

Too tired to stay focused?

So was Cindy Faraci. Since she was routinely too tired for even basic tasks like cooking and laundry, Cindy felt grateful (though more than a little guilty) when her teenage daughter, Amber, picked up the slack. But on the night Amber's English lit book ended up in a pot of pasta as the teen tried to juggle studying for a test and preparing dinner, Cindy vowed to put an end to the role reversal. Here, how Cindy discovered the source of her low mood and even lower energy, plus how she restored her zest for life.

Talk about adding insult to injury: I was going through a difficult divorce and lost my job within the same three-month period. This triggered a downward spiral of emotions that continued to plague me for years. The stress of it all was so severe that sometimes I felt the breath get sucked right out of my body. My doctor prescribed antidepressants and anti-anxiety medications, but they made me feel out of sorts, so I worried about taking them. But I did take them because the "expert" told me to.

The medications made little difference. I was still so depressed and foggy-headed that even doing simple things like shopping for groceries overwhelmed me. I would walk aimlessly through the supermarket aisles with my cart and wind up leaving without ever putting anything in it.

"I just couldn't snap out of my funk."

I started to withdraw more and more from my day-to-day activities and relationships to the

point where my room became a refuge from which I rarely ventured out. My 18-year-old daughter, Amber, single-handedly took over the household. Not only did this extraordinary young woman step up to do all the shopping, cooking, cleaning and laundry, she also organized an intervention among my family and friends in order to get my butt moving again!

Still, as appreciative and touched as I was by my loved ones' efforts, I simply couldn't manage to "snap out of it."~I was desperate to find an alternative to the medications, but my ability to concentrate was so clouded that I couldn't even muster the focus necessary to give proven remedies like yoga and meditation a try! I often felt as though I'd somehow



"Antidepressants didn't help, but I took them because the 'experts' said to."

—Cindy Faraci, 49, Las Vegas



Exposed!

The "taboo" source of female fatigue

managed to dig myself into a hole from which there might never be a way out.

One thing was clear: I couldn't continue to do this to my family-or to myself. So I kept searching for a drug-free solution. Then one day while surfing the Web (without much expectation), I stumbled across colon hydrotherapy, the infusion of water into the rectum to cleanse the colon. Although it struck me as a bit offbeat, I admit I was intrigued. I read that stress can lead to sluggish bowels, triggering toxic buildup and symptoms like fatigue, depression, brain fog and bloat. I decided to give the procedure a try.

"The colon is one of the most neglected areas by the medical establishment."

—Leonard Smith, M.D.

"I immediately felt a sense of focus and vitality!"

Any initial anxiety fell by the wayside at the first session. The colon hydrotherapist answered all my questions matter-of-factly and with humor that put me at ease. The therapist even made me chuckle when she teased, "Cleaning the digestive tract of stagnant waste is something that everyone should be talking about, though maybe not at the dinner table!"

There was no pain or odor—just a slightly uncomfortable feeling of fullness in my abdomen. And at the end of the first treatment, I immediately felt better: relaxed, revitalized and focused. After two more sessions, my longtime sluggishness, fog and blue mood gave way to a feeling of well-being. Even the acne rosacea (a combination of pimples and ruddiness) that medication had been unable to clear years earlier had vanished!

I felt so healthy that I was finally able to go off all my medications. I also was inspired to start eating a high-fiber diet—lots of fruit, veggies, whole grains ... and no junk.

Now I return every couple of months for a colonic maintenance treatment. I'm amazed at the difference in my entire existence. I feel like a whole human being again!

ONE-MINUTE QUIZ

Could waste buildup be triggering your tiredness and brain fog?

If you suffer from two or more of the following, and especially if you experience intermittent constipation, you may benefit from colon hydrotherapy.

- Fatigue
- Headaches
- Brain fog
- Depression/irritability
- Bloat
- Joint or back pain



"The elimination of undigested food and other waste is as important to health as the proper digestion of food," says gastrointestinal surgeon Leonard Smith, M.D. "Waste ferments and rots when it remains in the digestive system too long. That leads to the proliferation of bacterial toxins that trigger fatigue, headaches and more."



Colon hydrotherapy (colonic) can remove up to 20 pounds of stagnant waste, eliminating toxic buildup to allow for better absorption of nutrients (and significant weight loss!).



During a typical 45-minute session, the colon is filled with warm water that's filtered through a tube inserted into the rectum. Fecal matter is hydrated, softened and drained through a second tube. There should be no odor or discomfort (other than a feeling of fullness in the abdomen).



Below, additional methods of cleansing and detoxing the colon and body.



Sweep out trapped toxins

"A fiber-rich diet has a broom effect," says Carolyn Dean, M.D., N.D., medical adviser for YeastConnection.com. "It sweeps the walls of the colon to eliminate stagnant waste." To get the suggested 25 grams of fiber daily, eat a variety of fruits, veggies, nuts, seeds and whole grains. Or try a psyllium supplement, such as Carlson Laboratories Psyllium 500 mg (\$4 for 100 capsules, at VitaminLife.com or call 866-998-8855).



Banish bad bacteria

Snacking on yogurt can keep energy levels high, thanks to probiotics. "These friendly microorganisms crowd out the bad bacteria that cause fatigue," says Anil Minocha, M.D., author of Natural Stomach Care (Avery, 2003). Look for the "Live & Active Cultures" seal on the label of your favorite brand.



Encourage regular elimination

A single cup of java in the A.M. may act as a laxative to prevent waste buildup. "But stop at one cup," cautions Dr. Smith. Caffeine can overstimulate the muscles of the colon, rendering them unable to follow their own natural rhythm and causing constipation.

We're here to help! For more info on Colonhydrotherapy, or to find a certified colon hydrotherapist, visit I-ACT.org.

Main photo: K. Vey/Jump. Inset photo: Luciano Mello. Hair, makeup and stylist: Sarah Pascoe. Text: Hallie Potocki