



Gut Health issues causing impaired digestion, contributes to all disease in the body. It makes sense as you aren't emptying your bin!

If you aren't producing a daily poo or more, then you could be re-absorbing these toxins back into the body. This starts with your feeling tired, gaining weight, feeling low and depressed, losing motivation, skin issues could arise, digestive issues slowly begin; like bloating, gas, constipation... the list goes on!

This world is toxic! We have enough to deal with, without poisonous overload in the body.

Colonic irrigation is a quick and easy way to release some toxins, getting your gut health back on track, so you feel well!

Life is hard if you feel like SH*T every day!

Call or email me for a chat. Happy to help you feel comfortable and answer questions, with no pressure to book 😊