

UNDERSTANDING THE NEED FOR COLON HYDROTHERAPY

1. Becoming more user friendly

It is important to understand the following about the healing process. “The body is the only one that can create the healing environment for itself.” That is to say, the body is the only entity that can heal itself. Nothing else can make the claim; no object, no therapy, or no drug.

When you come to this planet, you are given a body and caring for this body carries a bigger responsibility that you can imagine. Not only will you be judged on how well you cared for it, but your state of personal and well being depends on it. You can go through life sick or well, the choice is yours. If you take good care of your body, you’ll go through life healthy. If you don’t, your body and your life will be filled with sickness and disease.

Your body has been programmed to automatically care for itself without your help. But, nevertheless, it still needs your assistance. The biggest problem is that you are not *user friendly*. In other words, you do not know the proper and correct methods of taking care of your body and, at the same time, how to maintain its programmed loving relationship. One of your tasks and responsibilities is to learn how to care for your body.

But don’t worry, if you initially make mistakes that harm it, it’s okay. Your body has been programmed to unconditionally love and forgive you. But remember this, as soon as you realize your mistakes, correct them. If you don’t, your body will become sick. As you learn to be more user friendly keep this in mind; the true end results or goal between you and your body is to be in complete balance with each other. This complete relationship of balance is called by many different names. Some call it “harmony,” while others call it “at oneness.” It is called “holiness.” And I have even heard it called, “rapport” and “at peace with yourself,” but whatever the name, the end result is health and happiness.

Of all the things in this life time you are or will be responsible for, your body carries the greatest value. Nothing else carries the weight of its responsibility. For those who say: “I just don’t have the time.” Allow me to suggest this – if you are too busy to take care of yourself, you are the least important aspect of your life. In the eyes of God, taking care of your body comes first. Now, let’s discuss colon hydrotherapy.

2. Colon Hydrotherapy

Colon hydrotherapy is one of the oldest forms of natural healing. The Egyptians were among the first to employ its therapeutic health benefits. Many authorities agree it is a natural treatment method found beneficial for a multitude of disease processes. They also feel that disease begins in the colon; and to be in optimum health, the colon must be functioning normally. The colon is one of the most neglected areas of the body. Through patient education on natural healing methods, many find solutions to their unsolvable (no hope) sicknesses.

3. Understanding the Intestinal Disease Process

There are many ailments which are corrected with colon hydrotherapy, but the most outstanding problem is constipation. Also, colon problems such as colitis, ileitis, and diverticulitis affect conservatively over two million people in this country. All of the se problems can be directly addressed by colon therapy and a healthy diet.

Anyone who experiences allergies, itchiness, bloating, abdominal distention, gas pain, stomach aches, or who gets filled very quickly after eating (and can only eat small amounts of food) may be a candidate for colon irrigation.

4. Constipation – the First Warning Sign of Sickness

The word *constipation* comes to us from the Latin *consti*, meaning to press, crowd, pack or cram together. Consequently, to be constipated means that the accumulation of feces is packed in the bowel, which in turn, makes evacuation difficult. However, a state of constipation can also exist when movements of the bowel seems to be normal, while, in fact there is an accumulation of feces somewhere along the passageways of t he colon.

Many natural health authorities believe that constipation is the number one affliction underlying nearly every disease process. This means that constipation would be the most prevalent ailment affecting the civilized world. It is vital to stress that constipation affects the health of the colon and ultimately the health of the body.

Constipation contributes towards the lowering of the body's natural resistance and immune system. Constipation predisposes the body to many acute illnesses and starts the onset of a great many more degenerative and chronic diseases. Almost every human ailment has been traced back to a malfunctioning colon (one that cannot perform its normal regular and efficient function).

Intestinal constipation causes cellular constipation. Cellular constipation, in turn, increases the workload of all excretory organs. These are the kidneys, skin, liver, lungs, and lymph system that will have to work harder to handle the problems caused by intestinal constipation.

Repetitive and chronic over stress of excretory organs causes them to become depleted, overworked, and fatigued resulting in cellular metabolism becoming even more sluggish. Vital tissue repair and growth are delayed and the ability to eliminate waste materials is lowered, even more. The body cells, instead of being alive, active, and full of life, become dead and inactive. This process, *autointoxication* results in a decline of tissue and organ function which leads to a rapid decline of health in the individual.

Constipation can be traced back to the eating habits found in modern man. One such habit is the eating of enriched, processed and refined foods. These substances have limited food value and fail to nourish the organs responsible for the evacuation of waste matter. Another is eating "on the run" and not taking time to properly masticate (chew) the food we are eating, causing the stomach and the intestinal tract to work harder to digest and assimilate the trace of nutrients in the fast food you just ate.

