



COLON HYDROTHERAPY

Why are Colonics Needed?

According to the Royal Academy of Physicians in Great Britain, "90% of all disease and discomfort is directly or indirectly related to an unclean colon (due to impacted fecal matter)." Most people who have problems with their large intestine are alerted by various common signals, such as constipation, excessive gas, bloating, diarrhea, and abdominal discomfort. Like a water pipe partly obstructed by mineral deposits and corrosion, a constipated colon loses much of its ability to function properly because its walls are lined with accumulated fecal material. Toxins result from the fermentation and putrefaction of undigested food and the packed, hardened fecal matter also inhibits effective peristalsis, making the blockages worse.

By allowing toxins free play in the body, a poorly functioning colon can cause or contribute to many other problems such as fatigue, headaches, low back pain, allergies and sinus problems, irritability, depression, skin problems, and poor immune system functioning. Contributing factors to colon dysfunction are poor dietary habits, overuse of laxatives, weak back and abdominal muscles, excessive emotional stress and lack of exercise.

How Many Colonics Should I Receive?

An initial series of colonics is often suggested to help restore one's large intestine to a healthy state, although it's important to note that most clients report immediate improvements in their energy level, emotions and general well-being after just one session. The number of colonics in a series varies from client to client; your therapist will make an individual recommendation based on your initial consultation and colonic.

Our bodies follow the seasons of the year and experience subtle changes as the equinoxes and solstices come and go. To support your health during these transition times, you may choose to receive a colonic 3-4 times per year (yes, even in the relatively mild NM climate) after you complete your first series.



What Changes Can I Expect to Notice?

While no two people have exactly the same experience, clients consistently report one or more of the following benefits:

- better digestion and elimination
- loosening of the mucus in the lungs & sinuses
- more energy
- fewer headaches
- sharper thinking
- clearer skin
- fewer cravings for sugar, salt and fatty food
- relief from low back pain
- menstrual cramp relief

Aren't Enemas the Same as Colonics?

No. Colonics are far more therapeutic than enemas. During an enema, only the descending colon is cleansed, and peristaltic action is not greatly affected. Colonics, on the other hand, can cleanse the entire colon and stimulate and improve peristalsis.

Are Colonics Habit Forming?

The traditional gravitational method is safe and non-addictive. Because of its restorative effect on peristalsis, bowel functioning can improve dramatically, and can be maintained by the individual, especially when accompanied by a proper diet, sufficient exercise and sleep and healthy lifestyle habits.



What about My Natural Bacteria?

Given their digestive and eliminative complaints, most people who come in for their initial colonic series can be assumed to have too many unhealthy bacteria in their colon, and not enough of the good guys. Thus, it is important to recolonize the digestive system with the bacteria it needs to stay healthy as the toxins, accumulated waste, gas, and unhealthy flora are being eliminated through colon hydrotherapy. The healthy "probiotic" bacteria are easily replenished by eating miso, fermented vegetables and other fermented foods, using probiotic supplements, and self-administering implants. Your colon therapist will offer guidance on choosing an approach that is right for you.

If you think of your body as a garden, then the colon is the soil. When the soil is unhealthy, it can't provide the strong foundation plants need to thrive; essential nutrients and water won't be adequately absorbed. In the same way, a dysfunctional colon can't provide your other vital organs with the vitamins and minerals they need for optimum function. A clean and well-functioning colon, on the other hand, will support the health and vitality of your liver, kidneys, heart, lungs, skin, lymph...just about every part of your body!