

What is colonic hydrotherapy?

Also known as a "colonic", "colon lavage", "colon irrigation", or "high colonic", colonic hydrotherapy is a safe, effective method for cleansing the colon of waste material by repeated, gentle flushing with water. Every body part is dependent on proper and efficient irrigation of its waste by-product. The colon is responsible for eliminating the largest volume of waste in the entire body. It only makes sense if the colon is not functioning properly that no other organ of the body can function properly.

What is involved?

After your initial consultation we advise our clients to prepare themselves for treatment by undertaking a detox diet for 1 week prior to their first colonic treatment. This involves following a recommended diet which avoids certain foods and helps prepare your system and maximise the benefits of your treatment.

In a 30 - 45 minute session approximately 15 gallons of water is used to gently flush the colon. Through appropriate use of massage, pressure points, etc., the colonic therapist is able to work loose and eliminate far more toxic waste than any other short-term technique.

Are colonics dangerous in any way?

Being an essentially natural process, there is virtually no danger with a colonic. Our intent is to provide a safe and healthy service so that you do not have to worry. Cleaning and sterilization of the necessary equipment is done as normal procedure and clean linen is used for each colonic as well.

What is the purpose of having a colonic?

Waste material, especially that which has remained in the colon for some time, (i.e. impacted faeces, dead cellular tissue, accumulated mucous, parasites, worms, etc.), poses several problems. First this material is quite toxic (poisonous). These poisons can re-enter and circulate in the blood stream making us feel ill, tired or weak. Second, impacted materials impair the colon's ability to assimilate minerals and bacteria-produced vitamins. A build-up of material on the colon wall can inhibit muscular action causing sluggish bowel movements, constipation and the result of these disorders.

How can I tell if I have toxic material in my colon?

This condition is prevalent in all civilized societies, particularly in Ireland and the U.K. Common signs include: headaches, backaches, constipation, fatigue, bad breath, body odour, irritability, confusion, skin problems, abdominal gas, bloating, diarrhoea, sciatic pain and so forth. Intestinal toxicity is part and parcel of many peoples everyday experience.

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Deep Abdominal Massage a non invasive colonic

Deep Abdominal massage, also known as colon massage or internal organ massage is a fantastic treatment that focuses on the metabolic and energetic functions of the abdomen to release trapped gases, blockages and waste products.

The benefits

- Relief from trapped matter (constipation) and gas (bloating)
- Relief from abdominal fluid retention
- Improved detoxification of the body
- Improved digestion health - better elimination, increased digestion and metabolism
- Improved breathing leading to better relaxation
- Improved postural health

**Facts:**

- The healthy transit time of food through our bodies takes less than 24 hours.
- On average in Ireland it now takes 60 hours for men and 70 hours for women to pass food through their bodies
- Ireland records 1200 new cases of prostate cancer each year among males while the incidence of bowel cancer is even higher.
- One in three people consulting G.P.'s have a bowel problem.
- Bowel disorders such as Irritable Bowel Syndrome, Colitis, Crohn's Disease, Diverticulitis and yeast infections (Candida) are now more widespread than ever.
- A toxic body is usually the result of a toxic colon. There's no getting around the colon because it's the main organ of elimination.
- When the bowel is blocked, even partially, it slows down the body's entire detoxification process.
- Colon hydrotherapy was first recorded in 1500 B.C. in the ancient Egyptian document, Ebers Papyrus, which dealt with the practice of medicine. 1/2

Planning to have a baby

Fertility programme based on 30 years of scientific research and practical experience has yielded the ultimate result for three Limerick couples. After many years of disappointment for these couples a mini baby boom occurred among clients of Ultimate Health Clinic, recently accredited Foresight Practitioners were acknowledged as instrumental in contributing to addressing the fertility issues they were dealing with. Foresight has an 78.4% success rate with babies for previously infertile couples. The basis of the Foresight programme is the analysis of the various factors established as hindering conception. it is based on a rigorous and ongoing research programme and boasts a success rate of 78.4% in their analysis of couples in the UK who followed the programme. The process involves an initial private consultation followed by a programme of treatments and dietary advice the success rate speaks for its self. The programme is beneficial for couples with problems trying to conceive and those who have experienced miscarriages even after a successful pregnancy.'



