



# insideout colonics

## Colon Health

Our colon (bowel) is the most neglected and ignored part of our body. Bowel management is virtually an undiscussed topic in our culture and Western society. Somehow the unspoken idea has crept upon us that the bowel will take care of itself.

Colon health is paramount in any health regimen. Every patient will respond to treatment quicker and more effectively if the colon is sorted out first. The colon is intimately related to every cell in the body and if it is backed-up like a sewer, it is obvious that it may contribute to chronic and degenerative diseases. Nowadays, we are receiving constant information on the right foods to eat via the media, but ***you can't put good food into a dirty body and expect good results!***

## Food Processing

Within 8 to 10 hours of eating, the food has passed through the small intestines and is mostly digested. It then enters the large intestine or colon for the final digestive processes and elimination. Although nourishment in the human body is key, elimination of undigested food and other waste products **is as important**. Your colon cannot work efficiently if you eat processed, fried and over-cooked foods, refined sugar and excessive amounts of salt. Instead of nourishing the nerves, muscles, cells and tissues of the colon walls, these foods can actually cause starvation of the colon. Since we have evolved and accommodated cooked, refined and processed foods, we have started building mucoid cement - a sticky, plaster like substance on the colon walls. This coating is constantly building from day-to-day and if left, eventually leaves a small hole through the centre for faecal matter to pass. ***So even several movements a day are not an indication that all is well. Mucoid cement on the walls prevents the vital absorption and use of the additional nutritional elements present in the waste residue of the colon. A clogged colon prevents the peristalsis – that vital muscular movement which moves waste out – from working effectively, so you could be eating what you consider to be a healthy diet with plenty of fruit and vegetables and still be constipated!***

## Hydration

Hydration is key to bowel function. Your colon is your reservoir. In other words, when you drink water, it is fed immediately into the body via the colon. If your body is not receiving 2 litres of pure water in a normal day, it will suffer dehydration and this will have an impact on how your bowels perform (when stress levels are high or you are doing sport, the body requires more). Where there is dehydration, the body draws water from the faeces contributing to constipation and a build up of toxins in the cells.

## What is Colon Hydrotherapy?

Colon Hydrotherapy is a gentle internal bath which cleanses and detoxifies from within helping to eliminate accumulated toxins and waste matter and prevent any fermentation and decay in the colon. The stresses of modern life, diet and lack of exercise can lead to an accumulation of layers of impacted waste in the colon, which acts like an internal cement. This impacted waste can only be effectively removed through colon hydrotherapy. ***Accumulated waste matter remains attached to the colon wall whether you pass regular stools or not. The average adult carries as much as 2-4kgs of toxic matter!***

## Preparation for Colon Hydrotherapy

If your diet does not already contain fruit and vegetables, the week before your treatment, it is a good idea to incorporate a high proportion of fruit and vegetables into your diet, ensure you are drinking at least 2 litres (8 cups) of pure water a day and eat light protein such as pulses, grains, fish, chicken and eggs. Smoothies also count towards your fruit and vegetable intake.

## The Procedure

*\* Colon Hydrotherapy takes approximately 1 hour. You will be asked to fill in a medical history which will be discussed with your practitioner to ensure the procedure is right for you. The practitioner will spend time explaining the procedure and answering your questions to put you at ease.*

*\* Modesty will be maintained at all times and you will be supplied with a clean gown and disposable pants/a towel.*

*\* Treatment starts with you lying on the couch. Warm filtered water passes into you through a small tube attached to a sterile disposable speculum. A larger waste tube carries the debris away.*

*\* Your practitioner, with your permission, will massage your abdomen with essential oils to help the release.*

*\* The treatment does not cause discomfort or pain and your practitioner will chat to you and answer any questions during the session.*

*\* At the end of the treatment, for your comfort, you will be asked to sit on the toilet where you may pass some more or sometimes just water.*

*\* When the treatment is complete, your practitioner will give you health advice and recommendations.*

*\* After colon hydrotherapy most people return to work or go about their normal routine.*

## Conditions Which May Be Helped With This Therapy?

*\* General health and wellbeing.*

*\* Constipation, spastic colon, irritable bowel, leaky gut, hiatus hernia, heartburn and indigestion.*

*\* Fatigue, headache/migraines and backaches.*

*\* Food intolerances/psoriasis/skin problems.*

*\* Excess weight*

*\* Frequent infections.*

*\* Menopausal/menstrual problems.*

*\* Candida/cystitis/thrush.*

*\* Lack of libido.*

*\* Mood swings.*

*\* Anxiety/stress/depression.*

*\* Sinus issues.*

*\* Insomnia.*

*\* Circulatory problems.*