

Colon Therapy Supported by Nutritional Consultations

What is Colon Therapy?

Colon Therapy is an internal bath or irrigation of the colon that cleanses poisons, gas and accumulated fecal matter from the colon. Unlike an enema the gravitational method of colon hydrotherapy does not involve pressure. It is simply a steady gentle flow of water in and out of the colon during which an abdominal massage is provided to stimulate the colon allowing it to recover its natural shape, tone and peristaltic wave action.

How is a Colonic Administered?

A person receiving colon therapy lies on a table below the temperature controlled input tank. A disposable speculum is gently inserted in the rectum. Water, which is always under the direct control of the practitioner, flows into the colon via a small tube and out through an evacuation tube carrying with it impacted feces and mucous. As the water flows out of the colon, the practitioner gently massages the abdomen to help the colon to release its contents. It is possible to see the expressed waste matter as it passes through a special viewing tube directly through to a drain. The person is well covered and their modesty is given top priority during the procedure. The colonic process takes only 40 minutes.

What are the benefits of Colon Therapy?

Colonics offer relief from a variety of disturbances by cleansing the colon of impacted and putrefied fecal matter. Fatigue, gas, headaches, irritability, skin problems, cold hands / feet and lethargy are among problems people found relieved by colon cleansing. Constipation, of course, is another as well as chronic diarrhea. The sense of well-being is often dramatically improved with colon irrigation leaving the individual feeling lighter and more energetic. The body can again assimilate nutrients in the colon and better defend itself against disease. Because natural peristalsis, tone and regularity are restored, many serious diseases may be averted through this gentle, sterile, scientific technique. Colon therapy is a key factor in the restoration of the body's natural balance.

Are there any side effects to colon therapy?

There are none. It is not uncommon however, for some people to start to feel like they have a cold or headache after a colonic. Toxins which have been lying dormant in the colon are now being flushed out and a small amount may be re-absorbed into the body's system. This healing crisis passes quickly and the person will realize a feeling of well-being with further treatments.

Will colon therapy damage the normal intestinal flora?

No, however we do recommend probiotics for their curative benefits. One of the functions of the first half of the colon is to gather the intestinal flora needed for the colon. When the accumulation of feces in the bowel leads to fecal encrustation, it is difficult for the colon to function normally and the glands in this lining cannot produce the necessary intestinal flora. The resulting lack of lubrication intensifies and generates toxemia. This upsets the normal acid-alkaline balance and the growth of the friendly bacteria is stunted. Cleansing the colon will help bring the acid-alkaline ratio back into better balance. In this environment, the friendly bacteria will again thrive and disease causing bacteria will find it difficult to develop.

What are the factors leading to toxicity?

There are many contributing factors to auto-intoxication from a toxic bowel. Improper diet, insufficient exercise, stress, overeating and ignoring the “call of nature” can all lead to bowel problems.

Most of us, for instance, have had years of poor to average nutritional food. Much of our food is subjected to processing modification, refining, frying and over cooking.

As a result, the digestive organs cannot process the minerals efficiently and they are passed out of the small intestine into the colon as waste. The consumption of mucous-producing foods such as meat, dairy products and flour, cause dense sticky bowel movements. Excess mucous in our system is a sign of trouble. Mucousy stools are difficult for the body to eliminate. When they are expelled, they leave behind a glue-like coating on the walls of the colon which accumulates layer by layer into a hard rubbery crust. The body cannot eliminate these layers of hardened mucous on its own. They are often carried for the duration of the person’s life as a toxic burden.

The good news is that you can make a choice to change your lifestyle. Try using therapies like colonics and making nutritional changes to correct this process.

Suzanne Frenette Board Certified by the Academy of Naturopaths and Naturotherapists

Colon Therapy and Nutrition Consultation

www.trustintheprocess.com