

Colon Hydrotherapy

Colon hydrotherapy or Colonics is a natural chemical free cleansing that addresses conditions affecting normal bowel function. The treatment is designed to cleanse the large intestine from the lower portion of the colon all the way to its origin. This procedure affects all aspects of the bowel – cecum, ascending colon, transverse colon, descending colon, sigmoid colon and rectum.

The treatment involves the gentle infusion of filtered water into the rectum. The client, dressed in an appropriate gown, lies on a comfortable table in a private treatment room. The colon therapist inserts a small, sterilized rectal tube (speculum) into the anus. The speculum has a separate water input and a separate drainage line attached to it. The therapist then controls the gentle flow of filtered water into the rectum. The water along with old fecal material, gas, mucus and toxins is then allowed to flow out through the separate drainage line. A viewing tube is part of the drainage line so that the amount and type of waste being eliminated can be assessed. The waste then flows to the sewer via the drainage line.

During treatment the therapist will gently massage the abdomen to stimulate peristalsis - the normal wavelike muscular movement that moves waste through the large intestine. This is a closed system, so there is no offensive odour or risk to the client whose dignity and privacy is preserved at all times. Typically warm filtered water is utilized however cool filtered water is also incorporated to stimulate peristalsis. The change in water temperatures and the abdominal massage help to promote a more effective cleansing.

Colon hydrotherapy is utilized to remove compacted fecal matter from the colon walls and dilute the concentration of bacterial toxins. The cleansing affect will also reduce stagnation, reduce subsequent toxin proliferation, assist in restoring the colon's natural flora as well as improve normal colon function. Peristaltic action is enhanced because colon soft muscle tissue tone is stimulated; this allows for increased nutrient absorption and reduced assimilation of toxins. The removal of impacted, stagnant waste material and toxins may also play a role in revitalizing the immune response.

Disturbances of the digestive and elimination systems of the body are some of the most complained about issues in health today. The vigour of our internal organs and our wellbeing depends on our ability to absorb nutrients and eliminate the appropriate waste material. And both of these activities take place in the colon.

Today's diets, on the North American continent, are typically high in processed foods and low in natural fibre. Lack of fibre in the diet can cause the colon to become sluggish - resulting in poor absorption of nutrients and deficient elimination of waste. Colon hydrotherapy is a natural therapy that assists in restoring the normal function of the bowel.