

BENEFITS OF COLONIC HYDROTHERAPY

Toxic material is broken down so it can no longer harm your body or inhibit assimilation of foods and elimination of waste. Faecal debris built up over a long period is gently removed over a series of colon hydrotherapy treatments. Once this impacted material is removed, your colon can again resume its normal absorption and elimination function. A colon hydrotherapy session may be considered a **rejuvenation treatment** for your body.

STRENGTHENS THE COLON MUSCLES

The build up of toxic debris weakens the colon and impairs its functions. **Gentle filling and emptying** of the colon can improve peristalsis (natural muscular contraction) that aids efficient removal of waste material.

RESHAPES THE COLON

Over time, the natural shape of a problematic colon will become distorted causing even more problems. The gentle water action and **massage techniques** of the therapist will help eliminate protruding pockets of waste and narrow, spastic constrictions. After a series of colon hydrotherapy sessions, the colon gradually begins to resume its natural shape.

STIMULATION OF REFLEX POINTS

Every system and organ of the body is connected to the colon by reflex points. A colon hydrotherapy session **stimulates these reflex points**, thereby affecting the corresponding body parts in a beneficial way, **similar to reflexology**.

FOOD & BEVERAGES TO AVOID DIRECTLY BEFORE & AFTER THE SESSION

- alcohol
- carbonated drinks
- dairy products
- fried and fatty foods
- ice cream
- sugar
- caffeinated tea and coffee
- chocolate
- desserts
- flour products
- processed & junk foods
- wheat products

ALSO AVOID GAS PRODUCING FOODS SUCH AS

- beans
- brussel sprouts
- cauliflower
- peppers
- raw apples
- broccoli
- cabbage
- onions
- soy products

SUGGESTED FOOD & BEVERAGES TO EAT BEFORE & AFTER YOUR SESSION

- water
- bananas
- miso soup
- fish & poultry
- green leafy vegetables
- unsalted nuts
- apricots
- blueberries
- chamomile/peppermint teas
- grapes
- organic vegetables
- seeds - pumpkin, sunflower

Colonic Hydrotherapy



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DISCLAIMER

Colonic hydrotherapy is not intended to replace the relationship with your GP and our consultation is not intended as medical advice. It is intended as a sharing of knowledge and information from our education, research, and experience. The information and service provided is not used to prescribe, recommend, diagnose or treat a health problem or a disease. It is not a substitute for medical care. If you have or suspect you may have a health problem, you should consult your GP.



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Colonic Hydrotherapy

The colon, bowel or large intestine, is the end portion of the human digestive tract which is a continuous food carrying passageway extending from the mouth to the anus). The colon is approximately 1.5 metres long and 60 centimeters in diameter. Its major functions are the absorption of water and minerals and the formation and elimination of waste (faeces).

THE TREATMENT

Colon hydrotherapy is a **gentle infusion** of warm temperature regulated purified water into the colon. Using no chemicals or drugs, the warm water helps to soften, break up, and then remove impacted and dehydrated faecal, mucoid, parasitic and other waste material that layers the colon walls.

The client relaxes **comfortably** on a massage table as a small sterile, disposable rectal tube or speculum is gently inserted into the anus. The speculum has a separate water and waste line that is attached to the hydrotherapy equipment. The **warm purified water** is run very slowly into the colon, via a gravity tank which allows the water to flow at a natural pace and not be jet washed into the body, which may cause the colon to stretch. The process of filling and releasing water from the colon is repeated three times during your treatment. During your treatment approximately 12 to 16 litres of water gently flows in and out of the colon.

Just one colon hydrotherapy session can be equivalent to having 20 or 30 regular bowel movements. Eliminations during subsequent therapy sessions can be even more substantial as older,

hardened, impacted waste (faeces) is **cleansed** from the colon walls.

During your colon hydrotherapy session your therapist will give you an **abdominal massage**. This increases peristalsis (the muscular action of the colon to push waste through), this then loosens any impactions and may move some gas. If preferred you can massage your abdominal area yourself. Good peristaltic action is key to a well functioning colon, therefore the massage is an excellent tool together with the warm water to encourage this muscular action.

Your colonic hydrotherapy session will last approximately one hour with the actual treatment taking 30-45 minutes. A consultation will also take place (during which the **procedure will be explained** and we will talk through your completed medical questionnaire) and you will be able to change before and after your treatment in a relaxed environment

CONSTIPATION & TOXICITY

Many people will not eliminate waste from the colon again until the following day after the treatment. Some people will not eliminate waste until 3-5 days after a treatment. This is called transit time, the time taken from when food enters the mouth, to when it exits the body. A normal healthy transit time of food is less than 24 hours; on average in the UK it is now 60 hours for men and 70 hours for women. In fact the **UK is the most constipated nation in the world**. Sadly the UK has the highest incidence of bowel cancer in the world, with 20,000 new cases each year.

One in three people consulting their GP have a bowel problem such as Irritable Bowel Syndrome, Colitis, Crohn's Disease, Diverticulitis and Candida. When waste matter sits inside the colon, dehydration and stagnation occurs, therefore **toxins build up** and this creates erratic conditions in the body we call disease.

Toxins from the colon are absorbed throughout the body and manifest themselves in a wide range of health problems and general malaise affecting so many in the UK. Proper bowel management and health will never be achieved through the use of drugs/or surgery. The answer lies in a time-proven and **natural approach** - colon hydrotherapy.

In the last 10 years there has been a resurgence of interest in alternative medicine and personal health care. Once again people are discovering the many health benefits of maintaining a strong and clean colon.

PREPARATION & AFTERCARE

At the close of your session, the movements of the colon muscles and the resulting releases may leave you feeling empty and relaxed. It is not unusual to wait 2-3 days for your first bowel movement. During this period you might experience a heightened sensitivity to what you ingest. **Drink plenty of water** and abstain from eating gas-producing foods and ones that cause allergic reactions. It is recommended that you also take a probiotic supplement.

In the **24-48 hours prior** to your Colon Hydrotherapy session, we suggest that you eat primarily seasonal and organic vegetables, fruits, and grains. **Drinking 6 - 8 glasses** of water (filtered or distilled) daily will also assist in the cleansing process. On the day of your session eat lightly, mostly vegetables, fruits, and juices. Unless you are on a special regimen.* limit water intake and do not eat in the 2 hours immediately prior to your appointment.

**If your diet is medically supervised, please disregard any contradictory suggestions and adhere to your doctor's requirements.*



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