

COLONIC IRRIGATION (COLON HYDROTHERAPY) ADVICE AND CONSULTATION FORM

Colonic irrigation is also known as **hydrotherapy** of the colon, entero-lavage, or simply colonic. It is the process of cleansing the colon by passing purified filtered water through it with the use of special equipment. It is similar to an enema but treats the whole colon, not just the lower bowel. This has the effect of flushing out impacted faecal matter, toxic wastes, yeasts and other undesirable matter that often build up over the passage of time. It is a procedure that should only be undertaken by a *qualified practitioner*.

Origins: Cleansing the colon with the use of hydrotherapy is not a new concept. Forms of colonic irrigation have been used successfully for centuries to relieve chronic toxicity and enhance health.

We all have different lifestyles and our nutritional regimes, metabolic activity and other daily factors differ considerably. However, if we do not empty our bowels regularly, then we do not eliminate wastes completely. If input exceeds output, then we will surely suffer the consequences at some point.

Impacted faecal matter can cause an imbalance of the natural organisms that normally populate the bowel, causing what is known as **dysbiosis**. Decomposing matter can cause a toxic condition and may lead to many health problems, as **constipation** causes backed up pollution of the body cells. The process of repair and elimination of wastes enters a downward spiral which at best will cause fatigue, lack of energy and premature ageing, and, at worst, can cause degenerative diseases, among them allergies, and even cancer and Alzheimer's disease.

Removing large amounts of toxic matter relieves the patient and can lead to the alleviation of symptoms such as arthritis, chronic fatigue syndrome, candidiasis, diverticulitis, Crohn's disease, leaky gut syndrome, heart problems, migraine, allergies, bad breath, acne and other skin problems such as psoriasis, asthma, cancer - particularly of the bowel and a host of other illnesses. Colonic irrigation can help restore normal peristaltic action to a sluggish bowel, thus reducing the need for more hydrotherapy treatments over time. In addition, removing the layer of faecal matter which coats the intestines in many individuals, it allows improved assimilation of the nutrients from foods and can alleviate symptoms of vitamin and other nutrient deficiencies.

If one suffers from constipation or other chronic conditions, two or three treatments at least will be required to achieve desired results regarding the elimination of impacted matter and restoration of bowel regularity. Initially only gas and recent faecal matter may be expelled.

The treatment:

During colonic irrigation, a small speculum is passed into the patient's bowel through the rectum. This is attached to a tube, which leads to a machine that allows temperature-controlled filtered water into the colon at a controlled rate. The patient will temporarily be filled with water up to the level of the entire colon. This process, although sometimes uncomfortable, is not painful. It triggers peristaltic action and the patient will begin to expel the water along with faecal matter back through the tube. The faecal matter is flushed out via a transparent pipe or viewing tube, so that what is eliminated may be monitored.

During the treatment, the therapist will gently **massage** the patient's abdomen to help dislodge impacted faecal matter. In addition to massage, sometimes **acupressure, reflexology, or lymphatic drainage** techniques may be used to loosen deposits and stimulate the bowel.

Sanitation is vital to this process. The tubes, pads, and of course the speculums that we use **are fully disposable**.

After the Colonic: Since the colon has been cleared of solid matter, it may take up to four days before it fills up again and normal bowel movements are resumed. Some water is absorbed through the colon wall during a colonic, and one may notice an increased need to urinate for a few hours afterwards. This beneficial effect of flushing the kidneys may also be enhanced by drinking a few glasses of water with the juice of half a lemon added to each glass.

A colonic has a profound cleansing effect on the body and many people feel so good afterwards that they want to double their jogging or workout time. Caution is advised here, for it can be overdone. Although light to moderate exercise is good if you are used to it, any strenuous activity should be avoided 24 hours after the treatment.

If a condition, such as habitual constipation or irritable bowel, has existed for a while, tiredness may be experienced for a couple of days after the first colonic.

A light diet of fruits, vegetables, salads, soups and chicken or fish should be followed for two to three days, taking care to avoid anything that causes gas. Avoid drinks with gas, natural or added. Rich or heavy food, flour products, spices and alcohol should also be omitted. Avoid chewing gum.

Although irrigating the colon does not remove all of the intestinal bacteria, it is still helpful to take probiotics to maintain bacterial balance. Live yoghurt with acidophilus is also advised because it is an active cleanser that also adds vital forces to the colon.

CUSTOMER NOTICE – TERMS OF BOOKING

By making your appointment with us, you agree to observe our terms of booking. A 50% non refundable deposit is required for all bookings. They can be made over the phone by credit or debit cards or personally by cash or credit/debit card. Please note that we do not accept cheques. After your treatment, you can pay the balance of your treatment by cash, credit or debit card, except for American Express.

If you are unable to keep your appointment, for any reason, please give us as much notice as possible. Single appointments cancelled with less than one full working day's notice may be charged at 50% of the price.

Same day cancellations and no shows will be charged in full.

We reserve the right to update our list of treatments without notice.