Mastering the Art of Colon Cleansing

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Part 1: Lavar H2O Cleansing

Chapter 1: Lavar H2O Cleansing

Welcome to Lavar H2O Cleansing, a new era of healthy living and green healing.

Lavar H2O Cleansing is the most advanced colon hydrotherapy, a totally private, self administered colon cleansing process that enlightens our body, purifying our soul.

Many people know about, or have heard of colon hydrotherapy, also known as colonics, colon irrigation, colon cleansing ... However, many more people are still wondering what it is and what benefits it has, or not even having heard of it at all.

As we all know, colon health is vitally important to our overall health and wellness. Ancient Egyptians invented colon hydrotherapy 3500 years ago by introducing water into large intestines and wash out toxins. This ensures our digestive system maintaining the optimal PH environment.

Toxins accumulated in our large intestines are the result of improper diet and daily stress. Our body needs time to break down and digest all the food we eat every day. It is in essence a process which breaks down the solid food, converting it into liquid and entering the nutrients into our blood system to be supplied to every part of our body. This process normally takes 48 hours to complete, especially high quality food such as protein concentrated food. Toxins such as trans-fat also take a very long time to be discharged. However, every 48 hours, we eat at least 6 meals, not including snacks and drinks. This creates excessive burden on our body’s cleansing system, such as colon, kidney, liver and skin. While the colon has been working overtime for years with increased workload every day, the muscle strength on the colon wall is substantially reduced. Excessive nutrients, solid food and toxins start to accumulate on the colon wall. As time goes by, with layers being added daily, these build-ups become dryer and smaller, eventually entering into our blood stream and travelling all over our body. As a result, symptoms of modern life develop, such as,

- Excessive weight
- Constipation
- Poor sleeping quality, snoring, bad dreams

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Mastering The Art of Colon Cleansing

- Indigestion, bad breath, bad gas
- Losing hair
- Feeling tired easily, lack of energy, stress
- Poor skin condition
- Prostate health declining

If left untreated, these symptoms will further develop into more serious conditions that need medical intervention, such as:

- Obesity
- Arthritis
- Diabetes
- Heart disease
- Stroke
- High blood pressure
- High cholesterol
- Colon cancer

Today, one in 9 Canadians suffer from diabetes, close to 4.5 million Canadians have high blood pressure, colon cancer is the No. 2 cancer that kills people every day, just next to lung cancer.

It is absolutely true that our diet is essential to our health, like we are always told, we are what we eat. However, diet alone is not able to cause such serious damage to people's health. Our body does have cleansing systems for detox, we all are born with that ability. What's more important, often ignored by us, other than diet, is the stress that we experience daily in our modern life. In fact, stress attributes more toxin build-ups than diet does.
Our body reacts to stress by tightening the colon muscle to preserve energy. Our brain sends message to the colon to hold on all the staff in there when we feel upset, alert, sad, uncomfortable, unsafe, or anxious. In our modern life today, we experience stress from many sources, such as relationships, work, money, friends, family, children. We are so used to them now that we do not even consciously realize the negative effects they have brought on us. However, our brain cannot be cheated. Any time we are under stress, our brain sends message to tighten the colon muscles. For example, when we are driving, we might not feel any stress but our colon muscles are tightened as directed by our brain. When the colon muscles are tightened, the effectiveness of discharging toxins and build-ups are substantially reduced. When we are in this situation for prolonged periods of time, with more and more build-ups accumulated on the colon wall, the colon muscle strength declines, this affects our ability to effectively absorb any nutrients our body needs.

Regular colon cleansing effectively removes the toxins and build-ups from the colon wall to strengthen the colon muscles. This helps our body to recover the detox ability on its own. For centuries, this effective personal healthcare practice was adopted by people in many countries and gained in popularity around the world. In the 1920’s, most family doctors’ offices in the United States had manual colon hydrotherapy equipment for patients. Today, with the advancement of modern technology, Lavar H2O Cleansing combines the traditional colon hydrotherapy with state-of-the-art technology in health science. The process is healthy, enjoyable and relaxing. It is self-administered and totally private in a relaxing spa to effectively reduce stress for most optimal results.

Lavar H2O Cleansing uses only purified water, what our body needs the most every day. It has no side effects at all and does not interfere with any supplements, medication, food, drink or lifestyle. Lavar H2O Cleansing makes us healthier and makes our world greener. This process is an important part of a proactive healthy lifestyle that:

- prevents us from getting sick,
- makes us less dependent on medicines and surgeries,
- enabling us to maintain healthy body and stress free mind,
- improving our ability to effectively absorb nutrients.
Today, more and more people, especially young people, understand the importance of self-care, realize the benefits of being proactive. People are health-conscious, people know the importance of regular cleansing, people want detox. Lavar H2O Cleansing brings an effective, enjoyable, relaxing and easily accessible self-cleansing into our green lifestyle, it creates a new era of healthy living and green healing.
Chapter 2: Build-ups, what are they?

Build-ups in our large intestines are the solid waste, excessive food or toxins that our body cannot discharge everyday by normal bowel movements.

Many people wonder why there are build-ups in our large intestines in the first place. We might not even believe there are any build-ups in our large intestines at all simply because we do have bowel movements every day, at least one time per day. People who know they have build-ups in their colon might not think it is a big deal. We might think they would be discharged from our body sooner or later because it is our colon's natural function.

Build-ups come from our food. As we know, the human digestive system works collectively to break down the solid food, take out the nutrients we need, convert them into liquid, filter the liquid, enter the nutrients into our blood stream and supply to the whole body. The solid food that can not be broken down will be discharged by our large intestines through colon muscle movement, as are any toxins and solid waste. For different ingredients in our food, the time that our digestive system needs to complete the whole process is different. Normally, it takes 48 hours, especially nutrients such as proteins, carbohydrate, cholesterol, fat, etc. Toxins such as trans fat takes our body even longer to discharge.

