

## **Colonics - an All Natural Therapy**

By Katie Murphy

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Did you know that cleansing the colon with water has been recorded as far back as Egyptian Hieroglyphics? Why do so many spiritual practices use food fasting?

Over the years, I have helped many people get in touch with their spiritual and mental and emotional selves while helping their body to physically cleanse using Colonics. Food fasting, intestinal cleansing, parasite cleansing all have something in common. They all change the body's chemistry by helping the body to eliminate its accumulated toxins. When the body is clean, the mind is freed from depression, feelings of being overwhelmed, fear, anger and much more. Why? Because when the body is clean, the body and mind feel stronger and more able to make choices that are healthy for it. When the body and mind are clean the mind is more focused and open to its spiritual intuitive self.

Did you know that brain cells are composed of fat cell tissue? The body stores toxins in fat cells. If you are having difficulty getting past old negative thoughts, feeling hurt, forgiving yourself and others you could be having trouble with your brain chemistry – a very physical condition. Is it any wonder so many people are diagnosed with brain tumors, ADD, ADHD, depression, anxiety disorders, Alzheimer's', Parkinson's?

How can spiritual insights be received and understood when our brain is so stressed with chemistry imbalances due to toxins? It is our brain that ultimately makes our choices – good or harmful. How can we expect our brains to serve our spiritual direction when its normal functions are disrupted by the presence of toxins? That's one of the greatest reasons all spiritual practices include body cleansing.

Colonics are a simple cleansing process using nature's water. But don't let that fool you. They are one of the most powerful cleansing methods known to man. Why? Because you are 98% water and must have water to live and do anything, including your innate natural process of eliminating toxins from everywhere in your body. Colonics hydrate your body and help your body detox to its best capability.

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