depends on many things – such as the depth of the condition, how long you have had it, the underlying factors of age, predisposition / inherited factors and many more that are unseen.

A detox retreat gives clients the ideal environment to allow the process of healing to happen. We take a holistic view of healing, and combine the strength of the physical detox process with complementary therapies to help you to discover true health on all levels – body, emotions, mind and spirit. In this way each individual is able to heal to the level they need in a professional and supportive environment.

Nature is a most powerful force, and much can be achieved. Whether your condition is purely on a physical level, or has underlying and deeper emotional causes, the retreat week usually provides a way forward towards greater health, often in a completely transformational way. We have so often witnessed for example a case of chronic constipation disappear once an emotional issue has been addressed.

The following is a client's description of her healing process. She came to us with chronic constipation...going to the toilet on average once every 10 days. Her constipation began after a shockingly emotional incident when she was 8 years old and when she allowed the past to heal during detox; her bowels began to move!

*"Nearly one week on and feeling great! My husband said I looked like a teenager again. It truly was a life changing experience and I am still amazed at the amount of positive comments I've had. For the first time in 26 years I'm going to the toilet everyday, sometimes after each meal. I feel free from pain and very happy about the future. I'm amazed at how intelligent the body actually is and I was fascinated at how the right conditions allow it to heal from within. The detox retreat seems to offer total body peace – peace from within. I feel at ease with myself for the first time in my life".
(Angela, Glasgow)*