

Question: **I have heard that Colonics can really help me to detox but why should I bother?**



by **Carol West**
The Kamala Centre,
Calpe

PUT MOST simply, 'detoxing' involves giving your body a break from anything toxic, so that the body can work these toxins out of your system.

The outcome of a successful and well-planned detox is that you will be likely to experience: more energy; clearer skin; weight loss (if needed); brighter eyes; a stronger immune system; greater mental clarity; increased self-confidence and when necessary, a great boost against illness.

A detox basically cleanses your body and makes you feel you are bursting with energy and on top of the World!

SO WHY IS DETOXING NECESSARY?

The body is constantly in a flux of detoxing. However, due to the modern diet, our heightened daily stresses, the toxic chemicals we ingest daily and the increase in chronic

degenerative diseases, the body often needs a helping hand and to be cleansed so that it can work more effectively to eradicate these toxins from the body. Colonics have often been described as 'the ultimate detox' as we clean the body from the inside and remove toxins that may have been in the body for many years.

THE KAMALA CENTRE 3 DAY ULTIMATE DETOX

We have been working on a detox program for a couple of months and the results have been amazing. In just 3 days clients have lost over 3 kgs (8lbs) and report having more energy than they have had in years. We have combined the cleansing ability of colonics with the amazing nutrients of juicing fresh fruit and veg. If you are familiar with juicing, we provide all the recipes and you just turn up daily for colonics

We have combined the cleansing ability of colonics with the amazing nutrients of juicing fresh fruit and veg

over the three days. If you prefer, we make all the juices for you fresh each day and you collect them when you turn up

for your colonic; all you have to worry about then is getting plenty of rest.

If you would like to discuss

this more you can call us at the Kamala Centre on **965 875 869** or visit our website on **www.thekamalacentre.com**



For an appointment please contact The Kamala Centre, Calpe on **965 875 869** or visit **www.TheKamalaCentre.com**

My husband has recently been diagnosed with high blood pressure and high cholesterol. He says that he feels fine and is refusing to take the medication prescribed by the Doctor. **Should I be encouraging him to take his tablets and if so: why?**



Ask the Specialist by **Dr Colin Evans**
MB.ChB., F.R.C.S., BDS., FDSRCS

RAISED BLOOD pressure and its close friend cholesterol are like stealth taxes: they exact a toll without you knowing it. When people are feeling well, quite understandably they imitate the actions of Prime Minister Robert Walpole who said "Let sleeping dogs lie."

So where does cholesterol come into this? High blood pressure, along with other factors, is caused by a narrowing of the arteries. Consequently, the heart has to work harder to force blood through in order reach all the important organs. Cholesterol leaves the flowing blood and eventually settles on the lining of the arteries rather like a furred up kettle or water pipes in an area of hard water. These deposits are known as 'plaques'. The plaques lead to resistance in blood flow, meaning that the heart has to work harder to get blood around the body

including the brain, heart, kidneys and liver.

The effect of this on the heart is like that of pumping iron in the gym. The heart muscle becomes larger, to enable the blood to get through the pipes. But there's the snag: this vastly increased muscle requires more blood. The heart itself has insufficient oxygen; it becomes a vicious circle. Eventually, if ignored, the heart cannot cope and gradually weakens and goes into failure. Another effect of high pressure can quite simply be a leak, a little like a burst pipe, particularly in the brain where such an occurrence can cause a stroke with disastrous consequences.

Strokes can also be caused by clotted blood when the blood can be whipped up a bit like cream by passing over the roughened plaques. Sometimes, a bit of plaque will break off and block an artery in the brain causing a stroke, or in the heart causing a heart attack. Less dramatically, the narrowed coronary arteries, those that supply the heart, gradually become narrower until the heart muscle itself does not get enough blood and therefore, oxygen. This causes heart pain known as angina. So you see - ignoring high blood pressure and high cholesterol levels can seriously affect your life in somewhat unpleasant ways.

Article written by **Dr Colin Evans** (MB.ChB., F.R.C.S., BDS., FDSRCS.) The English Medical Centre, Avda del Albir, 72. Edificio Primavera, Bloque 1. ALBIR, (Alicante) **966 868 013**. Email: **engmedopt@orange.es**

RETIREMENT ACCOMMODATION APARTMENTS

All with Alarm system, full medical care, central heating BBC, ITV & Sky TV, mini bus, bowling green swimming pool and Doctor

Nursing & Rest Home

24 hr nursing assistance, English Chef & Satellite TV



For a brochure call **(0034) 96 583 5226**
Apartado 430,
03710 Calpe, Alicante
www.colinaclub.es
mail@colinaclub.es



016 EMERGENCY HELP AND ADVICE LINE FOR VICTIMS OF DOMESTIC VIOLENCE **016**
FREEPHONE & UNTRACEABLE
Spanish - English - French

A Nursing Home where you feel... at home

- ★ Respite for post-operative care and illness
- ★ Suitable for people with memory and/or orientation disorders
- ★ Qualified staff, 24-hours nursing care
- ★ English speaking staff
- ★ Secure Environment
- ★ English TV

Anneke Residence

www.annekeridence.org

Anneke Residence is part of De Thuiszorg Costa Blanca.

Tel: **96 681 4034** (24 hrs)

Alfaz del Pi

IBS? Constipation? Bloating? Excess wind?

Don't Suffer

A Colonic can offer instant relief.

Call Carol NOW at...

thekamalacentre

COLONICS • BEAUTY • WELLBEING

965 875 869 • 634 319 612
Club de Tennis • Calpe
www.thekamalacentre.com

UNISEX HAIR, BEAUTY STUDIO

PANACHE

CREATIVE NAILS & CHIROPODY

PROVIDING EVERYTHING YOU NEED UNDER ONE ROOF!

UNISEX HAIR - Professional cutting, colouring, highlights, permanent waving and hair extensions (kodigo clip).

BEAUTY - Facials, Massage, Aromatherapy, Waxing, Reflexology, Pedicure

NAILS - Nail enhancements, manicure, shape & polish, rapid nails - completely new fast system for beautiful long nails

CHIROPODY - Chiropody, pedicure

HOLISTIC THERAPIES - Complementary therapies for mind, body and soul

SEMI-PERMANENT MAKE-UP - Eyebrows, Eyes, Lips, Restylane, Red Vein Treatment

GIFT VOUCHERS AVAILABLE

C/Juan XXIII, N° 9 - 03724 Moraira
Telephone 96 574 5357

APPOINTED SALON FOR