

Colon Hydrotherapy

By Diedre Ellis

Where Science & Nature Work Together

The essential process known as a colonic or an enema has been with us for hundreds of years and its association with faeces has not been kind to its public profile, but with the technological advancements in the equipment, and the real improvements in practitioner training - a colonic is now often the beginning of a beneficial educational process about your own health and wellbeing.





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any people are often frightened that experiencing Colonic Hydrotherapy will be embarrassing or that the procedure is painful, often we fear the worst when we are unsure of what to expect.

A colonic is not much different than going to the toilet, with an open system the therapist does not need to be present all the time, and I find that most of my clients are very relieved that they can release on their own. The unique design of the Libbe bed means that there is absolutely no odour or mess, you easily insert the tube yourself, and you are completely covered during the whole procedure. So with this in mind there is no need to be embarrassed.

It is natural to be fearful and worried that it may be a painful experience; generally speaking a colonic is often a relaxing and pleasant experience. Of course your colonic is influenced by your own reaction to something new, your general health, and any previous experience. Most people are amazed that their initial perception was nothing like the actual colonic.

Most people don't experience any pain during a colonic, just a feeling of fullness, however a few people may experience a little discomfort especially during the first colonic, generally in the form of minor cramping, this is caused by trapping of gas and the body trying to eliminate waste. The best way to reduce this discomfort is to relax, deep breathe and very gentle massage.

There are some contraindications to having a colonic, that is why a detailed health history is always taken on your initial appointment, and it is always advisable to ask your therapist for advice if you are concerned at all about any health issues or current medication that you may be taking.

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Colon hydrotherapy, also known as colonics and colon irrigation, has been used, in some form, for over 3500 years. Colon hydrotherapy is an easy and proven method for cleansing the bowel. Many of us suffer regularly as a result of a poor functioning bowel. Common symptoms indicating colon dysfunction can include constipation, diarrhoea, bloating, abdominal cramping, nausea, bad breathe and excessive flatulence, plus more serious bowel conditions like irritable bowel and inflammatory bowel disorders. Other symptoms include fatigue, headache, skin problems, memory lapse, increased stress and irritability, poor circulation, joint pain, respiratory problems and weight issues.

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There are many positive reasons for having a colonic

Waste material, especially that which has remained in the colon for some time (eg impacted faeces, dead cellular tissue, accumulated mucous and parasites) poses several problems. This matter can have a very sticky quality to it and over time can develop a coating on the lining which can build up and harden into plaque, in some people this can be up to an inch thick, this not only narrows the diameter of the bowel, causing problems with elimination but also hinders the absorption of essential nutrients, and encourages the growth of parasites, bacteria, fungi and yeasts. * Once this unwanted material is removed the bowel can begin to function the way nature intended. In a sense a colonic is a rejuvenation treatment.

The colon absorbs liquids and other elements through its walls and into the blood stream and lymph, which is then carried to the liver for processing, if there is a build up in the colon (most people can store between 2-10kg of faecal waste), then putrefaction and fermentation occurs and this can pass into the blood stream as poisons, which can affect any part of you body depending on your weaknesses. These toxins compromise your immunity and place stress on your detoxification organs.

Colonics are a way of exercising the bowel muscles. The build up of these waste materials, and our western life style have caused our bowels to lose their muscle tone, this further hinders our ability to eliminate effectively. The gentle filling and emptying of the colon improves peristalsis (muscular contraction) movement, and triggers the nerve reflexes that trigger our desire to go to the toilet. It's like a gym workout for the bowel.

Colonics help to reshape the bowel. The gentle action of the water, coupled with abdominal massage helps eliminate bulging pockets of waste, and narrowed, spastic constrictions finally enabling the bowel to resume its natural state.

Additional benefits of a colonic include, stimulation of reflex points that are associated with corresponding areas in the body, thus improving our general wellbeing, Colonics also help release old emotions that are often stored in the solar plexus and our gut. Colonics also have the ability to start you on a very beneficial educational process about your own health and wellbeing.

