

Your view on doctors saying that detoxification is not necessary?

The modern diet and lifestyle has radically changed over the last few decades. Today, the body is bombarded with "lifestyle" toxins that include artificial flavourings and colourings, food conditioners, refined sugars, hydrogenated oils, pesticides, antibiotic residue, air and water pollution, caffeine, nicotine, alcohol and prescription drugs. The natural eliminative processes of the body cannot keep pace with these toxins. Detox programmes help clear the excess loads that have been put into your body. This eventually assists your body's main elimination organs to function more efficiently therefore enabling it to cope better with the demanding lifestyle today.

With so many DIY detox diets and ready-made supplements easily available, why should one enroll in a detoxification or even subject themselves through colon hydrotherapy?

There are a plethora of detox solutions in the market today. They each have their pros and cons. Colon hydrotherapy is designed to gently, naturally and completely cleanse the colon of debris, excessive mucous, overgrowth of yeast and harmful bacteria by using sterilised and purified water. This natural process restores the colon to health as the infused water stimulates the natural peristaltic action of the colon to remove waste for elimination.

How safe is colon hydrotherapy?

Being an essentially natural process, there is virtually no danger with a colonic. The equipment used is certified by the FDA and the water is carried into the colon by gentle gravitational force only so there is no danger of bowel perforation. We only use sterilised single-use disposable materials such as rectal tubes, flex tubes and lubricants so there's no risk of contamination or infection.

What is the success rate of your customers in losing weight through your detoxification programme?

While our detox programme is not intended for losing weight, our clients will typically remove 2-5 kg of waste over the 5-day period. These substances are removed despite our clients being on a liquid nutrient diet over 5-days. This indicates that the waste products removed are not from daily food intake but from accumulated waste within the body.

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Doctors say our bodies have natural mechanisms to rid toxins and that detox programmes are not necessary. How true is this?

In today's food and environment, depending on our body detoxification mechanism is insufficient to help us to eliminate the body's 'toxic build up', helping to repair and renew itself. For example, your liver is going to clean your blood of toxins whether you tell it to or not, but if you eat a fatty meal, belt down a couple of coffees and then take a hefty dose of paracetamol to banish a headache, you overload your liver's ability to detoxify your body and you run the risk of compromising the long suffering organ that helps keep you from getting sick. As a result, it is a good idea to increase your body's ability to detoxify itself in every way that you can.

Many detox supplements out there are basically laxatives. How different is Juvanex?

In the market, there are many detox supplements that contains laxatives to purify the body. These products draws most water into the intestine and moves the bowel. However, this mechanism not only makes your body dehydrated and lethargic, it also draws out the essential minerals. Juvanex 7-day program is formulated with Total Cleanze™, a proprietary blend of fibres, probiotics and herbs. Each component is important to assist in the detoxification through liver, kidney, intestines, lymph, and skin.

Is colon cleansing or colonic a new procedure?

No, it has been in the market for more than 30 years. The father of modern medicine, Hippocrates recorded using enemas for fever therapy. James A. Wiltsie, M.D. and Joseph E.G. Waddington, M.D. are modern physicians who promoted the value of colon hydrotherapy in preventing ill health and chronic disease conditions. Today, colon hydrotherapy is available on specialised equipment certified by the FDA.

If colonic is so beneficial, why don't more doctors recommend them to their patients?

Many doctors warn against using colonics because they believe that they can alter the balance of friendly bacteria in the colon. Colonic therapists, however, argue that while colonics can remove some friendly bacteria, they will also remove harmful bacteria and waste products from the colon, giving the good bacteria a better environment in which to live. Many colonic therapists will also offer advice on diet and supplements, and this advice may in fact be more useful than the colonic itself.



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