However, today, each 48 hours, instead of only having one nutritionally balanced meal, we eat at least 6 meals, not including snacks, energy drinks, soft drinks, alcohol and any light meals in between. In addition to that, our food today each meal is very high-quality, nutrition-concentrated. In another word, we take in more proteins, carbohydrate, fat or cholesterol than what our body can handle every day, certainly way more than what our body needs. This excessive amount of food creates a substantial burden to our colon to discharge. Especially at night when our colon muscle strength is at lower level.

Unfortunately, in daily life, the most amount of food we take every day are from our dinners. It takes about 6 to 8 hours for the solid food to travel from stomach to large intestines. That means the most amount of work is given to our colon when we are at sleep past midnight, when our colon muscle strength is at all time low level.
Because of this, more and more excessive solids are accumulated every day in our colon, they are also being pushed further and further against the colon wall, creating layers and layers of build-ups.

For most people, there are three main layers of build-ups accumulated in large intestines: the fresh build-ups, the middle layer build-ups and the deeper build-ups.

The fresh build-ups are the solid waste that was taken in within the past 48 hours but was not able to be discharged by our bowel movements. These build-ups are exposed to our daily food. They contain the highest amount of water in all three layers of build-ups.

The middle layer build-ups are the fresh build-ups that was pushed further against the colon wall but was not attached to the colon wall yet. In this layer, a substantial amount of water has been taken away. The density level is much higher than the fresh build-ups.

The deeper build-ups are the layer where the build-ups are directly attached to the colon wall. They are from the middle layer build-ups that was finally pushed directly against the colon wall. They have been staying with the colon wall for years. These build-ups move at the same pace with the colon muscle. Almost all water content in this layer has been taken away. The density level in this layer is the highest.

Everyday, every minute, more and more build-ups are pushed further against colon wall and become deeper build-ups. The solid parcel is getting smaller in size and the density level of the deeper build-ups are getting higher.

Deeper build-ups attribute directly to the deteriorating of our personal health. They enter into our blood stream, creates excessive burden to other cleansing organs such as kidney, liver and skin. The symptoms are obvious.

In addition to the food we eat every day, our mind and stress is another very important reason that creates build-ups daily.

Our colon muscle movements are controlled by our brain. When under stress, our brain sends message to colon to tighten the muscle in order to preserve energy. In our modern life today, people are exposed to many sources of stress, such as relationships, money, work, family, children. Although we are so used to this stress now that we might not consciously realize it, our brain cannot be cheated.
Stress makes the colon muscle tighten and reduces the muscle movement efficiency.

As a matter of fact, today, stress creates more build-ups in our colon than our food does. This is why there are many people who eat healthy, exercise daily and drink lots of water but still experience symptoms of high build-up index and high clogging index.

Lavar H2O Cleansing directly removes the build-ups from large intestines. Regular cleansing not only removes fresh build-ups, but more importantly, removes the deeper build-ups. It eliminates the source of problems and creates a balanced PH environment in our colon.
Chapter 3: Lavar PH Adjustment

Lavar PH Adjustment is an important part of Lavar Regular Cleansing programs to maintain and to improve our health.

As we know, our body’s PH level changes from time to time. The factors that impact our PH levels include our diet, emotion, life style and mental state. In our digestive system, the PH level affects our ability to break down solid food and dissolve them into liquid to supply the nutrition that our body needs. High acidity level in our body creates burden on our digestive system and cleansing system including colon, kidney, liver and skin. As a result, build-ups are accumulated. When people are experiencing high levels of acidity in their body, they normally feel:

- Easily getting tired, constantly lacking energy
- Craving for fatty food, sugary food, carbohydrate, salty food, coffee or tea
- Gaining unwanted weight
- Poor sleep quality, bad dreams, easily waking up at night
- Feel like eating all the time, easily getting hungry
- Unsatisfactory skin conditions
- Constipated

All these symptoms, among many others, are the result of build-ups being accumulated caused by the high acidity level in our body. We live with these symptoms for so long that we might think it is just simply because we are getting old, not resting well, or not exercising enough. We normally do not consciously realise that our PH level is not balanced until some of these symptoms develop into more serious medical conditions.
Today, more and more people realise the importance of being healthy. We have more fresh fruits and vegetables every day. We drink more water. We also exercise regularly and embrace ourselves with positive thoughts and pleasant environments. All of these are great steps in helping us to obtain a balanced PH level. However, there are many things we ignore in our daily lives that change our PH level and causes build-ups without us even knowing it. For example, among many factors that change our PH level every day, food is the one that most people think we know enough about, while actually, we know very little. Especially when it comes to fruits and vegetables.

The same kind vegetable has substantially different PH impacts in different people. So do fresh fruits, meats, poultry, and nuts. For the same person, at different stages of life, the same food has different PH impacts in his/her body. Without proper adjustment, they all attribute to the forming and accumulation of build-ups, which brings down our health and the quality of our life.

Lavar PH Adjustment works with Lavar H2O Cleansing to balance our PH level. More importantly, Lavar PH Adjustment softens the different layers of build-ups in our colon, loosens the deeper build-ups and helps Lavar H2O Cleansing to wash out the build-ups faster and easier.

There are two types of Lavar PH Adjustment: water-based adjustment and alkaline-based adjustment. For different build-up and clogging indexes, the amount and the type of Lavar PH Adjustment are adjusted periodically to achieve the most optimal result. Each Lavar PH Adjustment is different, based on each individual’s build-up index, clogging index and nutrition index. They are also customised according to blood type, personal preferences and lifestyle. Most Lavar PH Adjustment incorporate various fresh fruits and vegetables into our daily diet. They are easily available, easy to follow and add lots of fun and flavour to our daily life.