Is Colon Hydrotherapy more effective than in-house enemas?

The basic difference is that you have access to a lot more water during a hydrotherapy session, approx 20-30 litres, compared to 2 litres that your average enema holds. For reasons stated above you receive a much more effective cleanse with a professional hydrotherapy session. Often the number one goal is cleansing and improving muscular tone, Colon hydrotherapy sessions are extremely effective at achieving this. Enemas done well can also be very effective, but they require a lot of time and patience, as well as some know how. They are however very cost effective.

What physically happens during colonic hydrotherapy?

Here are two common systems utilised in Colonic Hydrotherapy Clinics:

LIBBE METHOD OF HYDROTHERAPY

The LIBBE system is an open unit where filtered, UV, sterilized and temperature controlled water is gently introduced into the colon. This water is gravity fed into your lower bowel via a pencil thin tube that is introduced by the client in privacy. This type of tube provides an amazing level of comfort compared to some other type of systems. All equipment is FDA approved and for single use only, ensuring your total safety at all times.

During a typical colonic, approximately 30 litres of water will be transported into and out of the colon, you will experience several fills and releases of water during the procedure, this ebbing and flowing gently begins to soak and soften the faecal matter, allowing debris, gas and mucous to be eliminated. A good colonic is capable of removing the equivalent of about 10 normal bowel movements, and further treatments can remove even more substantial amounts.

A fully certified therapist will assist you throughout the whole process, or if you prefer you can be left in complete solitude, the choice is entirely up to you. Each session takes 40-45 minutes but you need to allow 60 minutes.

Here's the Secret....

Colon Irrigation helps with

- Constipation
- Bloating
- Indigestion
- Bad Breath
- Irritable Bowel
- Fatigue/Stress
- Skin Conditions
- Body Odour

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EDITOR'S NOTES:

Good bacteria are also attracted to clean areas, so cleaning out the nasties can actually allow the good bacteria to populate. Supplements can be helpful to speed the breakdown of bad bacteria and the re-generation the good. Probiotics can be very helpful in the regeneration of the good guys.

The frequency of visits varies from person to person and depends on your goals, medical history and intestinal health. I will review your medical history with you, offer my recommendations, but the choice is always yours.

However, generally speaking I recommend three sessions to begin with, the first two within two days and the third a few days later. The reason for this is because there is over a metre of large bowel to cleanse and this in my experience requires a minimum of three sessions to cleanse the entire large bowel. A restful ambience created by soft lighting and relaxing music allows you to completely relax during your session. At the end of each session you receive a nourishing shake or electrolyte drink plus a probiotic to help replace the beneficial bacteria.

For more info, please email diedre@dynamichealthsolutions.com.au

For more info and to find a clinic near you turn to the resource guide on page 109 for clinic profiles.



BRUNELLE METHOD OF COLON HYDROTHERAPY

The Brunelle system of colon hydrotherapy is unique. Small amounts of oxygen infused water, is gently pulsed (massaged) against the internal wall of the colon, section by small section until the whole colon is stimulated. There is no 'guesswork'; the equipment is designed, to take the water exactly where it is needed. The pressure used during the colonic is lower than when the colon is defecating.

Another unique feature of the Brunelle method is the temperature of the water is altered to help in the stimulation of the colon to release waste.

Thus leaving the liver and other organs to get on with what they do best, without interference from a toxic colon and toxic blood.

The results of colon hydrotherapy treatment have an effect on the whole body. It can benefit the entire system, including the mind, giving better health and vitality.

The health of the rest of your body is that directly dependent on the health of your colon.

To learn more about how to be a colon therapist in the Brunelle method of colon hydrotherapy visit www.australianhealth.com



Train to be a Colon Therapist

The Australian Institute of Health offers **correspondence courses (240 hours)** to prepare candidates to enter the field of colonic irrigation, which includes 120 hours of clinical experience.

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