

CREATIVE HEALTH & HERBAL NUTRITION

Colon Hydrotherapy

It is suggested that you read this entire document if you are considering colon hydrotherapy. This document contains the following information.

- Overview
- Contraindications
- Frequently Asked Questions
- Colon Hydrotherapy Preparation
- Post-colon Hydrotherapy Suggestions

Overview:

Colon Hydrotherapy is the safe, gentle infusion of water into the colon via the rectum. No chemicals or drugs are involved and the entire therapy is both relaxing and effective. During therapy the client lies on a custom treatment table in complete comfort. From the hydrotherapy equipment, a small disposable speculum is gently inserted into the rectum, through which warm, filtered water passes into the colon.

Modern state-of-the-art colon hydrotherapy units employ multi-stage water purification systems, individual disposable speculum that eliminate any possible contamination to the client from a previous treatment, a lighted viewing chamber, and a system for additive administration.

These are closed systems... so waste is *discretely transported into the drain line without offensive odor and without comprising the dignity of the individual*. After each therapy session, the unit is thoroughly cleansed and disinfected in preparation for future use.

A skilled colon hydrotherapist will use several fills and releases of water, as well as light massage techniques, to dislodge toxic waste matter adhering to the walls of the colon. The dislodged fecal impactions are then gently washed away through the system's waste disposal hose.

During the therapy, water temperature and pressure will be monitored by the therapist and can be varied to stimulate peristalsis (muscular contraction) in the colon. This is very important to help the atonic (sluggish) colon.

Colon Hydrotherapy is not addictive. It encourages the restoration of the colon's natural function by strengthening peristalsis.

Each colon hydrotherapy session lasts approximately 1 hour and one should allow a little over an hour per office visit. Initially, a series of therapy sessions is usually recommended to achieve the maximum cleansing benefit. The standard recommendation

is twice a week for 2 weeks then weekly for 8 weeks. Frequency of visits can be discussed with the therapist and depend on the individual.

With colon hydrotherapy, the entire large intestine is cleansed and the therapeutic benefits are much greater than those achieved with an enema. Enema cleansings are limited to the rectum area and due to the body's natural wish to expel, are limited in duration. Over-the-counter suppositories stimulate expulsion of the contents of the rectum, but contribute to dehydration, which may exacerbate a constipated condition.

During a typical colon hydrotherapy session, gallons of water will be used. The colon therapist is often able to promote elimination of a volume of toxic waste, which would not otherwise be possible through individual efforts.

Eliminations during colon hydrotherapy sessions can be substantial as older, hardened, impacted feces are dislodged from the colon walls.

The colon hydrotherapist will evaluate the client's progress during their session. After a therapy session, many people report a feeling of heightened energy, an increased sense of well-being, and renewed vitality. Almost certainly your colon will be cleaner; you may experience easier eliminations, and your overall health status should be improved. Occasionally, people will feel tired and weak after a colonic, this is an indication of increased toxicity in the body and an even greater need for colon hydrotherapy.

Colon hydrotherapy provides a proven way to cleanse your colon, and thereby increases your chances of maintaining optimal health. However, maintaining good health is an ongoing process that requires diligence.

After the initial series of colon hydrotherapy sessions, you may be well advised to seek colon hydrotherapy monthly. In this way, you can maintain the benefits achieved during your first colon hydrotherapy sessions, as well as maintain a strong functioning colon. Your colon therapist should be able to suggest a reasonable schedule depending on your personal health status and desire for further therapy.

With some patience and discipline -- **including the help of a Colon Hydrotherapist** -- you have an opportunity to overcome serious health problems and start living a strong, healthy, disease-free life.

Contraindications:

You should NOT receive colon hydrotherapy if you currently have or recently had one or more of the following conditions:

Anal Fissure(acute, painful crack or tear)

Anal Fistula(infected anal fissure)

Aneurysm

Cirrhosis

Severe Cardiac Disease
Severe Anemia
Gastro-Intestinal Hemorrhage
Bowel Impaction
Crohn's Disease
Colon Cancer
Colon, Rectal, or Abdominal Surgery(less than 6 months ago)
Colostomy
Diverticulitis
Dysentery
Gastroenteritis (Food Poisoning)
Hemorrhoids (now painful or bleeding)
Hernia, Unrepaired (Abdominal or Inguinal)
Kidney Dialysis (Renal Insufficiency)
Pregnancy (Current, and until 6 weeks post partum)
Rectal Bleeding (Current)
Ulcerative Colitis

Frequently Asked Questions:

Is colon hydrotherapy safe?

Yes, In fact with new colon therapy equipment, treatments are much safer than the common enema.

How much of the intestines are actually cleansed during a colon hydrotherapy treatment?

During a treatment it is possible for a professional colon therapist to cleanse the full length of the colon (large intestine). It does vary from person to person as to how many sessions it takes to cleanse the entire colon. The small intestine may be cleansed with the help of an oral (herb-based) intestinal cleanser.

Is there any possibility of bacterial or viral contamination from prior use of the colon hydrotherapy machine?

Modern colon hydrotherapy machines utilize pre-sterilized, disposable hoses and speculums. These disposables are used only once during a single therapy session.

How long does a treatment take?

Actual treatment time varies, but you should plan a total session visit of 1 hour or so in duration.

Will I experience any intestinal discomfort or fatigue after the cleansing?

Usually not, but since the cleansing will stir up a lot of old debris and toxins, you might experience some minor nausea or fatigue. If you have a chronic health condition, you may experience more fatigue than a generally healthy person. If any discomfort occurs, it is recommended to rest and apply a warm heating pad to the abdomen. If you wish, a mild vegetable broth or peppermint tea is usually soothing at this time. Any discomfort will usually pass within 24 hours.

Do I need to take acidophilus after a colon cleansing because intestinal flora has been washed out of the colon?

It is recommended to use acidophilus, but not because the treatment washes out intestinal flora. Colon hydrotherapy cleansings do not wash out intestinal flora. Taking acidophilus subsequent to a colon cleansing is beneficial, because it helps to improve the bacterial balance in the colon. The best method is to implant the flora rectally the evening after your final therapy session. This can be done regularly.

Colon Hydrotherapy Preparation:

- Please have a regular meal (no junk food!) or at least a healthy snack two or three hours before your appointment. After that, have no more solid food or liquids prior to your colonic. Please refrain from drinking liquids for an hour before your appointment.
- Avoid any gas-forming foods the day before your appointment. Beans, broccoli, cauliflower, cabbage, raw apples or onions, cucumbers, melons, bananas, peppers, and carbonated beverages typically trigger gas. Avoid these or any foods that cause gas for you.
- A 2-quart filtered water enema the evening before your appointment may be helpful.
- You may wear any type of clothing; you can choose to wear a gown or your shirt for treatment.
- If you are very constipated, take a Herbal laxative (senna, Epsom salts, stool softener) the night prior to your session.

Post-Colon Hydrotherapy Suggestions:

- Avoid gas-forming foods for two days after your colonic session.
- Take a probiotic supplement.
- Take digestive enzymes and/or HCL Betaine with Pepsin with meals (only if you are not taking an acid-reducing drug, for example, Prilosec, Nexium.)
- Remember to drink plenty of purified water: your weight divided by 2 in ounces every day.
- Eat more natural foods, such as: salads, vegetables, fruit, and juices.
- Your next normal elimination is usually one to three days after your colonic session.