

Hi this is Yra

I just want to tell you that Body Basics is the best thing that has ever happened to me! This was completely life changing! Maggie Hope is a miracle worker! She did way more for me than my gastroenterologist. My gastro kept giving me all these medicines that had harmful chemicals. I was starting to get worried because none of them worked for me. I took laxatives, milk of magnesia, psyllium fiber, benefiber, miralax, Konsyl, metamucil, Fleet suppositories, etc... You name it, I took them all! I was in extreme desperate mode.

I researched on how to relieve severe constipation and colon hydrotherapy was one of the options. I read numerous reviews online about the therapy. Most of the people said it was life changing, it motivated them to live a healthier lifestyle, it made them feel good, it cleared up their skin, they feel more energized and rejuvenated! After all the good reviews and the positive impact it had on most people, I knew I had to give it a try!

So there it was, BODY BASICS! The first link on google! :-)) I did the package of 4 sessions. After the 2nd and 3rd session, my constipation became a lot better and I was able to go to the bathroom on my own without straining, pain or discomfort. I also lost weight! This was AMAZING! If any of you are encountering severe constipation or just want to cleanse your colon for extreme health benefits, GO TO BODY BASICS!

Colon hydrotherapy is not only good for cleaning out your colon and to help constipation, but it cleanses your liver, detoxifies your body, and helps prevent harmful diseases. Colon hydrotherapy makes you feel so good and so clean internally! Maggie Hope is helpful, she listens to her clients, she's very kind and provides her clients with great care and hospitality. I will definitely come back to Body Basics.

Thank you Maggie! I will see you soon!