

COLON HYDROTHERAPY

WHAT IS COLON HYDROTHERAPY?

Colon Hydrotherapy is a gentle irrigation of the colon, cleansing it of waste material by repeated, gentle flushing of warm, filtered water. It is the placement of water inside the colon for the removal of debris and waste water for therapeutic cleansing. A series of colon hydro therapy sessions may increase your colon's tone and function while removing excessive mucus and abnormal bacteria, intestinal parasites, toxic chemicals, poisons, gas and accumulated fecal matter.

By cleansing the colon of toxic chemicals, colonics may offer relief from a variety of disturbances. Fatigue, gas, bloating, headaches, irritability, skin problems, cold hands and feet, and lethargy are among the many symptoms relieved by colon cleansing. Constipation of course, is another, as well as chronic diarrhea. The body can again take nourishment from food and defend itself against pathogens and disease itself when the colon is working optimally.

The procedure exercises the colon, reshaping it to help restore its natural function. This therapy is like taking your colon to the gym by giving it an exercise workout, thus the colon tissues can return to a healthier state.

It is similar to an enema, but unlike an enema, it does not involve the retention of water. There is no pain, discomfort, or internal pressure, just a steady flow of water in and out. The procedure lasts about 30-45 minutes, beginning with an abdominal massage. It is completely private, in a comfortable treatment room with only the client and a professional therapist. Dignity and respect of the client is maintained at all times.

Colon Hydrotherapy can assist you in creating a holistic view of your body's functioning, leading to a better quality of life. Other names for Colon Hydrotherapy are Colonic Therapy or Colonic Hydrotherapy or Colonic Irrigation Therapy.

GOOD HEALTH

Good health is much a function of how we eliminate waste from our bodies as what we actually take in, yet \$350 million in annual laxative sales indicate that elimination is a problem for many people. At least a million Canadians suffer from colitis, ileitis, Crohn's disease, irritable bowel syndrome and diverticulitis. Cancer of the colon is the second most common cancer cause of death in Canada. This need not be so. Good health not only depends on what kind of foods we eat, but also how well we eliminate wastes. Improper diet, stress, overeating, insufficient exercise, and ignoring "call of nature" can lead to bowel problems.

What is the colon?

The large intestine is approximately five feet long and 2 inches in diameter. It extends from the cecum, where it joins the small intestine, up the right side, across the abdominal cavity just below the navel, and down the left side of the body. It extends to the sigmoid that is in the lower left abdomen to the rectum. It has two sets of muscles to propel its contents forward; long muscles that move like a wave, and round muscles that squeeze to narrow the colon diameter. The average person is carrying 5-15 pounds of dried fecal matter impacted in the colon. Average food transit time is 18-24 hours in a healthy colon. Healthy bowel movements should amount to 1-3 per day. More than 145, 000 people in Canada are diagnosed with colon disease per year.

How is our colon supposed to function?

The colon completes the digestive process. It absorbs minerals, nutrients and excess water from the digestive residue of food we have eaten, and discharges toxins and waste materials out of the body. When the colon is clean and healthy, we experience a feeling of well-being. When it is congested with stagnant toxic chemicals, these poisons back up into the circulatory and lymphatic systems and pollute the inner environment. This is called autointoxication – literally, “self-poisoning”.

What is autointoxification?

All of the body’s tissues are affected by autointoxification. The end result is dirty blood. Autointoxification can be a causative factor in numerous serious diseases.

A Sign of a Problem:

Constipation is usually the first sign that the bowel is not functioning properly. The wall of the colon is encrusted with accumulated fecal waste, narrowing the opening and making it more difficult to eliminate. Absorption of nutrients is blocked. Wastes and toxins that should be eliminated are reabsorbed into the blood.

What is the most common cause of constipation and diarrhea?

Stress is the most common cause of constipation and diarrhea. Stress tightens the nerves and muscles so that they twist and distort out of shape. They lock up into a holding position not permitting a release. At other times when the toxic chemicals build up, the colon becomes irritated and tries to quickly flush the contents out with diarrhea. When stress occurs, we use up the magnesium and B vitamins that should be abundantly present in the colon making the colon tense up and even get spastic. Toxic chemical load and the presence of fermentation and putrefaction will do the same. They irritate and aggravate the nerves and muscles. Toxic buildup and a lack of oxygen is a perfect environment for bad bacteria, fungus and parasites.

