



Colonic Hydrotherapy is it safe? - Feb/March 2013

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Welcome to February/March's health news and this month I would like to talk about Colonic Hydrotherapy. I was a little cynical about colonic therapy until I met a colleague who explained it to me and advised me to try it. I have experienced 2 sessions with her and I felt it made a big difference to my energy levels and general wellbeing. It was a very comfortable procedure.

This health article will explain the pros & cons of having colonic hydrotherapy, I hope you enjoy it and at the end there is an offer from Joanne Cook Serenity Flow who has been practicing for many years.

Colonic Hydrotherapy

The practice of natural colon cleansing actually dates back to ancient Greece. The theory behind the use of colon cleansing is an ancient belief called the theory of autointoxication. This is the belief that undigested meat and other foods cause mucus buildup in the colon. This buildup produces toxins; the theory goes, which enter the blood's circulation, poisoning the body.

Why would you have Colon cleansing?

It was used in hospitals until recent times when it was replaced by enemas.

The main reason is to clear the colon of large quantities of stagnant, supposedly toxic waste, which has been encrusted on the colon walls for years and by doing so, enhancing the vitality of the body.

But also by using the body's natural nerve and muscular activity colonic hydrotherapy may help to tone and exercise the bowel, thus aiding the evacuation of waste both during and after treatment.

What are the colon cleansing methods?

There are **2 main ways** to cleanse the colon

1. Using powders or liquid supplements - via mouth or rectum - to help the colon to expel its contents. Laxatives are used to initiate a response by acting in different ways, such as by irritation or reversing the osmotic gradient.
 - Enemas
 - Laxatives-both stimulant and non stimulant types
 - Herbal teas
 - Enzymes
 - Magnesium

2. Colon irrigation using a machine and administered by a qualified and certified practitioner, using sterile and disposable speculums.

Colon irrigation works somewhat like an enema. While you lie on a specially designed table, a low-pressure pump flushes at a steady pace several gallons of warm water through a small tube inserted just into your rectum. As the water gently passes through the colon it gently breaks down the encrusted faeces from the colon walls.

You then release the water like a regular bowel movement; the process flushes out the fluids and waste. The therapist may suggest you repeat the process over a number of visits. Each session may last up to an hour.

What are the benefits of Colonic hydrotherapy?

The general health claims and benefits made by Practitioners vary but here are some:

- To enhance the energy & vitality of the body
- Improve mental outlook
- Improve the immune system
- Helps support a weight-loss program
- Enhances well-being
- Helps flatten your stomach
- Improves condition of skin and hair
- Relief from constipation
- Reduces symptoms of bloating
- Also sometimes given before surgery

What are the side effects of Colon cleansing?

Some people may experience side effects such as: Vomiting, nausea, cramps, dizziness, and signs of dehydration, mineral imbalance.

- Potential interference with medication absorption on day of procedure.

Depletion of helpful normal bowel flora unless replaced with probiotics

If you decide to try colon cleansing, take these precautions

Check with your doctor first especially if you are taking medication or have any health problems. Make sure your practitioner is properly qualified and certified.

Make sure they are using sterile and disposable equipment

Stay hydrated during treatment by drinking lots of water.

Follow-up your treatment with a good probiotic.

What happens at your first consultation?

A full medical history is taken prior to any therapy to assess whether you are suitable for this treatment, then a presentation of the digestive system along with handouts on how to look after your gut.

Explanation of how the machine works and what will happen once on the machine. Your practitioner is there at all times to reassure you and answer any questions. Initial consultation approximately an hour and half. If at any time you feel uncomfortable the procedure can be terminated.

The health benefits resulting from colonic hydrotherapy are vast, and when worked with good nutrition and fitness can be really life changing