Post Pregnancy weight loss programme

A proven and successful programme based on years of studying the effects on clients of colonic hydrotherapy to accelerate weight loss after childbirth . Women can gain between 15 and 30 lbs during pregnancy , which can contribute to post pregnancy baby blues. We have a solution through nutritional advice , colonic hydrotherapy , abdominal massage and exercise advise , with understanding therapists who are mothers themselves. The programme can be tailored around the busy schedule of a new mother .



Buy products Online

Ultimate health are pleased to announce that you can buy our leading herbal supplements online at www.ultimatehealth.ie, these have various uses see a selection of our leading products listed below. Available in easy to swallow capsules in 28, and 280 quantities

CC1- Mainstays of our treatments, CC1 capsules, help to relieve constipation and cleanse the colon by removing toxins. CC1 capsules relieve, cleanse and tone the bowel. This cleansing of the digestive tract allows faster absorption of nutrients, improved digestion and faster clearance of toxins.

CC2- Our main selling product used by hundreds of our clients, to promote healthy bowel function, relieve cramps, abdominal discomfort, intestinal distress and chronic constipation, an all round effective treatment. CC2's support bowel functions by soothing tissues, increasing intestinal tone and normalizing bowel movements. CC2's are particularly effective at loosening long term colon waste and toxin removal.

Parasite Treatment - Bowel parasites are a nasty reality for over 90% of the population. That's right, 90%! Clinical medicines can only kill one or two parasites each; this natural 90 day treatment kills over 100 without the chemical effects on the body, killing parasites in egg through to adult forms. Combining three natural herbs for an effective yet gentle treatment.

Contact us:

Ultimate Health has Four Clinics in Ireland

5 Shannonville, Ennis Road, Limerick. T: (061) 322011 F: (061) 322046	Supervalu Centre. Ratoath, Co. Meath. T: (01) 6896032	Ozone Health and Fitness, Quin Business Park, Ennis, Co. Clare T: (065) 6843311	Fassadinan House, Castlecomer, Co. Kilkenny T: (056) 4440943
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For further information, please visit

www.ultimatehealth.ie or email us clinic@ultimatehealth.ie

Cancellation Policy: In the event of a cancellation within 24 hours of your appointment a 50% cancellation fee will be charged. No refunds will be given after this time. All deposits are non-refundable.

Disclaimer: Please consult your Doctor before undertaking any diet or lifestyle changes.



ultimate health
CLINIC

Ultimate Health Clinic has been providing clients with a series of solutions to help conquer problems such as bloating, constipation and bowel problems for over 10 years. Ultimate Health offers a wide range of services that complement the Colonic Irrigation treatments, Fertility programmes, Post pregnancy weight loss, Mineral, nutrients and vitamin deficiency testing , Dietary and weight loss Therapy , Candida Control , Skin Treatments , Parasite Treatment and Deep Abdominal Massage..

The Ultimate Health Clinic is managed by Caroline Danaher who has over 17 years experience in the complimentary health sector. Caroline has acquired specialist qualifications from Harley Street, London and Halifax, Yorkshire. In addition to being registered as a Colonic Hydrotherapist she is a qualified Allergist, Parasitologist and Nutritional Therapist.

Why Consider Colon Cleansing?

Have you ever considered this simple question: Are you clean inside? We shower, brush our teeth and wash our hair on a daily basis, but we tend to ignore cleansing our insides until some form of disease sends us a wake-up call. Believe it or not, our insides, especially the colon which functions as the "sewer system" of our body, also requires regular cleaning. Constipation, parasites, IBS, gas, bloating, stomach pain, chronic fatigue and digestive problems can all be signs of a toxic colon. Don't be a victim, suffering silently from these painful and often embarrassing health conditions. Find out the truth about colon cleansing and how it can help you.

Why Is Colon Cleansing So Crucial?

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply and through the use of pharmaceutical drugs. In addition, we are eating more sugar and processed foods than ever before in human history and regularly abuse our bodies with various stimulants and sedatives. These toxins and "dead" foods lead to poor digestion, constipation, toxic colon build-up, weight gain and low energy. These common symptoms are more than just an inconvenience - they can lead to long-term health problems and serious disease.

Who do we cater for?

Our client base is very broad, treating young and old. Despite the perception that most of our clients are female, the reality is that 40% of the individuals we treat are male. We regularly receive referrals from medical practitioners and we supply doctors with reports as required.

www.ultimatehealth.ie