

May 2007

My name is Lorraine for 11 years I suffered with constant lower back pain. The pain it felt like I was lying on a door knob. Lying down didn't help I even felt it when I was sitting driving in my car it was horrendous. I tried everything to make it go away I went to Dr's, therapists, did exercise. Took long baths with all kinds of special back pain remedies but nothing worked. Finally I went back to my Dr and she took an x ray of my colon when I went back to discuss the results of the x ray she told me literally that I was full of poop! Yes those were her exact words. She gave me two boxes of laxatives and told me to take the first box and if nothing worked take the second box the next day. I followed her instructions and all that happened was I had bad cramps was bloated and pooped water for the next two days. I had no relief from the back pain and felt worse than before I took the laxatives.

Years ago I remember I had an aunt who did' high enemas' I wasn't sure quite what that was but I remember she swore by them to help her with constipation. I was at my wits end ready to try anything so I took out the yellow pages and after a while found colon therapy listed. Still not quite sure what this was I phoned Body Basics. I spoke with Maggie Hope and explained everything that was going on with me. She patiently listened and asked me a few questions then told me to come in and have a colonic as it was during the session she would be able to assess my situation and know how to continue. Maggie was so knowledgeable and put me at ease immediately I took the first available appointment.

I went for the appointment and was amazed how easy it all was. Maggie explained everything to me and made me feel so much more relaxed. During that first session masses of old black accumulated matter released from my body. I was in awe and totally astounded there was NO PAIN during the session nothing but RELIEF. I went to the toilet and more junk came out of me, it was stinky and black there was so much that I almost blocked up the toilet but I felt so much better that I made another appointment. I went home feeling good and I knew that I was on to something good that was going to help me.

I went to that second appointment and it was even better I continued to release all this old black material, gas and mucus. I continued like this for eight sessions and it was then I realized my back pain had totally GONE! Besides that I had dropped a few pounds, my skin tone was better and I had more energy. I continue to get colon therapy regularly to maintain my good health and also as a preventative measure. I sure feel the difference when I don't go.

I would recommend Body Basics to anyone who is thinking about doing this. I truly believe Body Basics has saved my life.

Lorraine