In addition to the detoxification benefit that Lavar PH Adjustment brings to our body, it also increases our nutrition index with much higher efficiency rate for absorbing. Combined with regular Lavar H2O Cleansing and Lavar Physical Adjustment, Lavar PH Adjustment helps us to maximise the benefit of regular cleansing much more quickly and make the results sustainable. Lavar PH Adjustment is part of the regular Lavar H2O Cleansing programs.
Chapter 4: Lavar Physical Adjustment

Lavar Physical adjustment is a physical exercise process individually designed to help us reduce the build-up index, clogging index and burn fat faster to make us feel better and look great!

Physical exercises are important in our health. As we all know, we should maintain some physical exercises every day to keep us active and positive. For most of us, the problem we have today is either we do not do enough exercise or we do not know what exercises are the most efficient for us, either we want to lose some weight, or to build some muscles.

For people whose main goal is to lose weight, most common exercises are running, biking, walking, swimming, sports … All these exercises are great steps to help us reducing the body fat index and to feel good. However, it is not difficult for us to notice these exercises can take a very long time to work. Plus, while our body fat index is being reduced, our belly seems to shrink much more slowly than the rest of our body.

For people whose primary goal is to gain muscles, we do weight training, strength training. These are very good programs to build beautiful muscles. However, in the gym, we always notice people who have big muscles normally have “bigger muscles” on their belly. It seems the muscles in the belly area grow faster than the other parts.

Why is that?

As we know, the build-ups in our colon are not only fat. When we exercise to lose weight, the toxins accumulated in our colon can not be “burned” through regular exercises. As a matter of fact, they can not be burned at all. In addition to that, the spread of the build-up parcels in various parts of our body, including our skin, makes it difficult for the extra fat to be burned.

People who build muscles regularly normally eat more protein and carbohydrates to help muscles grow. Excessive nutrition intake accumulates in our colon, becoming dryer and harder every day. This causes the belly area to inflate first before muscles grow.
Lavar Physical Adjustment is a series of relaxing exercises and activities designed to physically relax the colon muscles. This helps Lavar H2O Cleaning to wash out the build-ups much faster. This also makes the body burn fat much faster.

Combined with Lavar H2O Cleansing and Lavar PH Adjustment, Lavar Physical Adjustment helps reduce our belly size much quicker with other regular exercises we normally do. The physical exercises and activities in Lavar Physical Adjustment are light, easy, relaxing and lots of fun.

Lavar Physical Adjustment is part of regular Lavar H2O Cleansing programs that makes us look good and feel good. It turns our biological clock backwards.
Chapter 5: Build-up Index, Clogging Index, Nutrition Index

Build-up index is a measurement of the physical space in our large intestines that has been occupied by the solid waste and toxins accumulated in the past. Among all other indexes, build-up index is relatively easy to assess.

The factors that attribute to the increase of one’s build-up index include diet, lifestyle, stress level, PH level changes, indigestion, and environmental issues. The most obvious change for our build-up index is an increasing waistline.

When we experience increasing build-up index, we normally believe it is the fat on our tummy that is being accumulated due to either lack of physical exercises or having too much fatty food. While it is true that those factors will increase the fat accumulation, we may neglect the fact that the fat on our tummy is always the first one to come and the last one to go, if it goes, when we go through regular weight loss programs. To burn the fat on our tummy seems to be the hardest for all exercise programs or diet plan.

Clogging Index measures the degree that our cleansing system has been blocked by toxins and other accumulated waste. Our cleansing system includes all detoxifying organs such as kidney, liver and skin. It is very difficult even today for us to tell exactly what clogging index one has in different cleansing organs. These indexes change accordingly with various factors, especially one’s PH level variation from time to time. Clogging index comes from build-up index. Depending on the efficiency level in each cleansing organ at different times, one’s clogging index can be totally different from the other person’s, even when they have similar diet.

Nutrition Index measures the efficiency level of our body’s ability to absorb nutrition from our food or supplements. When our clogging index is high, our nutrition index is low. The higher our clogging index is getting, the lower our nutrition index will be.

There is no universal method today to accurately test the exact clogging index or nutrition index. People are still working on the factors that change these indexes. However, many symptoms show us an increase in clogging index or decline of our nutrition index.
Doctors in ancient China developed a system to diagnose human disease by observing, smelling, asking questions and feeling the heart movement. This method has been developed for over 5000 years, and today it is still the dominant diagnostic method in the Traditional Chinese Medicine that serves one in five people on earth. Intuitive healers in Africa and South America have been practising energy healing for centuries, they are still practising intuitive healing today that makes people feel good and gives a more positive outlook. As we all know, India has contributed so many personal healthcare and wellness practices to human civilization for thousands of years, some of them have become very popular now, such as yoga. All of these traditional wellness practices were based on the symptoms that tell us our body’s condition. The results of all these practices are well-known today.

While we all know the diagnostic value of these symptoms, they are also the indication of our clogging index and nutrition index. Lavar H2O Cleansing incorporates these symptoms into Lavar PH Adjustment and Lavar Physical Adjustment to achieve the most optimal results in regular cleansing.

In Lavar Spa, we assess the three indexes by starting with a simple questionnaire that gradually rolls into more detailed revelation of one’s physical well-being as well as his mental state. By doing so, we obtain a better understanding of not only the main physical issues that attribute to the development of build-up index and clogging index, but also, more importantly, the psychological reasons that bring up these indexes and reduce nutritional efficiency. Lavar PH adjustment and Lavar Physical adjustment are designed accordingly to minimize the impact of the daily PH level imbalance. Regular Lavar H2O Cleansing programs are designed to work with PH adjustment plan and physical adjustment plan to bring down the build-up index and clogging index quickly and effectively.
Part 2: Why H2O Cleansing?