How do we tell if the colon is healthy?

A person with a colon that functions normally should have about as many bowel movements (BM) as she/he has had meals the previous day. Otherwise, once or twice a day is adequate. Just because you have a BM every day does not mean that you have a healthy colon. A myriad of other health symptoms indicate colon toxicity. The true definition of constipation is that there is still something that needs to come out even though daily elimination occurs. The same definition can be applied to diarrhea.

TOXIC CHEMICALS, MUCUS, GAS AND BLOATING

When a person is constipated, toxic chemicals build up due to congestion. Poor digestion of proteins and starches cause putrefaction and fermentation. The body then makes mucus to try and protect itself from this toxic chemical irritation. In trying to prevent the chemical absorption, it blocks all absorption. The colon is unable to absorb nutrition ineffectively to all of the cells of the body. Wastes that should normally be drawn through the colon wall are reabsorbed by the body causing toxic organs and allergies. Intestinal stasis occurs when the muscular contractions known as peristalsis can no longer move/propel the mucus, toxins and feces along the intestines and colon. The opposite effect is diarrhea which occurs when the body reacts to excessive toxic chemicals by stepping up the frequency of the peristaltic wave action

and increasing water re-absorption into the colon. When the toxic load becomes too great in the colon, it will gas off causing the release gas and the bloating out of the tissues. The best answer is to cleanse.

GRAVITY METHOD OF COLON HYDROTHERAPY

Dr. Wood's Gravity Method has been in use in North America since the 1950's. A person using the Wood's Gravity Method lies on their back on a massage table. At the foot end of the table is a 5 gallon inverted jug of water on a shelf. A specialized, sterilized scope is lubricated and gently inserted about 1-1/2 inches into the rectum. Two tubes are attached to the outside of the scope. One is for the water to go into the rectum, and the other is to allow the debris water down the drain. There is no odor, and the person is covered with a large towel for privacy. The colon hydrotherapist controls the water flow into the colon, while preventing any outflow, allowing the water to gently increase in volume. When there is a sensation of fullness, the water is let out again. This inward flow and outward flow is done continuously for the duration of the colonic session lasting almost 1 hour. The person having the therapy performed may watch the whole process via a ceiling mirror.

How many colon hydrotherapies should one have?

If we have a normal, healthy colon, a series of about eight colon hydrotherapy treatments should be enough to bring it to a high level of functioning. They are usually done once a week. In the case of very toxic colons, a longer series of sessions may be required.

Four colon hydrotherapy treatments will clean out the left side of the colon and across over to the navel. This will take significant toxic pressure off of the liver. You can reassess with your ND and colon hydrotherapist to decide if more sessions would be beneficial. Colon Hydrotherapy is most effective when employed in combination with exercise and a proper diet of non-mucus producing foods and non-allergic foods. Fresh fruits and vegetables are suggested.

How does one maintain a healthy colon?

If you have done a series of 8 sessions, the body will remember this kind of action. Whenever you cleanse again, it will not be necessary to do a series of 8 sessions again. The body will respond effectively by emptying out in 2 sessions close together. Once a colon is cleaned out, it is advisable to have 1-2 treatments every season during detoxification cleanses.

DIET ANALYSIS & NUTRITION

Diet analysis will aid in determining the source of many problems. In many people, it is important to identify allergic foods via IgG testing, as well as to balance fiber intake and to increase consumption of raw foods, especially vegetables. An assessment of beverages and food combinations may prove useful.

Who can benefit from Colon Hydrotherapy treatments?

People with constipation, diarrhea, colitis, Crohn's Irritable Bowel Syndrome, ileitis, spastic colon, hepatitis, hemorrhoids, gas, bloating, parasites, Candida albicans, and diverticulitis can benefit from Colonic Hydrotherapy. Other conditions can benefit such as skin problems, joint issues, blood disorders, kidney issues, lung problems, and digestive disorders.