

"Delivering Successful Publicity"

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wellbeing |

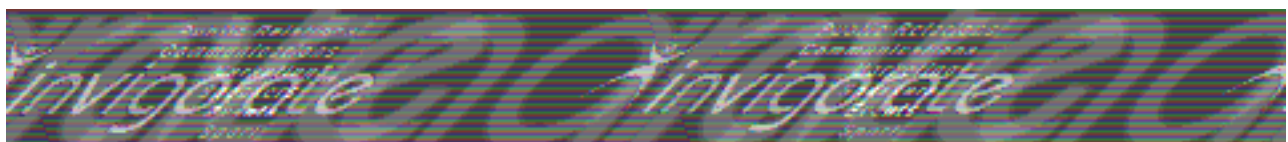
Feeling fat?

If you're exercising regularly and eating right, you're on your way to body-brilliance (not to mention health and happiness), but if you want to mix it up a little, or just need a little body boost, we've got you covered.

Blocked up?
Your colon (large intestine) is approximately two metres long. Not only does it play an extremely important role in eliminating toxins and waste from the body, it also absorbs vitamins and minerals into the bloodstream. Approximately 80 per cent of your immune system also resides in the colon. So, any build-up of waste or toxicity in the colon can create major stress on the body in many different ways. A 'colonic' or 'colon hydrotherapy' is the gentle infusion of gravity fed, purified, temperature controlled water into the colon via the rectum. The procedure involves massage of the lower abdominal area. A sterile, single-use catheter is then gently inserted into the rectum. Filtered and temperature regulated warm water, and occasionally herbs or oxygen (ozone therapy), is gradually introduced into the colon and natural evacuation of faeces occurs. The average person can be retaining between one to six kilos of undigested food, toxins and waste in the colon. The purpose of colon hydrotherapy is to loosen and soften this waste, which then promotes natural peristalsis (muscular contraction) and the release of stored waste material from the colon. Annie, a 38-year-old sales manager, tried colon hydrotherapy at the Gold Coast's Body Brilliant Wellness & Detox Lounge (www.mybodybrilliant.com) and says, "They made me feel at ease and the process was a lot more comfortable than I anticipated. After a few sessions I felt my tummy flattened." People suffering certain conditions or disorders should seek medical advice prior to undertaking any colonic irrigation procedure. To view a number of recommendations and risks associated with Colon Hydrotherapy, visit www.health.vic.gov.au/ideas/regulations/nth_guidelines.htm

Water weight?
The lymphatic system is a network of tubes throughout the body that drains this fluid (called lymph) from tissues and empties it back into the bloodstream. Fluid retention (oedema) occurs when the fluid isn't removed from the tissues. Feet, ankles and hands are most commonly affected, with other symptoms including aching body parts; stiffened joints; or unexplained weight fluctuations. Causes of fluid retention include gravity, hot weather, burns, menstrual cycle, pregnancy, the pill, diet deficiencies, medications and chronic venous insufficiency. There are some more serious underlying causes, so a diagnosis is important. Once diagnosed, self-care options include:

- A product to treat venous insufficiency (like Venotrac)
- Vitamin B6 (pyridoxine) is thought to help in cases of mild fluid retention. Good sources of vitamin B6 include brown rice and red meat



- Vitamin B5 (pantothenic acid), calcium and vitamin D help the body to excrete excess fluids. Include fresh fruits and low fat dairy foods in your daily diet
- Supplements may help in the case of fluid retention caused by the menstrual cycle: for example calcium, magnesium, manganese, evening primrose oil and chaste tree
- Herbal diuretics like dandelion leaf, corn silk and horsetail
- Cranberry juice, for its mild diuretic action
- Lying down with your legs higher than your head, when possible.
- Regular exercise
- Use of support stockings

Difficulty digesting?

Poor digestion, fatigue, and irregularity can make you feel lethargic and irritable. The liver's job is to produce fluids required for proper and complete digestion, as well as to rid

your system of dangerous toxins. Even if you eat a good natural diet, artificial ingredients and chemical residues can find their way into your system.

Bitter herbs are believed to act on the liver and digestive system, help unblock the liver and assist a sluggish liver. Bitter-tasting herbs were once an important part of Native American, European and Chinese diets. Medicines made from bitter herbs, such as Swedish Bitters, are used as digestives and are beneficial for the intestinal tract.

Swedish Bitters, named after the 18th century Swedish physician Dr Samst and for its bitter taste, are said to stimulate digestion, appetite, bile flow and maintain healthy digestive function. In addition, the bitters typically contain aloe, senna and rhubarb to help maintain regularity; and black cohosh, clinically-proven to relieve premenstrual discomfort and menopausal symptoms such as night sweats and mood swings, in addition to reducing bloating and gas.

Hypoxi

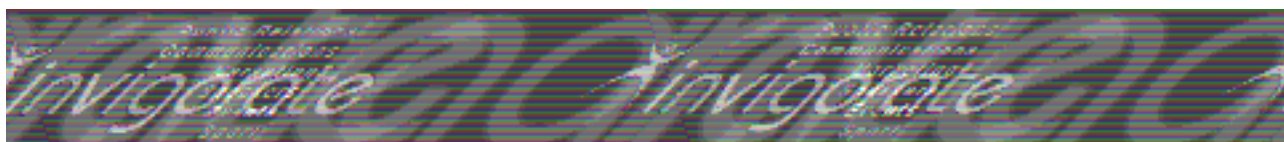
Developed by Austrian Sports Scientist, Dr Norbert Egger, the Hypoxi system uses a vacuum to target fat and cellulite.

Users don a wetsuit-like outfit, then either walk on a treadmill or cycle in a reclined position for around half an hour, while a vacuum operates on the body.

The theory behind Hypoxi is that the vacuum manipulates the body's blood circulation, allowing fat burning to occur in areas where it is usually more difficult.

For the non-believers, Hypoxi offer results from a test of 530 women, which show that using Hypoxi achieved a three time higher loss of circumference measurement than conventional exercise achieved on its own.

Some might be sceptical, but ultimately it is up to you. If you enjoy the results, then there's a good chance alternative treatments like these are keeping you motivated and on track. Just don't expect any pill, cream, potion or machine to work magic without solid effort on your part. ✨



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