Chapter 6: Are We Really Healthy?

Like what Tony Robins said, “nothing tastes better than being healthy.” We live in a time when every one understands the importance to maintain a healthy body. We have lots of resources available today telling us what to do to look good and feel better. Most people are exercising regularly, having more green vegetables and fresh fruits in their diet, eating organic, practising yoga … In our time now, smoking, drinking, taking recreational drugs are no longer fun or being cool but representing self-doubt, going down or being so past ...!

It really feels good after we come out from gym exercises, having a long jogging, swimming, having a yoga class or massage session. All these are part of our daily life making us feel more and more healthy.

Are we really healthy? Have we given a serious thought about it?

We certainly are healthier today than what we were when we regularly fed ourselves with fast food, spending most of our nights being a couch potato, or smoking one pack of cigarette per day. The gone of those damaging habits does not automatically make us healthy. More and more people are experiencing the symptoms contrary to what a healthy person should feel, the list of these symptoms are very long, including:

- Having a tummy standing out and hard to get rid off
- Having a hard time to lose some weight, especially the middle part
- Difficult to get a good sleep at night
- Snoring louder and louder
- Our hair is getting thinner, grey hair is coming to us way too early
- Feeling tired for no reason
- Hard to concentrate
- Constipated
The list goes on and on. Our blood test result shows there is nothing wrong happening in our body. Plus, we are eating healthy, exercise regularly and nothing to worry about. So why those symptoms are coming to us?

For some people, they take simple explanations: ageing, we are getting older, that is normal. But when we are talking about a 20-year-old or 30-year-old who is struggling with those symptoms, how can ageing be a logical explanation?

For other people, it seemed the answer should be gene. Something in their family that has always been there and caused all those symptoms. Let’s think about this, If it is really the generic reason, how can we explain a person starts to lose his hair not when he was one year old but not until 20 or 30 years old?

All those reasons are indeed attributing to the decline of our health but they are not dominant reasons for our inflating belly or bold head. It is something that we ourselves bring in to our body that is causing all those health issues. So, really, what is it?

The most obvious one that we take into our body is food. - Do we really know what we are eating, or we just think we know?

When we go to grocery store, we pick the food that we “like”. Who doesn’t?

Why do we like that food?

We like it because we like its “taste”, or we like it because it is “easy” to prepare, or we like it because it “looks” fresh, or we like it because it gives us feelings of “comforting”.

How many times in our daily life that we pick up our food not because of all those but because we know that food is what our body really needs? Or, do we really know what food our body needs?

For people who eat healthy, what does it mean? Fresh fruits and vegetables a lot? Eating organic? Eating less? No processed food? Is that really healthy, or is it really just looks healthy or sounds healthy?

In fact, many of us know so little about the food that we put in our mouth every day. But we still have three meals plus two snacks every day eating something we do not really know.

The impact of this is the extra burden to our body’s cleansing system over and over again on daily basis. The extra burden increases our build-up index and clogging index and brings down our nutrition index.
Are we really healthy? When we are eating a piece of organic vegetable, do we really know what PH reaction it creates in our body and what nutritional value it brings to our digestive and cleansing system?

There are many other factors that affect what we bring into our body. Food is only one of them. All of those factors bring up our build-up index and clogging index. They bring challenges to our health. Lavar H2O Cleansing clears out the build-ups in our large intestines and removes the physical source of the build-up index and clogging index. This cleansing process is not only good for people who know they are having some problems, but also, more importantly, for people who “think” they are healthy.
Chapter 7: Food Cravings, How To Get Rid of Them?

Many people tell me their cravings for food are substantially reduced after going through several sessions of Lavar H2O Cleansing. From the actual results at Lavar Spa, we can see that this has substantial benefit not only to our physical appearances but also to our inner health.

Among many people benefiting from regular Lavar H2O Cleansing, I selected the following two examples which are typical:

• A lady who has been struggling with her unwanted weight gain for years successfully lost 4 pounds in her body weight in 6 days and her waist line was reduced by 2 inches.

• A gentleman kept hearing strange noises in his left ear and had been suffering from constant headaches for three years stopped hearing the annoying noises in his ear after 3 weeks of intensive Lavar H2O cleansing. His waist line was reduced by 2 inches in 4 days.

Both of them, after their first three sessions of Lavar H2O Cleansing, told me that they naturally felt their cravings for food were sharply decreased. The lady used to love candies and fast food, such as burgers, the degree of her cravings were so strong that it was a real challenge for her not to eat them, no matter whether she was hungry or not. Now when she is given candies and burgers, she does not feel to eat them. I asked her whether she was forcing herself not to eat them now, her answer was: “... no, I do not feel like to eat them now, it’s natural, not that I force myself not to. Not like in the past, even when I forced myself not to touch the burger, I would still WANT to eat them.”

The gentleman used to have big dinners, he would eat a lot of meat with tasty spices. When he came to Lavar Spa the first time, I asked him why he would have such heavy dinners while he knew it was very bad to his health. He told me he couldn’t control himself while he was eating. He kept wanting more and more even when he was completely full. After he went through three Lavar H2O cleansing sessions, he told me that he did not want to eat meat as badly as he used to. When he sees a plate of beef with lots of tasty spices now, he does not feel they are so tasty that he has to eat some. When he is chewing that beef now, he does not feel them so tasty as what he used to feel. I asked him whether he was forcing himself not to eat meat now, his answer was: “… not really, I do not feel them that tasty any more.”
Food cravings are big problems to many of us. They create a lot negative impacts on our health and bring down our self-esteem. However it's really hard to eliminate food cravings although we know all the bad things about it. The reason for this is that cravings are our body’s signal calling for acid food, it is a message from our brain that makes us feel hungry.

