



COLONIC IRRIGATION (COLON HYDROTHERAPY) INFORMATION

Colonic Irrigation is also known as **hydrotherapy** of the colon, high colonic, 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, chronic fatigue syndrome, cancer, particularly of the bowel, 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 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. It takes a little time to re-hydrate and soak off the old, impacted matter.

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 tank or machine that allows temperature-controlled filtered water into the colon at a controlled rate (to be controlled by either the practitioner or the patient). The temperature of the water should ideally be kept as close to body temperature as possible. 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.

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

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. Symptoms of detoxification – headache, vague hangover-like symptoms may also occur briefly. Some people experience increased gas whilst the previously trapped gasses are mobilised and leave the body.

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.



Although irrigating the colon does not completely remove all of the intestinal bacteria, it is still extremely helpful to take dietary probiotics to maintain a good bacterial balance. “Live” yoghurt with acidophilus is good, but even better is Kefir a symbiotic culture of 29 different strains of bacteria and 27 strains of beneficial yeasts.

There are commercial probiotic products available, but care should be taken because of other ingredients present in popular “Probiotic Drinks”. For example; although Yakult™ contains 6.5 billion live organisms of a single strain, it also contains 18% sugar, which is even above the Food Standards Agency definition of “High” at 15%. Actimel™ contains 10 billion viable organisms per serving as three strains, but still contains a higher percentage of sugar than Coca Cola™.

To take the confusion and concern out of buying probiotics, high-dose probiotics of up to six strains of the most essential probiotic bacteria are available to buy at the salon. They do not contain dairy products, preservatives, and colourings. We have strengths of 4 billion viable organisms as “Junior” dosages and for maintenance, and dosages of 20 billion, 100 billion and 450 billion per serving for “re-population” of the digestive tract following colon hydrotherapy.

- Some probiotics contain prebiotic materials in the form of F.O.S (Fructo-Oligo-Saccharides) which are a group of sugars that humans cannot digest, but bacteria can.

Customer Notice – Terms Of Booking

By making your appointment with us, you agree to observe our terms of booking. A £20 deposit payment is required for all bookings. This can be made over the phone by credit or debit card or online by bank transfer or paypal. After your treatment, you can pay the balance of your treatment by cash, credit or debit card, except for American Express.

Cancellations

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 24 hours notice will be charged at the £20 deposit. For appointments cancelled with less than 2 hours notice or for a no show treatment will be charged in full. If you wish to obtain a refund for your deposit, we will deduct 5% of the amount to cover our direct costs.