

Frequently Asked Questions

Most Frequently Asked Questions Concerning Colon Hydrotherapy

1. Is it safe?

Yes. The colonic equipment used today is FDA approved. All tubing is disposable and the water filtration system is state of the art, removing all toxins, microorganisms and chlorine from the water. All of our therapists are certified by the International Association of Colon Hydrotherapists at <http://www.i-act.org>.

2. Does it hurt?

No. In fact most people are very pleasantly surprised at how relaxing and comfortable a colonic treatment is. The only discomfort one may experience during a colonic is some crampiness which is the result of the peristaltic action (muscular contractions) of the colon. This is a healthy sign telling us that the colon is working, doing its job to move waste out of the body.

3. How does a colon hydrotherapy treatment compare with an enema?

An enema is a home administered treatment, useful when you cannot get in for a colonic. The water from an enema directly reaches and cleanses the lowest part (6-8 inches) of the large intestine (colon). A colon hydrotherapy session allows water to reach and clean the entire 5-6 feet of the colon. According to Dr. Norman Walker, one of the original Medical advocates of colon cleansing, "One colonic irrigation is equivalent to 30 enemas."

4. How much of the intestines are actually cleansed during a colon hydrotherapy session?

During a treatment it is possible for a professional colon therapist to cleanse the entire length of the colon. The small intestine is not directly cleansed by the water of a colonic because of the presence of the ileo-cecal valve. The ileo-cecal valve is a one-way valve which does not allow water or waste to pass from the large intestine back to the small intestine. Although we do find that some waste from the small intestine will release during a colonic, to specifically address cleansing the small intestine an oral form of cleansing, using herbs, is necessary. Talk to us for more details.

5. Should I see my doctor before my first colon hydrotherapy session and are there any contra-indications for doing treatments?

If you have a concern about your health or the appropriateness of colon hydrotherapy you should consult a doctor.

Indications and Contra-Indications for Colon Hydrotherapy:

Indications for Colon Hydrotherapy

The history and physical examination of the patient (by his/her physician) would dictate the need for colon hydrotherapy in the overall treatment plan. Colon hydrotherapy has been shown to be beneficial for the following conditions:

Acute Fecal Impaction
Constipation
Colitis
Diarrhea
Parasitic Infection
Atonic Colon (loss of muscle tone)
Mucous Colitis
Fever Therapy
Hyper/Hypothermia
Abdominal Distention/ Bloating/Flatulence
Intestinal Toxemia
Irritable Bowel Syndrome
Leaky Gut
Diverticulosis
Prevention
Balance Physiologic Flora of Colon (Friendly Bacteria)
Preparation of diagnostic study of the large intestine
Preparation for a Barium Enema
Preparation for a Sigmoidoscopy
Preparation for a Colonoscopy
Prior to Surgery
Hemorrhoids (present but not currently inflamed)
Nutrient Supplementation via Rectum

Indications under prescription and direct physician supervision

Diverticulitis
Ulcerative Colitis
Crohn's Disease
On site Preparation following Trauma
Early Pregnancy (up to four months)

Contra-Indications for Colon Hydrotherapy

Severe Cardiac Disease (uncontrolled hypertension or congestive heart failure)
Aneurysm
Severe Anemia
GI Hemorrhage/perforation
Severe Hemorrhoids
Cirrhosis
Carcinoma of the Colon (Colon Cancer)
Fissures/Fistulas
Advanced Pregnancy
Abdominal Hernia
Recent Colon Surgery
Renal Insufficiency

6. **What about the insertion of the tubing (speculum)? Does that hurt and how far into the body does it go?**

Unlike many years ago when colon therapists attempted to insert the tubing very deep or high into the colon, hence the name “High Colonics”, today the rounded, lubricated tube is gently inserted only 1-2 inches into the colon. Most of our clients do their own insertion and the therapist will then set it in just the right place and connect all the tubes for an easy, effective treatment. And no, the insertion doesn’t hurt although it may feel a bit odd the first time.

7. **Is there any possibility of bacterial or viral contamination from prior use of the colon hydrotherapy machine or tubing?**

Our modern FDA approved colon hydrotherapy equipment utilizes pre-sterilized, disposable tubing and speculums. These disposables are used only once during a single therapy session. Properly administered, there is absolutely no danger of contamination. There is state-of-the-art water filtration and the machine is high temperature cleaned and disinfected after each use.

8. **How about the treatment itself? What is it like and what will I feel?**

During the treatment you are lying comfortably on a plush massage table, propped up and covered at all times. The process is one of gently filling the colon with water which may last from 30 seconds to 5 minutes or more. Each fill time will be different. The water coming into the body enters so gently that you can hardly feel it. During the fill cycle you may feel a little rumbling in your tummy or gassy or crampy or you may feel relaxed and peaceful. Many of our clients report that the most relaxing time of their entire week is when they come in for their colonic. Whatever you are feeling during your treatment is perfect. Any sensations are signs that the water is doing its job of loosening and softening accumulated waste in the colon. Remember, the colon is a muscular system and moves waste out of the body by a series of muscular contractions known as peristaltic action. When you feel crampy during a colonic treatment your colon is getting ready to move waste out of the body. The crampiness may feel a bit uncomfortable but it is a sign that the colon is doing exactly what we want it to do and that is to move waste out.

People with a history of constipation have, for whatever reason, lost some or all of their peristaltic action. Our job as therapists is to help the muscular system of the colon regain its ability to contract which makes for regular, easy bowel movements.