Normally we crave for food that has high acidity level, such as sugary, salty snacks, fatty food, carbohydrate, high protein food ... These food creates increasing burden to our body’s cleansing system, gradually brings down our detoxification and digestive efficiency. Reduced efficiency in our body’s cleansing system creates build-ups and increases the acidity level in our colon, kidney, liver, and blood system. As time goes by, our brain is constantly put in this increasing acid environment and eventually sends out messages to us to seek more. We all know how hard it is to fight our food cravings. It is difficult not only because of our will power, but more importantly, we are fighting with our own brain constantly.

Regular Lavar H2O cleansing substantially cleans out the acid build-ups in our body’s cleansing system, starting from large intestines. The cleansing is also the education process for our brain to send correct messages for our real need. That’s why the common feedback from regular cleansing clients at Lavar Spa is that when they eat, they feel full easier and quicker now.

There are many benefits we can enjoy when we get rid of our food cravings once for all:

• Lose unwanted weight
• Improved skin conditions
• Stronger self-esteem
• Better digestion and less allergies
• Better sleeping quality
• Much stronger physical health

When we are removing the acid build-ups through Lavar H2O cleansing, we are removing the source and the roots of our food cravings. From the actual results at Lavar Spa, we know that food cravings are not something we inherit from our parents, not something in our genes, not something that we have no control at. We can certainly get rid of it and it’s not difficult at all!
Chapter 8: It’s Easier To Maintain Than To Repair

When I was talking to my best friend Jeff about Lavar H2O Cleansing, he was a bit hesitant and withdrawn at first. Jeff is a very healthy guy, 30 years old, very athletic. He had never heard of colon hydrotherapy before, so naturally, he had lots of questions. I find these questions are exceptionally valuable as you may have these questions in your mind right now.

Jeff’s first question is how it is performed? He was very curious how water can be introduced into large intestines. As a matter of fact, this is one of the most common questions asked by our clients at their first visits in Lavar Spa.

The answer is very simple, you use a very small tube to introduce purified water through anus into the large intestines. During the cleansing sessions, the water will gently wash out all the build-ups.

This seemed to be out of Jeff’s comfortable zone at first. Is that safe? Is it painful? Just by looking at him, I know these questions were flying out of his mind. At Lavar Spa, these questions are always asked at first visits.

I explained to Jeff that Lavar H2O cleansing is very safe and has no side effects at all. All we use for cleansing is purified water, which is even cleaner than our drinking water. Jeff still had some concerns about whether we should use water to wash large intestines at all, in his mind, this washing process itself may cause some health problems. This is obviously a question hovering around during our initial conversation. In fact, many people, when first heard of Lavar H2O Cleansing, have this concern.

I asked Jeff how many times he brushes his teeth every day and for how long he has been doing that. Jeff looked at me and felt I was joking. I told him I was not joking, I wanted him to tell me. He said he brushes teeth twice a day and for as long as he could remember. I asked him why he keeps doing that, has his teeth-brushing every day caused any health problems to him so far.

I find we very seldom give any serious thoughts about the degree of cleanliness in our inner body, especially large intestines. Every day, we eat all kinds of food, drinks and other staff, some of them we may even regret in eating at the first place. However, we do not normally bother to give our large intestines a shower at all although we brush our teeth every day. When I was talking to a lawyer about Lavar H2O Cleansing, he had a hard time to accept this idea until I asked him what if he did not brush his teeth for 40 years. Now, this lawyer comes to Lavar Spa every week.
Jeff is also very technical, he understands now that his large intestines might not be as clean as he thought. However, he still has some questions about build-ups. He asked me how come there is any build-ups in his large intestines. Being a very athletic young man, he has 3 or 4 bowel movements every day! He is not overweight, he has no big belly and he does not normally feel tired. He understands there are many symptoms linked to the build-ups accumulation. But other than his hair is getting thinner faster than normal and his lower legs are sometimes itchy, he has no other obvious symptoms and he is certainly very healthy in regards to blood pressure, cholesterol level and blood sugar level, etc.

This is really difficult for me to explain. Build-ups are not something we can see, they are so small and they are circulating in our blood stream around our body every minute. The effects of these build-ups vary from one person to the other. There is no universal guideline that we can follow to easily determine the level of build-ups.

Jeff had a hard time to accept my explanation as he did not “see” any build-ups and he did not “feel” any build-ups either.

It is not surprising. Although there are many people we can easily see they have lots of build-ups, many of us who live a healthy life will question the existence of build-ups in our body as we do not see or feel them.

I finally realized Jeff need to actually “see” his build-ups before he would believe. So one day, I asked Jeff coming to Lavar Spa after he had finished all his daily bowel movements, in other words, coming to Lavar Spa with an “empty” bowel. I showed Jeff how the Lavar H2O Cleansing works and he went ahead going through the cleansing himself. In the middle of the session, I went into the cleansing room and saw Jeff was staring at the clear discharging tube with such a surprise on his face. There were so much build-ups being washed out from his body that he couldn’t believe his eyes. He was looking at the clear tube where the build-ups were washed down to the drains and tried to figure out what they were. Jeff finally saw his build-ups.

When he finished the cleansing and came out, Jeff told me that during the whole cleansing process, his build-ups were washed out non-stopping and he felt so much lighter right after. Every client after their first Lavar H2O Cleansing immediately feels this way, not a single exception.

