



Cleansing for Change

6 Day Detox Retreat in Glastonbury

www.cleansing-retreat.com

*Award Winners for Services
to the Health Industry*



The Fisher King Centre, Britain's longest established detoxification retreat in Glastonbury, and award winners for services to the health industry offers continuous six-day residential programmes for cleansing the colon, liver and lymphatic system.

Due to poor diet and the consumption of denatured, processed foods a situation has been created where almost every person over six years old is developing problems in the intestinal tract, which in latter years may contribute to the development of various acute, chronic and degenerative diseases such as cancer, heart trouble and diabetes, lack of energy, premature aging, poor eyesight, memory loss, poor complexion and disorders of mood and behaviour.

It is estimated that over 90% of disease can be attributed directly or indirectly to an unhealthy digestive system. As Dr Bernard Jensen says, 'It is the bowel that invariably has to be cared for first before any effective healing can take place'. People suffer from malabsorption and auto-intoxification because of a gradual build up of many layers of impacted mucoidal plaque in the intestinal tract.

This substance may accumulate until it is several inches thick and reach the entire length of the stomach, small intestine and colon. One autopsy revealed a colon stretched to 9" in diameter, this same colon had only a quarter of inch of

passage left open. Another autopsy revealed a colon so loaded with mucoidal plaque that it weighed over 40lbs; the healthy colon weighs only four. During the cleanse, these mucoid layers are usually removed in sections of two inches to four feet in length and are shaped exactly like the area of the bowel from which they came. This dead substance may be loaded with parasites, drugs, fungal overgrowths and old decaying food. While on the cleanse toxic substances may exit from all channels of elimination including skin, kidneys, lungs, mouth and nose.

where symptoms will develop and are given names according to those areas and the degree of cellular degeneration involved. Unfortunately symptoms resulting from a toxically overloaded bowel are generally treated, rather than the cause, which simply results in the toxicity finding another mode of expression in disease.



When the intestines are impacted with mucoidal plaque, there may be interference with the digestive processes as well as making for a sluggish peristaltic action or constipation, which is known to cause serious health problems. Mucoid layers also inhibit proper nutritional absorption. When the peristaltic action becomes slower it is the beginning of diverticulitis, colitis, colon cancer, leaky gut and a host of other body malfunctions. Any build-up of this old matter produces fermentation, putrefaction, stagnant pockets of poisons and harmful bacteria. This leads to self-poisoning because toxins constantly seep into the blood stream and lymphatic systems. They will eventually impregnate the weakest areas of the body where symptoms will develop and are given

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Colonic Irrigation

There are three ways to introduce water or infusions to the colon via the rectum. Enemas, colemas, and high colonics. Enemas are useful in the context of introducing a maximum of one and a half litres of fluid for coffee infusions that stimulate enzymes in the liver to detoxify the blood, or for anti-parasite preparations. Colemas are self administered and introduce more water, but due to the inexperience of its often first time users, optimal mucoidal plaque removal is not achieved. High colonics are administered by trained practitioners either by colonic machine or by a gravity feed system where up to 25ltrs of water gently ebb and flow throughout the entire colon, ensuring the best results

in terms of plaque removal and comfort. Our experience at the Fisher King Centre, is that the gravity feed system allows a more nuanced approach that takes in the condition and particular needs of the patient. During her sessions, Fiona Bruce, colon hydrotherapist at the centre, also performs an abdominal massage which greatly enhances the efficiency of the process. If you feel colonics might be contra-indicated for you, as in the case of bowel surgery or ulcerative colitis, please do not hesitate to discuss your situation with us or a doctor.



Programme Schedule

Day	A.M.	P.M.
Sunday		Arrive 8pm One hour discussion of programme First set of cleansing drinks taken Sauna and inversion table demonstrated Iris Photo Taken
Monday	Deep Tissue Massage	Colonic Irrigation
Tuesday	Reflexology	Iris Examination
Wednesday	Shiatsu / Thai Massage	Colonic Irrigation
Thursday	Yoga	Aqua Detox Foot Bath Guided Walk Along Ancient Site Optional Liver Flush
Friday	Continuance of Liver Flush	Colonic Irrigation and Shiatsu
Saturday	Breakfast Nutritional Consultation	Lunch / Departure

Testimonials

What a week, the whole team of people that worked with us were excellent. Michael's bodywork was very good . Became so much more aware of my body, an education through experience. I never imagined the filth I have been carrying around inside me, what a joyous feeling to release it all. Thank you to Araura for making the colonics comfortable and informative, Fiona for her intuitive bodywork (and food, more later). I've lost ¾ stone in weight and feel fantastic. The food on the last day, prepared by Fiona, was the BEST meal I've ever had. Thank you. Everything was taken care of for us and the space made available for us was totally harmonious. A BIG THANK YOU TO EVERYONE.

Rick Lockwood

I came to you feeling extremely tired and bloated; one week later I am more awake and less bloated. The mixture of bodywork I received helped me both physically and emotionally; I now feel able to deal with things/situations which I previously felt insurmountable.

Sarah Green



I can honestly say I truly love my work, in the course of which I am often humbled and awed by my clients jaw dropping stories of the triumph of the human spirit over adversity.

I feel privileged to have been invited in to the inner lives of many of my clients who continue to inspire me.

Michael O'Connell (Director of Fisher King Center)

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