



Self-Help Newsletter from Dr. Jacob Swilling, Ph.D

And the Team at Know Your Options Wellness Center

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Colon Hydrotherapy for Optimal Health!

Find out how eating, lifestyle and ways of thinking effect your colon, and how the condition of the colon impacts your health.



Peaceful Water Garden Setting at Know Your Options

Colon Hydrotherapy, or Colonics, is a gentle holistic treatment that introduces warm water into the large intestine for cleansing, and helps eliminate stagnant waste material, toxins and intestinal plaque.

It is a safe, effective method of removing waste from the large intestine without the use of drugs or chemicals. Colonic irrigation is performed to promote a better functioning large intestine. Benefits may include quick weight loss, constipation relief, depression re-

lief and general body wellness.

A congested, constipated colon can cause diseases and problems that include gas, bloating, pot belly, constipation, skin disorders, depression, fatigue, insomnia, headaches, prostate infections, and colon cancer.

Colon Hydrotherapy, as an alternative medicine, offers an excellent opportunity to restore and maintain optimum colon wellness.

Kitty Marteen - Certified Colon Hydro-Therapist

With over 15 years of experience in holistic health wellness, Kitty Marteen educates and demystifies how eating, lifestyle and ways of thinking effect the colon --- the condition of the colon impacts your health. Kitty teaches how you can restore your colon to it's optimal functionality, naturally. Colon Hydrotherapy has been found to stimulate the immune system, flush toxins from the body, alleviate constipation

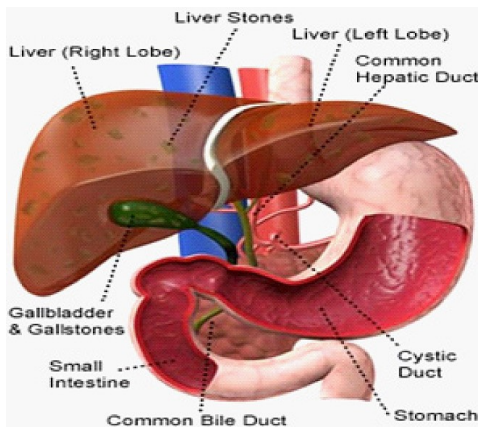
and Irritable Bowel Syndrome. With regular Colon Hydrotherapy sessions you can find relief from these and other disorders as well as promote weight loss. Please contact Kitty at:



kyocolonics@gmail.com



The dedicated staff at Know Your Options



Know Your Options Wellness Center

To begin with there is no match for the extensive research and hands-on experience I can share with you. Unlike other newsletters focused on promoting a product this newsletter is to reach out to you to share the hands-on experience on-going at our Know Your Options Wellness Center.

Please visit:

www.knowyouroptionscenter.com

You are encouraged to visit our web site. When you do, you will

meet our team of experts ready to respond to you. In this regard our KYO is a one-of-a-kind resource being described as a **One-Stop Wellness Center**. Be encouraged to check the list of experienced practitioners all working in one place. No need to seek out several practitioners at separate clinics.

“Know Your Options Wellness Center: Your One-Stop for Health and Wellness”



What Is Colon Hydrotherapy?

Colon hydrotherapy is a gentle treatment that introduces warm water into the large intestine, and helps eliminate stagnant waste material, toxins and intestinal plaque. It is a safe, effective method of removing waste from the large intestine without the use of drugs. Colonic irrigation is performed to promote a better functioning large intestine.

A congested, constipated colon can cause diseases and problems that include gas, bloating, pot belly, constipation, skin disorders, depression, fatigue, insomnia, headaches, prostate infections, and colon cancer.

Colon Hydrotherapy offers an excellent opportunity to restore and maintain optimum colon health.

Benefits of Colon Hydrotherapy

One major benefit of colon hydrotherapy is marked improvement in muscle tone and peristaltic movement in the colon. Peristalsis is crucial in maintaining clear skin, healthy weight, improved nutrient absorption resulting in more energy, increased sex drive. Also, the digestive system is intricately

linked to the cardiovascular, endocrine, and immune systems. So if one system is compromised then all become compromised. Therefore by improving digestive function, improvements can be experienced in all three other systems as well which encompass most of our body and health.