I asked Jeff what he thought about Lavar H2O Cleansing now and what benefit he could think of for regular cleansing, Jeff told me, “...our body is like a car, Lavar H2O Cleansing is regular maintenance. It is always easier to maintain than to repair...”
I like the way Jeff put it. For many of us, it is a good thing that we do not “see” or “feel” our build-ups now. We want to keep our body this way for as long as we can. In order to achieve that, regular maintenance is a must. When we do not cleanse our body regularly, we all know very well what will happen to us when we are getting older. Our doctors and hospitals know that even better. For some, it does not matter. They are comfortable to wait until the last minute and put themselves in a “repair shop”, such as doctors, medicines, hospitals, nursing homes ... For most of us, I am pretty sure you agree with me, we do not want to end up spending the rest of our lives in any of these “repair shops”.

Lavar H2O Cleansing, it is easier to maintain than to repair.
Chapter 9: Constipation, Naturally Cure and Prevent

This is not a topic we are fond of talking about every day, yet it is in our daily life and many people are suffering from it. Not to mention the negative impact constipation brings to our health, just the awful and unpleasant experience brought by constipation alone is good enough for any of us suffering wants to get rid of it right away. People not suffering from constipation now will try everything possible in order not to get it.

We know why it is so awful and we also know why we don’t want to talk about it. This odd situation has led to many suffering people unconsciously deny that they are suffering from constipation.

In Lavar Spa’s initial health index assessment, when it comes to the questions relating to constipation, many clients’ first answer is no. They do not believe they are suffering from it. A typical answer is: “... I normally have one bowel movement every day and the discharge is not dry...”

What’s interesting here is “normally”. When probed further, the truth comes out: “... sometimes I have one bowel movement in two days, but it’s not common, just occasional...”

One bowel movement every day does not seem to fit in our definition of “constipation”, but occasional one bowel movement in two days certainly does, at the very least, it is “occasional constipation”.

No matter how we talk down this “occasional” constipation, it is there. It is our body’s signal that something is happening in our body and we need to pay closer attention. If you are consciously noticing that you have this “occasional” constipation from time to time, congratulations! You are picking up this very important message from your body in a timely manner. If you have started to do something about it, that is even better, you are consciously taking steps to release the extra burden your body’s cleansing system is not able to handle.

Unfortunately, not too many people are so health conscious, especially when we are young. We usually start to really feel constipated when, everyday, we are having a hard time going to bathroom. It’s not “occasional” anymore, in stead, it’s a daily struggle.

People do everything to disassociate themselves from constipation: taking constipation pills, taking herbal cleansing pills, eating high fibre food, exercise, having fibre-mix, eating raw food ... the list goes on and on.
Many clients come to Lavar Spa not only because they are constipated, but also the solutions they have been taking does not set them free from constipation:

- A retired gentleman has been taking all kinds of constipation pills for years, as soon as he stops taking them even for one day, he has problem going to bathroom!

- A young lady has tried almost everything she could to fight her chronic constipation, nothing really works. She is still constipated all the time.

- A young businessman does intensive physical exercises in order to have easier bowel movement. Otherwise, when he is not doing these exercises, he sits on the toilet struggling for more than one hour every day!

- A middle-aged nurse has been suffering from constipation resulting from her diabetic conditions for almost 20 years. There is not even one day in her life now that she does not need to worry about going to bathroom. She is overweight and always tired.

- A house wife in her middle 40’s has suffered from constipation for so long that all she is relying on now is constipation pills. She eats very little and exercises daily. She is certainly not overweight at all. However, she still needs more constipation pills instead of less.

You might not feel the same pain these people feel if you are not suffering from chronic constipation. Even when you are experiencing “occasional” constipation, the pain is not so obvious and unbearable that you would feel the urge to deal with it right away. However, it is far more serious than you think, big time!

When our body’s cleansing system is not able to efficiently discharge waste, it starts with colon. The typical symptom is reduced frequency of bowel movements. Constipation results from weak colon muscle strength and the reduced neural sensitivity on the colon wall. These two factors are crucial to maintain strong muscle movement as directed by our brain when the neural cells on the colon wall start to detect build-ups in our colon. Constipation does not come overnight. The development of constipation is a very slow and long process, normally takes years before we can start to feel it.
A typical constipation development process involves four phases:

• the early stage: build-ups accumulating
• the developing stage I : decreasing level of colon neural sensitivity
• the developing stage II: colon muscle strength decreasing
• final stage: chronic constipation

Most people do not notice constipation problems until the beginning of the final phase, the chronic constipation. At this stage, the symptoms are most obvious and most unbearable. People who are more health conscious take notice at the developing stage II, when the colon muscle strength is reduced. At this stage, both the frequency of bowel movement and the amount of discharge each time are reducing. It seems to be harder to go to bathroom each time although you do “feel” you need to go.

To cure constipation once for all, we need to “pull the roots out” instead of seeking temporary relief. To prevent constipation, we need to prevent the developing of the “deeper roots”.

The root of this dreadful condition is the build-ups accumulated in our colon. The layers of build-ups accumulated in our colon, especially the deep layer build-ups attached directly to the colon wall substantially reduces the neural sensitivity, in another word, these very tiny build-up parcels block the neural system to timely sense and detect the daily waste movement in our large intestines. As a result, what triggers the colon muscle movement now for bowel movement is not directly from the fresh waste that enters into our large intestines every day. Instead, it is the pressure on the colon wall caused by the “amount” of the solid waste that pushed the muscle to generate neural detection. As time goes by, with intensifying acid condition well developed in our large intestines, our muscle strength gradually decline, which further reduces the efficiency of colon’s detoxification function. People in chronic constipation conditions are well into this negative circle. Constipation pills or other cleansing pills may have immediate relief on fresh build-ups, as the roots of this situation is still there, it seems impossible to not to rely on these pills to go to bathroom regularly.
A young lady who had been suffering from chronic constipation for many years came to Lavar Spa one day and asked me, “... how can I not to rely on any pills and be regular?...” What she was looking for is a solution to recover her colon muscle strength and neural sensitivity. With regular Lavar H2O cleansing coupled with Lavar PH adjustment, within weeks, she told me that she was going to bathroom everyday without any help of constipation pills at all! Not only that, she became 4 pound lighter and 2 inches slimmer.

