



Drinking water helps cleanse your system

'My tummy was so swollen I looked heavily pregnant'

Jane Haines, 42, from London



'I used to bloat so badly that within 20 minutes of eating a sandwich, I looked several months pregnant. I also suffered with diarrhoea, and my GP diagnosed IBS. None of the

treatments my doctor gave me seemed to help. Seven years ago, I met a colonic irrigation therapist who recommended a course of treatments and a change to my usual diet. I found the treatments neither painful nor embarrassing – they just brought huge relief. I was so impressed, I trained to become a therapist myself and now run the Balance Clinic in London (020 7565 0333). Most of my clients suffer with bloating, caused by a lifetime of junk food and yo-yo dieting, and I'm so pleased when I can offer them a solution.'

Colonic irrigation

This is used to treat digestive disorders, such as bloating, along with chronic fatigue, skin problems, stress, aches and pains. Practitioners claim that faecal matter can cling to the wall of the colon and may be reabsorbed into the bloodstream. This waste matter is removed by flushing it away with purified water, and clients are also encouraged to adopt a healthier, more balanced diet. □