Why Colon Hydrotherapy?

A healthy colon is essential to a healthy body. Conventional diets comprised of refined, processed foods high in saturated fats and low in fiber contribute to many problems associated with the large intestine and health in general. The elimination of undigested food material and other waste products is as important as the digestion and assimilation of food. Waste allowed stagnating in the colon, results in the decomposition of these substances, increasing bacteria and toxins.

The colon contains the largest concentration of bacteria in the body. These friendly bacteria provide important functions such as syntheses of folic acid, B vitamins and K vitamin from foods. In the healthy colon, Lactobacillus and Acidophilus are the dominant strains of healthy bacteria that greatly outnumber

the disease producing bacteria and the potential for disease producing E. Coli strains of bacteria.

Waste material allowed to stagnate alters the proportion of healthy bacteria to disease producing bacteria and the potential for disease exists. These bacteria decompose protein residue and other waste matter resulting in the production of toxins. When these toxins are absorbed from the colon into the circulation they contribute to the production of disease elsewhere in the body. The purpose of the colon as an eliminative organ is to remove the waste material and toxins by mass muscular contraction known as Peristalsis. Colon Hydrotherapy removes entrapped waste material and provides therapeutic improvement of muscular tone facilitating Peristalsis and benefiting the atonic (sluggish) colon.

A New Dimension In Cleansing

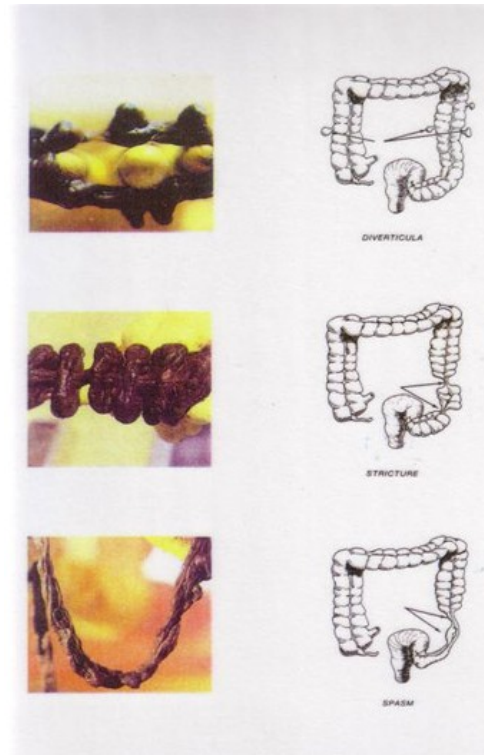
A new potent herbal protocol leading to the release of a Mucoïd Plaque has launched a new dimension in colon cleansing, supplying increasing evidence that such plaque is the source of many illnesses and diseases. Very different to fecal waste described elsewhere.

Mucoïd Plaque is a tough rubbery substance that is the result of years of undigested food substances adhering to the lining of colon wall.

Not only is this plaque full of toxic waste, worms and parasites, but it is a major barrier against assimilation of nutrients. Our potent herbs work to soften and pull away the plaque from the wall of the colon in only 3 days. Patients lose 6 to 70 pounds in 3-5 days following release of this plaque. Protruding stomachs disappear like magic!

When the colon is hydrated and healthy, we experience a feeling of well-being and clarity.

Please visit www.coloncleansekyo.com for more information.



For those who have had colon cleanses in the past, you will be surprised at the new dimension offered in this program.

For those first timers, this program will change your health experience.

A successful Detox Program works to detox the total body, accelerates healing and restores good health.

-Mucoïd Plaque

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I recently tried a 3 day cleanse recommended to me by Dr. Swilling and was astonished by the results. First of all, I've tried practically every cleanse on the market, and although I ended up with really clean guts and lots of energy, I hated cleansing. The problem with most cleaning products are the ingredients. Senna and bentonite clay not only taste vile but can irritate the colon and make it very lazy, so that you always have to take it to keep things moving.

So when I tried the "So Easy" 3 Day Detox Cleanse, I braced myself for a "no pain, no gain" attitude. But the cleanse turned out to be a breeze! It even tasted pretty good. All I had to do was drink a packet of powdered cleanser and body nutrients every half hour.