This is a typical example on how a natural solution like Lavar H2O cleansing and Lavar PH adjustment work on the roots instead of seeking temporary relief. As all the ingredients used in Lavar Spa is either water or natural food, we are able to reduce the burden on our cleansing system and reduce the deeper build-ups. In another words, we are able to “pull the roots out”.

Lavar H2O Cleansing, beauty comes from within...
Chapter 10: Irritable Bowel Syndrome and Lavar H2O Cleansing

According to the International Foundation for Functional Gastrointestinal Disorder, about 10% – 23% of population are suffering from Irritable Bowel Syndrome (IBS). However, the average time people wait before they seek medical help for IBS is as long as six years!

What does this mean? This means you could be the one who has IBS now and the situation is getting worse ... however, you don’t know it.

Most people who have IBS are at age 50 or younger. People are not used to talking about it, the awareness of this disorder is very low. Ladies are twice likely to suffer from IBS than men.

Common symptoms of IBS includes:

- Abdominal pain or discomfort
- Change in frequency and consistency of bowel movement and stool
- These changes occur over a long term and come and go over time
- Altered bowel habit (chronic or recurrent diarrhea, constipation, or both – either mixed or in alternation).

Abdominal pain is often described as crampy, or as a generalized ache with periods of cramps. Sharp, dull, gas-like, or modest pains are common. The IBS discomfort or pain usually feels better after a bowel movement.

Persons treated for IBS commonly report upper gastrointestinal (GI) symptoms.
About 25% to 50% report...

- Heartburn
- Early feeling of fullness (satiety)
- Nausea
- Abdominal fullness
- Bloating
Other GI symptoms also reported include...

- Intermittent upper abdominal discomfort or pain (dyspepsia)
- Feelings of urgency (the need to find a restroom fast)
- Feeling of "incomplete" bowel emptying

Non-GI symptoms also occur. Sometimes, but not always, this may be due to an overlap of IBS with another condition. These symptoms include...

- Fatigue
- Muscle pain
- Sleep disturbances
- Sexual dysfunction

Other symptoms tend to occur with more severe IBS such as...

- Low back pain
- Headache

Symptoms sometimes seem contradictory, such as alternating diarrhea and constipation.

Abnormal functioning of the nerves and muscles of the bowel produce the symptoms of IBS. A "dysregulation" between the brain, the gut, and the central nervous system causes the bowel to become "irritated," or overly sensitive to stimuli. Symptoms may occur even in response to normal events.

IBS has profound impact on people’s physical well being and emotional health.

So far, medically, it is still not clearly exactly what causes the abnormal functioning of the nerves and muscles. The available medical remedies are focusing on the management and relief of the pain associated with IBS.

The malfunctioning of the nerves associated with bowel normally starts with the imbalance of body’s pH environment, where the nerves system either becomes overly sensitive or completely loses its sensibility. Lavar H2O Cleansing starts with large intestines by washing out the accumulated buildups and toxins, reducing the acidity level in our bowel. This cleansing process is also a gradual educational process for our brain and our nerves system to function in balanced pH environment.
Rebecca is 29, she has been suffering from IBS for the past four years. Her symptoms are very typical. At the beginning, she would had bloating once per month. As time went by, her bloating became more often and eventually happened randomly. He pain was so intense that she had to be on long term disability for the past three years.

After Rebecca went through consecutive Lavar Deep Cleansing program, after 15 sessions, her reaction for bloating was substantially reduced, in addition to that, Rebecca had consecutive normal bowel movements on her own for the first time.
Chapter 11: Does Your Colon Need Cleansing?

This is the question people constantly ask me at Lavar Spa.

Shirley is a very busy self-employed professional. She is 43, always on the phone, has lots of networking parties to go and eats fast food a lot! When Shirley first came to Lavar Spa, her body weight was 167lb and she constantly felt fatigue, her sleeping quality was terrible.

As you can see, it's very obvious that Shirley needs immediate colon cleansing. She has all the indications that her large intestine has accumulated such a large workload that it can not even function properly.

However, when first came to Lavar Spa, Shirley asked me, “Do I need to cleanse my colon?”

When people start to experience those symptoms as Shirley, instead of being alarmed, they normally find themselves “comforting” excuses, such as

- I just need more sleep
- I eat too much junk food and I just need to eat more healthy
- My work schedule is too much and I just need to take a holiday
- My kids are still young and they take too much of my energy, I just need to wait until they grow up and then I can have some good rest
- I just need to drink more water
- I just need more exercises
- I just get older and it’s normal aging

Do those excuses sound familiar to you?
Pay close attention to your old friend - “I just need...”. Never underestimate the damages these comforting excuses are causing you, they make you “comfortably” blind, holding false hope, always settle for less, keep ignoring what your body is telling, or even yelling at you for help.

Today, 20% of our total population is suffering from constant fatigue so serious that prevent them from having a normal life! 90% of people seeking medical treatment for chronic fatigue are age 25 - 50!

This is not “normal aging”.

I really did not know what to say when Mark, a 28 year old, fit, athletic, healthy young man who experienced obvious hair loss told me that it was his “normal aging process”.

You need to cleanse your colon and you need it now.

Through regular Lavar H2O Cleansing, Shirley lost 20 pounds. For as long as she can remember, her sleeping quality has never been better.

Mark started with Laver deep cleansing program and followed with Lavar regular cleansing, his hair is growing thicker again.
Chapter 12: Magic Bullet?