9. **Is it possible to rebuild my colon after years of constipation and laxative use so that I can go to the bathroom regularly again?**

First of all, regular, long term use of laxatives can destroy the nerve endings that innervate the colon allowing for strong peristaltic action and easy bowel movements. Laxatives (even herbal laxatives like Cascara Sagrada, Senna, Turkey Rhubarb or various forms of Aloe) are all irritants to the colon. The colon perceives them as irritants and will force contractions of the colon to get rid of the irritant and at the same time and almost by default move stool out of the body. When the nerve endings are destroyed through long term use of laxatives the colon becomes exhausted and sluggish and often requires greater potency and frequency of laxatives to get the bowels moving. Our goal is to help break the cycle of laxative dependency and allow a person to move their bowels without the use of laxatives.

To accomplish this challenging goal we need to come at it from a number of different angles. Your willingness to work together with us on a consistent

basis will pay off.

The Five Essential Steps to Regaining Healthy Bowel Function are:

a. Colonics- the first step is to thoroughly clean out the old waste of the colon. With old debris still present it is difficult for the colon to work at its maximum efficiency. Be prepared to do a series of 12 or more colonics. Regular colonics over time helps to rebuild the peristaltic action of the colon.

b. Restore a healthy environment in the colon. We may suggest the use of a probiotic (friendly bacteria) or a "[Colon Reflorastion](#)" process- an implant of 21 strains of highly viable, living, beneficial bacteria directly into the colon. See separate page for a full description of the Reflorastation process. We may also recommend the use of a fiber supplement to loosen old accumulated waste and stimulate the peristaltic action of the colon.

c. Diet- We will address diet and its vital importance to colon health and assess how your diet is either helping or hurting your progress.

d. Exercise- exercise increases metabolism. A sluggish colon can be a sign of a slowed down metabolism. We will not only look at the possible causes of a sluggish metabolism but ways to help increase its efficiency. Exercise is one important step.

e. Emotions and Stress- these two factors alone play a crucial role in the health and vitality of your whole being let alone the health and vitality of your colon. The colon represents the ability to "Let Go". Or, "What are you holding on to"? For those who are willing to look at these aspects of themselves this can make a huge difference!

10. How do I prepare for a Colonic?

The simplest way is to refrain from eating or drinking for two hours prior to your treatment. For those who want to do a more involved preparation, others options such as juicing, fasting or an herbal cleansing program can be helpful. Anything you do to put your body in a cleansing mode can be beneficial but not essential. If you haven't begun any special preparation and are confused as to where to start then just do the simple preparation and come in for your first colonic and we will discuss the many options for deeper cleansing. Other than that, keep breathing, relax as best you can and keep a positive, upbeat attitude. Remember, coming in for your first colonic can be a little scary. We all went through that. You will do great and remember the gift you are offering to your body is profound!

11. What are some other ways to cleanse?

We always recommend starting your cleansing program with cleaning the colon through colonics. After that or in conjunction with your series of colonics we may recommend doing a deeper herbal cleanse which addresses the entire body or focuses on specific conditions like heavy metal toxicity or specific organs like the liver. We have for instance, a number of excellent cleanses to support detoxifying and rebuilding the liver. We also have cleanses that support the elimination of parasites, yeast (Candida), heavy metals, etc. (See Products page). New to our clinic is a [Far Infra-Red Sauna](#) that you can sit in for 20 to 30 minutes before your colonic to stimulate the release of heavy metals and other toxins from the body. This is a very powerful detoxification method and when combined with colonics is highly beneficial.

12. **How long do treatments take?**

Actual treatment time can be between 35-50 minutes usually averaging 45 minutes. Total treatment time with changing and finishing in the bathroom is one hour.

13. **Does having a menstrual period at the time of a colonic session have any adverse effect on the treatment?**

No, in fact it is usually an excellent time to receive a treatment, since your body is already cleansing. Your flow will not interfere with the success of the treatment. Wear a tampon if you like.

14. **What are the specific benefits of Colon Hydrotherapy?**

The top four are:

a- It aids in the release of toxins and fecal matter from the gastrointestinal tract

b- Cleanses the blood

c- Jump starts and empowers the immune system

d- Helps to restore the proper ph balance in the colon and the body

15. **Do I need to take acidophilus or any other form of good bacteria after a colon cleansing because intestinal flora (the good stuff) has been washed out of the colon?**

Prior to treatments our bodies are generally so toxic that it is questionable how much good bacteria has survived and is present in the gut.

We usually recommend taking some form of “friendly bacteria” following a treatment but not because the treatment washes out intestinal flora. Colon hydrotherapy treatments do not wash out intestinal flora. Taking acidophilus subsequent to a treatment is beneficial because it helps to improve the bacterial balance and the ph in the colon. The best method is to implant the flora rectally after your last session ([See Colon Re-florastation](#)).

16. **Will I experience any intestinal discomfort or fatigue after my treatment?**

Usually not, but since the cleansing will stir up a lot of old debris and toxins, you might experience some minor symptoms of residual cleansing such as fatigue, nausea, headache, cramps, bloating, etc. If you can rest for a short while after a colonic that is recommended but most people feel fine and continue on with their day. If you wish, drinking herb tea or broth can be very soothing. Any discomfort will usually pass within a few hours.

17. **Can I go to work after a colonic?**

Yes you can absolutely go to work after a colonic.

18. **How do I best support my colonic treatments?**

Follow any recommendations we might have for you regarding specific supplements or dietary suggestions. Also drink lots of filtered, purified water and avoid processed foods and drink.