

Colonics and the holiday Season

My Christmas party pooper (pun intended) article

Sure, it only comes once a year, so why not just throw caution to the winds, and eat, drink and be merry.... Maybe that's what that little voice in your head is saying (and its getting increasingly loud!). *BUT*, and this is the rub—the weight put on during the Christmas period is the weight we carry for the rest of the year. That's the conclusion reached by a recent study into the matter. Why should this be so?

Well, for a start Xmas *itself* is showing increased girth. It used to be one, maybe two days of festivities; Christmas day and Boxing day. But now look at it! In the UK, for many people, it begins with the season of work-related Christmas parties (which are obviously a few days before Xmas), continues into the family meal related get-togethers, and ambles on through till the first week of January. Two or three weeks of over-indulgence. *No wonder* that it will be a common enough experience for some people to put on 10 pounds, perhaps even 15 pounds during this period of excess.

What goes on must come off. At least that is the good intention many who put on weight have. But from intention to reality is a rocky path, as many of us know! The study I mentioned earlier showed that many people maintain their weight throughout the year, within a reasonable bandwidth, but then comes the extended Christmas period. At this perilous time (from the weight management perspective), they put on extra inches, and additional poundage. And the kicker is: *this becomes the new norm for their weight*.

What to do? There are all sort of strategies suggested for dietary discipline during times of increased temptation. However in this article, I just want to remind you about your *friendly colon therapist*...if you are already know of one and are seeing them, now is the time to have a session or two. Get your eliminative system toned up, well before any chance of dietary excess looms, i.e. before the party season. Interestingly, those of my clients who adopted this strategy last year found that it actually improved their willpower (during the party season).... And those who overindulged found that their system was stronger ... they didn't fall prey to the post Xmas lurgies (digestive ills, colds, flus and the like) that hit many people at this time.

Yes, yes, yes. I know that other things tend to crowd health maintenance activities out at this time. But you *deserve* to give yourself some care and consideration. Give over some time, and a little money, to *whatever* will keep you fit and healthy so you can genuinely enjoy Xmas, and the time with family and friends.

Consider checking out the colon hydrotherapy offers at West London Colonics; they make colonics surprisingly affordable.

At the end of the day, it is a question of how one prioritises Health and Wellbeing