



SPRING CLEANING – IT’S GOOD FOR THE BODY

Spring cleaning is good, whether it’s directed at the house, body or mind. But while cleansing the body might sound a little elusive, it is one of the best kept “secret” health and beauty trends used by the famous and those “in the know”. The benefits of Colon Hydrotherapy (CHT), which is a gentle, natural method of colonic irrigation without the use of drugs or chemicals, include clearer skin, more energy and improved overall health. It improves digestion, reduces constipation and helps strengthen the immune system.

“With a thorough, natural detox you can experience life-changing results that far exceed the temporary affects of laxative teas or over-the-counter detox programs,” says Philomena Papirnik, a Certified Colon Hydrotherapist and owner of *PURE Colonics* in Manhattan. “Considering the significantly high levels of toxins in the modern world today, “ she continues, “from processed foods to medication overload to chemical toxicity, it is important that we educate ourselves on how to prevent health risks and how to naturally treat what ails us.”

Colon Hydrotherapy (CHT), also known as a high enema or colonic irrigation, is a gentle method of internally cleansing the colon of poisons, gas, and accumulated waste matter, without the use of drugs or chemicals. Used in combination with a regimen of proper nutrition and regular exercise, a regular CHT cleansing can be a powerful tool for breaking unhealthy habits and maintaining optimum health throughout life.

“I wholeheartedly believe in the body’s natural ability to heal itself and what better time to start than spring,” says Philomena. “I have assisted thousands of people on the journey towards vibrant health,” she continues, “and I gratefully look forward to each new opportunity to continue this powerful work with others.” For more information about CHT and *PURE Colonics*, visit www.purecolonicsnyc.com

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About Philomena Papirnik and *PURE Colonics*: For over 10 years, Certified Colon Hydrotherapist Philomena Papirnik has been providing health and wellness services at her practice, *PURE Colonics*, in Manhattan. Known for her gentle, compassionate nature and playful sense of humor, she views healing as a creative process that actively engages both practitioner and patient. She completed her training in Ayurvedic Medicine at the *Ayurvedic Institute* in Albuquerque, New Mexico, and at the Gurukula study program in Puna, India. She has also studied Sound Healing with Jonathan Goldman and Mr. Kita, and Natural Healing through *The Living Food Lifestyle* at the *Ann Wigmore Foundation*. Philomena began her professional commitment to the health and wellness field in New York City, eventually joining the staff of the prestigious *Olive Leaf Wholeness Center*. There, in addition to her regular caseload of clients, she facilitated the detoxification programs of recovering 9/11 uniformed service personnel.

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