

May 2007

I am 32 years old and had suffered the last 11 years with chronic stomach pain daily. The complaint began shortly after my mother passed away in 1995. I would have excruciating pain in the left lower stomach area every morning before having a bowel movement. This pain would literally have me crying and doubled up in pain. I also found that if I would go out in the evening and drink more than a couple of glasses of alcohol I would be violently ill the following day. Doctors had diagnosed me with irritable bowel, I had undergone investigatory surgery and tried all of the store brand aids for irritable bowel but nothing was able to stop the pains.

My sister in law had mentioned to me that she had tried the colon hydrotherapy and that it had changed her life. I decided to give it a go and it has really changed mine too. I have had several sessions with Body Basics over the last 6 months and combined with the dietary supplements that they recommended I am like a new person. I still get the pains from time to time but only maybe two or three times a month.

I used to decline invites to breakfast because I did not want everyone to see me bent over in pain at the table and now it's really not an issue. I am now a firm believer that colon therapy combined with the right dietary supplements is the way to go; I only wished I had called Body Basics years ago.