Here's how easy it was: When I woke up, I drank some wheatgrass powder in water--yummy! (just kidding) It tasted ok, but the best part was the energy I felt when I drank it. I didn't need coffee, or get any headaches. Next, I drank a chocolate flavored colon cleanser. It wasn't bad at all--but if you could probably call it chalk-o-late flavor. A half hour later I drank this amazingly energizing drink called Bio Cell. Then a half hour later a delicious fruity tasting drink called Zija.

I repeated this pattern all day for 3 days, and by the third night I was 8 pounds lighter. I felt clear, happy, energized and excited about eating food again. What I loved about this experience was that I could still work all day and not have to run like a maniac to the bathroom. There were no horrifying explosions on the toilet either, like you'd experience with most cleanses. Instead, there were normal visits to the restroom.

Here's the GROSS and AMAZING part! I weighed myself before and after I went to the restroom, and added up the weight I lost on each visit. The "weight" was dark ropes of Mucoïd Plaque which is very toxic and really messes up your body and mind.

Mucoïd Plaque is old toxic waste that sits in the colon and can't come out in a normal elimination. The cleanse draws it out of the colon, and the photo you see below is a typical example of intestinal plaque that most people have in their colons, just rotting away. The effect of plaque in the colon can range from feeling bloated and tired, to feeling hungry all day even after you eat and also cause overeating and weight gain. Your digestive system slows down and gets backed up, even if you have regular bowel movements, not everything passes out.

I lost 6 pounds of plaque and 2 pounds of body weight. Most of my clients who have done this cleanse have reported losing at least 5 pounds of plaque.

Everyone should get rid of that plaque at least once a year. You wouldn't dare drive your car with gunk in the engine. Your body collects gunk too, and its very important to keep your colon clean. A clean colon reduces the risk of colon cancer, prostate cancer, fatigue, depression, anxiety, and many other costly, unpleasant experiences.

Know Your Options Wellness Center Has This Amazing Cleanse Available NOW!!! Call 714-708-3600 to get more information.



*Has it been
a while?*

Ask your
healthcare
professional
today about
effective relief
with **Probiotics**.*

TRANSFORMATION

www.TransformationEnzymes.com

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Transformation Products are Available at Know Your Options Wellness Center

Questions, Comments or Suggestions?

Please visit <http://www.knowyouoptionscenter.com/contact.html> to sign up for the KYO Newsletter, or to leave us your questions, comments and suggestions. You can also email Jessica at jevarts.kyo@gmail.com



TheraVibe



Foot Reflexology



Jade Stone
Massage Bed

No Other Center Offers Such A Range of Detox Options. Be Encour- aged To Check Your Options:

1. Buy 2 Colonics for \$170 and get 2 free TheraVibe sessions, 2 free Jade Stone Massage Bed sessions and 2 free Foot Reflexology sessions.
2. Buy 3 colon cleanses for \$240 and get a free Ionic Foot Bath or Infra-Red Sauna, plus you save \$60.
3. Buy 4 Colonics for \$340 and you'll get one free.
4. Buy Four Colon cleanses (2 each week) \$300. Get additional implants x 4 (select from Ozone, Wheat Grass, Pro-Biotic Chlorophyll) Bonus \$100 saving.
5. Buy Mucoïd Cleanse for \$450. includes colonic day one plus 3 day self-help home mucoid cleanse plus colonic day 5
6. Buy 5 days Monday - Friday intensive all day Detox for \$560 x 5 for \$2800 Includes: 3 Colonics, 3 Ozone Chamber sessions, 3 Infra-Red Saunas. Plus daily Ionic Foot Baths, TheraVibe sessions, Jade Stone Massage Bed sessions and Foot Reflexology sessions. Out of state clients add 6 nights deluxe accommodation at the Ayres Hotel (arrive Sunday leave Saturday.)
7. 2 weeks intensive Detox and weight loss program using HCG. Arrive Sunday for initial week Monday to Saturday rest Sunday. Follow 2nd week Monday to Saturday leave Sunday. \$6000 including deluxe accommodation. Includes HCG injections. 3 intravenous Vitamin C.

To view and download any previous newsletters, please visit www.kyopublications.com and go to the newsletter section.

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