

## Frequently Asked Questions:

### **What is colon hydrotherapy?**

Colon hydrotherapy is a process of introducing warm purified water into the colon through a small tube. When the colon becomes filled with water, the water flows out through a larger tube bringing with it old fecal matter. The process of introducing water, and then releasing stored fecal debris typically lasts about 45 minutes.

### **How can I tell if I have toxic material in my colon?**

This condition is common in civilized societies, particularly in North America. Common signs include headaches, backaches, joint pain, constipation, fatigue, bad breath, body odour, irritability, confusion, skin blemishes, allergies, abdominal gas, bloating, diarrhea, kidney stones, gallstones, sciatic pain and so forth. As you can see, intestinal toxicity is part of many peoples' everyday experience. Your bowel is your sewage system for your entire body, if it is not clean the rest of the body suffers also.

### **Is intestinal toxicity a common condition?**

Yes it is, but toxicity is not limited to just the colon. Toxic material is found throughout the body, particularly in fat tissue, joints, arteries, muscles, the liver, etc. Colon hydrotherapy effectively eliminates large quantities of toxic waste, taking pressure off the rest of the body organs, thus allowing the whole body to work more effectively. This is why people often comment on joint pain relief, or a glow in their skin, decrease in acne and improved overall energy after having colonics. Your bowel plays a central role in the effective functioning of all systems in the body.

### **Why not use enemas, suppositories or laxatives instead?**

Everything has its proper place, but those things really are not substitutes for colon hydrotherapy. Enemas are useful for emptying the rectum (the first 6 to 12 inches of the colon) with only 1-2 L of water, whereas a colonic cleanses the entire 5-6 feet. Suppositories are intended to accomplish the same task. Laxatives, particularly herbal laxatives, are formulated for constipation but can be extremely irritating to the intestinal walls. They irritate along the entire digestive tract because they are taken orally. This can greatly impair the absorption functions of the small intestine. This is also why laxatives are never recommended for long term use; their side effects are awful, and eventually they stop working, making the problem worse.

### **What are the health benefits of colon hydrotherapy?**

Health benefits vary by individuals. Many people report the following health benefits:

- increased energy
- improved stomach digestion
- improved bowel movements
- better body absorption of nutrients
- minimize effects of natural aging
- increase in daily mental clarity
- elimination of many food cravings or sensitivities
- improved ability to lose body weight
- stimulate body's immune functions
- healthier, clearer skin
- the prevention of illness
- improvement in mood, and emotional well-being

### **Does colon hydrotherapy cause discomfort or pain?**

Colon hydrotherapy is not painful. You may feel some discomfort or pressure, but this generally passes quickly. This is usually gas passing. Your therapist will offer massage or teach you some massage techniques to use during your session to ease any discomfort. Generally the only sensation you feel is the urge to have a bowel movement.

### How much old fecal matter is stored in the colon?

It's estimated that the colon stores about 3-5 lbs of debris, and in some individuals this can be as much as 20 lbs. This old fecal matter stores in pockets in the colon wall, which becomes hardened mucus attached to any part of the colon wall.



### How many sessions are needed to clean the colon entirely?

The number of sessions recommended depend on your symptoms. People with minor issues do well after 3 to 6 sessions. Others require more sessions. Unless you are following a strict juice cleanse or fast it is unlikely to see mucoid plaque or to “entirely” empty the colon. Each session makes progress and enhancing elimination in session and outside of your colonics.

### Are there health risks with colon hydrotherapy?

Colon hydrotherapy is very safe. There are more health risks to not cleaning out your bowels that can become overstretched, twisted or distorted due to accumulated old fecal matter.

### Are there people who should not have colon hydrotherapy?

People with these conditions should not have colon hydrotherapy unless under their doctor's supervision: high blood pressure, pregnancy, kidney disease, cardiac disease, recent abdominal, colon, or rectal surgery.

### Will colon hydrotherapy help diarrhea?

Diarrhea is usually caused by pathogenic organisms, and colon hydrotherapy can help flush those out of the colon. Parasites are common in most people and frequently flushed through colonic sessions.



### Do colonics wash out our intestinal flora and valuable nutrients?

NO, washing out of putrefied material from the large intestine, in a colonic treatment, increases the good intestinal flora. Good bacteria can only breed in a clean environment, which has been cleansed of putrefaction and harmful bacteria. Each time you clean out the putrefying garbage and make a better environment for the flora, they start to multiply immediately in their natural habitat. Following each session

your therapist will provide you with a probiotic (good bacteria) to help assist the body in rebuilding healthy bacteria. It is also recommended that you purchase and take probiotics during the course of your colonic series.

**How should I prepare for a colon hydrotherapy session?**

Before and after treatments you should increase your water consumption. After treatment, drink plenty of water and avoid meat and dairy for the first day or two. Normal bowel movement usually returns in 1-2 days after treatment. You will keep your shirt on and be covered by a blanket for your session. For full instructions please visit "Your First Session" page for details.

**Can I do a colonic as a part of a cleanse or fasting program?**

When you do a cleanse you increase the rate at which toxins are released into the bloodstream; colonics are essential for eliminating these toxins. If you don't do a colonic, you may unnecessarily experience increased discomforts of toxemia. Instead of being expelled from your body, toxins may merely recirculate and settle elsewhere in organs, joints, muscles or tissues. Whether you use colonics or some other elimination aid, you must do something daily. A knowledgeable colon therapist can be of great assistance during any cleansing program. You may find it beneficial to schedule a colonic at the beginning of your fast and ask the therapist to comment upon your plan. It is often best to do one to two colonics a week during your fast or cleanse, always start with one at the beginning of the cleanse. Between colonics you may wish to do enemas to enhance the cleanse effects of your fasting program.

**Can I still have a colonic done during my menstrual period?**

Yes, in fact it's a great time to receive a treatment, since your body is already cleansing. Your flow will not interfere with the success of the treatment. We simply ask that you not wear a tampon as this can be uncomfortable for you during the session. Colonics during your menstrual cycle can actually ease PMS symptoms and make your period much easier. As toxins are decreased in the body, there is less congestion overall to be released monthly through your period. The Angel of Water allows you to have a mini shower after your session so you will feel refreshed afterwards.

**Can I go back to work afterwards?**

Yes, you can continue your day as you normally would. You may have one or two more small movements following your session, but you will not be running to the bathroom all day. We simply suggest you take it easy and try to minimize stress. Colonics are a fast and efficient way to cleanse, but you are still cleansing and eliminating toxins. One colonic can be the equivalent of a 3 day fast, based on the amount of water and elimination that occurs. You will have a renewed energy and vibrancy for life when you experience the benefits of a cleaner healthier you from the inside out.