When Grace was going through personal training to lose weight, it was really a challenge. Grace is 42, medically healthy but overweight. In the past 3 years, she put on extra 20 pounds! Grace went on for personal training not because she wanted strong muscles, instead, she expected it be a quick fix to trim her fat.

This is a typical situation when a client first walks into Lavar Spa, especially ladies, a slim body is way more desirable than a muscle show. Losing weight is not only losing fat. Extensive physical exercises can trim fat, but the fat will come back. I am sure many of us have experienced this cycle more or less in our life.

Grace did not realize her body’s “detox system” had not been working properly. That’s exactly why her body fat has accumulated in the first place. We are all born with the ability in discharging waste through our detox system, being:

- Daily bowel movement
- Urination
- Sweating
- Breathing
- Hair

These detox channels are so important that we will suffer greatly as soon as one of them stops working! On the other hand, these systems are so durable that it takes a long time to completely break them down, when that happens, we are in big trouble.

That’s why most of us do not usually notice any obvious difference when our detox system deteriorates, just like Grace, she did not take notice until her body weight took a rapid gain. Even then, she believed some physical exercises or eating healthy will be able to get rid off the extra fat once for all. In another word, eating healthy and exercises are considered a “magic bullet” to fix our body’s problem.
How many of these “magic bullets” are in your mind right now? Some examples like these might sound very familiar:

- Sleep more or sleep early
- Taking some nutritional supplements or drinks
- Taking some pills and fix my problems forever
- Go to gym, swimming or running, drinking healthy water instead of tap water
- Eating healthy or taking holistic medicine
- Drinking more water, stop smoking or drinking
- My doctor will give me some magic medicines

There is nothing wrong with all those ideas. Can’t you see that most of us are wired by these magic bullet ideas all the time? Why is it not something that can work “magically” making all your problems go away by one simple pill or by simply changing your diet? Because your body’s internal system has been damaged. Those magic bullet ideas work well only when your internal organs can function well.

Through regular Lavar H2O Cleansing, Grace successfully lost more than 20 pounds. For the first time in many years every since her child-birth, her tummy is flat again.
Chapter 13: The Last Few Pounds

To many, lose weight is simple, eat less and exercise more.

Dan is a typical example. Dan is 32, healthy and active. A busy professional, he has managed to hit the gym at least 3 times a week, plus he eats healthy. He is not that overweight but it's been a long time that he found the “last few pounds” seemed impossible to get rid off.

Dan is not a single case. Lisa, 29, has similar issues. Lisa is a yoga instructor. Living a healthy life is what she enjoys and she has been practicing yoga for at least 10 years. However, Lisa has been frustrated her tummy is not as flat as what she would like to be, although she is by no means overweight.

These examples show clearly the extra pounds we have is not only fat. The healthy weight of our large intestines is around 4 pounds. However, statistics show on average, a healthy adult today carries a colon with build-ups and toxins between 10 to 25 pounds at any given time. This is every one, including you and me.

You might be wondering how those build-ups are ended up in your colon. This is the question Dan and Lisa had been wondering for quite some time before they came to Lavar Spa. They exercise a lot and eat healthy. Junk food is never part of their diet.

A common misunderstanding is that diet and exercise alone can keep our body toxic free. If so, why the “last few pounds” is so hard to get rid off? When Dan started to wash out the build-ups through Lavar H2O Cleansing, he was very surprised that they were not fat. Through regular cleansing, not only his last few pounds were all gone, he also found it much easier to maintain his body weight and trim the fat down every day.

Lisa went on for deep cleansing, when her build-ups were all out, her tummy was finally flat.
Chapter 14: What’s Expensive?

Colon health is the essential foundation for one’s overall health.

- In Canada, the lifetime probability of developing colon cancer is 1 in 15
- In Canada, colon cancer kills 1 in 10 cancer victims every year
- In Canada, the lifetime medical treatment cost for colon cancer is $750,000.00

Other facts are even more alarming:

- In Canada, 40% of population has high blood cholesterol
- In Canada, 60% of population is either overweight or obese
- In Canada, the medicine cost for treating hypertension is between $16,700 to $50,000 per year

Regular colon hydrotherapy cleansing is the most cost effective way to prevent you from getting into such big bills as listed above. Not to mention the actual money saved from the medical cost alone, just think about the difference you will experience between being a healthy, vibrant, active human being and being a sick, weak, surviving “patient”.

It’s not necessary for me to tell what’s expensive. You can tell now.
Chapter 15: Lavar H2O Cleansing – How Often?

While it’s always recommended for everyone to have Lavar H2O Cleansing every day, the following are the guidelines you can follow if you can not cleanse yourself daily.

For best result, Lavar H2O Cleansing works well with the following factors:

- Healthy eating
- Daily physical exercises
- Healthy life style

A) If your daily routine includes all of the following, your minimum cleansing frequency is once per month:

- 5 servings of fresh, raw vegetables and fruits per day, 7 days a week
- 30 minutes to one hour cardio exercises per day, 7 days a week
- Sleep before 9:00 pm every day, 7 days a week

B) If your daily routine includes all of the following, your minimum cleansing frequency is once every two weeks:

- 1 to 3 servings of fresh, raw vegetables and fruits per day, 7 days a week
- 10 to 30 minutes cardio exercises per day, 7 days a week
- Sleep before 11:00 pm every day, 5 – 7 days a week
C) If your daily routine includes all of the following, your minimum cleansing frequency is once per week:

- 1 serving of fresh, raw vegetable or fruit 3 – 5 days per week
- 10 to 30 minutes cardio exercises 3 times per week
- Sleep before 12:00 pm 3 – 5 days a week

D) all others, minimum once every 3 days.