

Finding the right answers for your body



by Norma Hope
Certified Colon Hydrotherapist

I was raised on meat and potatoes, hard work and doing the right thing, perfectly of course. It was that “no pain, no gain, suck it up and carry on” way of being.

Then just before turning 40, I realized that meat and potatoes wasn’t working for me, work didn’t have to be hard and doing the right thing for me is just that - for me, my right thing, not anyone else.

I remember being called ‘tubby’ in high school. I was only 10 or 15 pounds overweight. I remember dieting a lot. It felt better not to feel the criticism but ‘not feeling’ contributed greatly to my ‘feeling unhealthy’ years later.

Feelings that are not expressed when we are young still affect us today. It is what makes us reach for that comfort food, drives us to be workaholics or perfectionists and causes us to judge ourselves and others.

While diets have never worked for me, cleansing has. It got me to a place of connection where I like me, my body and even my belly. Cleansing eliminates the old stuff, physically and emotionally, improving not just the quality of living one’s life but also our digestion and absorption.

Cleansing and detoxifying gets you reconnected to your body and your emotions. It is okay to be real, to be vulnerable, to speak your truth and even to cry without shame. Those ‘not good enough’ feelings are let go of, as well as other repressed feelings stored in your body.

I started cleansing in 1997 with Colon Hydrotherapy and it totally changed my health. My prior chief complaints

of constipation/diarrhea, back pain, headaches and chronic fatigue are long gone. It was a life changing experience. In fact, it was so powerful that I changed my career from being an independent insurance adjuster for 21 years to becoming a Certified Colon Hydrotherapist in 1999.

Colon Hydrotherapy gave me back my health. Now I am doing what I love so work is not hard. I even got my giggle back!

In my pursuit to find other powerful ways to help people cleanse, detoxify and find a healthy body weight, I tested the G-Wave Micro Current device from Europe on myself and 32 clients over a one month period in 2005. The results were amazing for a number of things.

The G-Wave Micro Current is state of the art technology. It is like those old TENS devices that your physiotherapist



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used on your muscles, but add 30 years of research and more sophisticated technology and you get a device that can treat your entire body. Every session is done on a Vibroacoustic Sound Table as it boosts the healing effects while relaxing your body.

When doing the G-Wave Micro Current therapies, small adhesive pads are placed in different strategic places on the body depending on the program being done. The wires are hooked into these pads to send the necessary

patterning of micro currents through your body. The G-Wave Micro Current does numerous types of treatments like Fat Cell Reduction (Electrolipolysis), Lymph Detox, Body Contouring, Core Strengthening, Pain Relief and more.

Using the Fat Cell Reduction and Lymph Detox programs of the G-Wave Micro Current, one male client (age 81) lost 7% body fat over three weeks. A female client (age 52) went from a size 20 to a size 16 in three weeks with seven treatments. Another female client (age 48) went from a size 12 to a size 8 in four weeks. Two other clients were so impressed they assisted me in purchasing the device for my clinic.

The Pain Relief Program part of the G-Wave Micro Current has also proven to be phenomenal. A male client (age 38) no longer has chronic low back pain, while one female client (age 52) no longer has chronic right knee pain. There are even programs for incontinence, circulation and pain programs for sciatica and more.

The Core Strengthening part of the G-Wave Micro Current tones deeply in the muscles. What a sweet way to shape up! One female client (age 41) improved the frequency and consistency of her bowel movements by strengthening the abdominal muscles with five core strengthening sessions. Also using similar core strengthening treatments, a female body builder (age 28) who couldn't quite get a well defined abdominal six pack, found that three core strengthening treatments got mission accomplished and she got this while lying down relaxing; no sweating required!

The specific patterns of G-Wave Micro Current vary depending on the type of treatment programmed. A 32 year old female client's chief complaints were tiredness, difficulty losing weight, and knee pain. After ten sessions combining Lymph Detox, Fat Cell, Core Strengthening and Pain Relief, she went from size 22 to size 18 in a month. Her knee pain is 90% better.

Another female client (age 27) chief complaints were bloated, tired, constipation, sinusitis and anger. After completing nine sessions combining Colon Hydrotherapy with multiple G-Wave Micro Current plus Thought Field Therapy for anger, her symptoms were gone. She also lost weight without trying.

The first question I ask clients is: "What are your chief complaints about your health or your body?" The symptoms you have determine the right thing for you to do.

Each one of us is unique. Each one of us has our own right thing. But, we all want to feel good about ourselves, have good health now and for as long as possible. It is within reach. The only question is what to do, what is your right thing, right now?

We need to accept that we are what we eat and that it is even truer that we are what we don't eliminate. Every symptom or feeling you have in your body means your body is trying to get your attention because something is just not right inside. You may want to start simply with food combining for better digestion or drinking alkalized ionized water to start lightly detoxing. Our classes start in September.

Did you know it can take up to 10 years of cancer cells growing inside your body before a medical test can say you have it? Toxins take years to pile up inside, slowing metabolism, causing weight gain, muscle weakening, pain and more. Remember 90% of all diseases are caused by toxins in the body. The Canadian Cancer Society statistics state 39% of all Canadian women and 44% of all Canadian men will get cancer in their lifetime.

We eat more meat (beef, chicken & fish) in North America than any other country in the world and we have the highest rate of heart disease, colon cancer and obesity. Colon cancer is our number two cause of death.

I recommend you throw out the weigh scale. Get back to how you feel. Quit eating food if it makes you tired during or even after eating. Your body should feel energized after giving it food fuel not tired. Eat when hungry not because it is lunch time or supper time. Assessing how you feel before, during and after eating is so easy after you have cleansed or gotten in touch with your body through G-Wave Micro Current treatments. You can feel you again.

It is time to determine your 'right thing.'

Norma is a Certified Colon Hydrotherapist, Lymph Drainage Therapist, Certified Natural Health Practitioner of Micro Current Therapy and more. For more visit www.lifesynergyinc.com or call 780-477-1100.

Note: This information is for educational purposes only. It is intended to supplement your current health program and not to replace the care of a doctor. For diagnosis or treatment of any disease please consult a licensed physician.

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Did you know 90% of all Diseases are caused by toxins in the body?

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- * Lymph Drainage or Lymph Detox
- * Fat Cell Reduction or Body Contour
- * Pain Relief or Body Strengthening
- * Body Wisdom Thought Field Therapy
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- Parasite + Frequency Healing *
- IonCleanse Body Detox *
- Reflexology & Reiki *
- Alkaline Ionized Water *

CLASSES: * Healthy Eating * TFT start Sept.

Call Norma J. Hope

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