Another poor habit in man is ignoring the body's signals to defecate. That is to say, we make the stool movement wait for whatever the reason. This type of self-conditioning can lead to infrequent bowel movements or the shut down of the bowel signal which further complicates your colon problem.

In a healthy colon, bowel movements occur two or three times a day. Professionals in colon health care agree you should have a bowel movement following each meal. IF you are having less than two bowel movements per day, food residues are lying in the colon for an extended period, and the fecal material in the colon becomes putrefied and fermented. Any nutritional elements present in the fecal matter would pass into the bloodstream as a polluted product. What would otherwise be nutritional becomes in fact the beginning of toxemia.

Toxemia is a condition in which the blood contains poisonous products which are products which are produced by the growth of pathogenic bacteria. Pimples, blemishes, itchiness and pale skin are the first indications that toxemia has found its way into your body tissues. Therefore, stool rates less than twice a day are viewed as intestinal constipation by holistic health practitioners.

One of the ways the body manages toxemic pollutants is to isolate them in fatty tissues. This process keeps them away from more vital tissues, organs and body systems. So, it is common to see fatty tissue (cellulite) build-up in and around the intestines and abdominal regions of the body. When this region begins to saturate, the body starts storing in other regions such as the buttocks and the outside margins of the upper legs.

The colon is designed to manage approximately five pounds of food weight at any given time. When the food and debris, repetitively and/or consistently, exceed the five pound weight limit, muscle structures can no longer provide the proper support. As a result, the transverse colon begins to deform, sag, or prolapse. In females, when this happens, they may experience reproductive and other pelvic type problems from a fall transverse colon. When this happens in males, they can experience prostate problems. In either case, if allowed to continue, this can lead to unnecessary health problems, diseases, and surgeries.

5. Autointoxication

Twenty-two autointoxications have been identified as having their origin in a toxic colon. An autointoxication is defined as: "The poisoning of the body, in part or whole, by toxic matter." Some of these poisons are highly active and can produce harmful effects - even in very small quantities. More importantly, these toxins can, and do, seep out into healthy body tissues and

- 1) rob your body of youth, ruin your health and age you before your time;
- 2) cause foul breath along with other lung conditions;
- 3) cause wrinkles, blemishes, paleness, and other facial conditions;
- 4) cause liver spots, psoriasis, body odor, skin irritations and other skin conditions;
- 5) cause joint pain, stiffness and other joint conditions;
- 6) cause muscle weakness and premature muscle fatiguing;
- 7) disturb mental function, causing depression, anxiety, and mental senility;
- 8) lead to weakening and oversteering the heart.

Constipation is the cause of autointoxication, and is a major cause of chronic degenerative diseases. The dietary factors responsible for constipation and autointoxication are:

- 1) lack of fiber in the food;
- 2) eating cooked foods devoid of digestive enzymes;
- 3) white flour products which act like glue in the colon;

- 4) lack of exercising such as walking or bicycling;
- 5) poor food combining;
- 6) use of prescription, recreational or over-the-counter drugs;
- 7) and eating constipating foods such as:
 - cheese
 - meats and animal fats
 - fried foods or the use of hydrogenated oils for cooking
 - white sugar products
 - salt
 - white flour products or refined foods
 - dairy products
 - carbonated drinks
 - alcohol
 - coffee

It takes years for the individual to create this toxic build-up, so don't expect the healing process to occur in days, weeks, or even months. The body is the only entity that can determine when it is going to happen. Take the necessary corrective steps and be patient. The end results called "The Miracle of Health" will be the same for you as it was for us and thousands of others. Experience this wonderful God-given gift of health and happiness.

If eliminating constipation were merely a case of washing out loose material lying inside any part of the colon a high enema would be sufficient, but this is not the case. Constipation involves not only the retention of feces in the bowel, but also throughout the first half of the colon (from the *cecum* to the middle of the *transverse* colon). The cecum is found next to the *ileocecal* valve at the beginning of the colon.

The large intestine is approximately five feet long and is equipped with sensitive nerves and muscles in the wall lining. Their function is to create wave-like motions known as peristaltic waves; these propel the contents of the colon from the cecum to the rectum for eventual evacuation.

Besides the formation of peristaltic waves, the first half of the large intestines has two very important functions. First, it must extract from all the residue any available nutritional material un-reclaimed by the small intestine. By first mixing the material, it then transfers the saved nutrition through its walls where it is collected by blood vessels. The bloodstream in turn carries this collected nutrition to the liver for processing. Second, it gathers intestinal flora from the glands in its walls needed to lubricate the colon.

6. Cancer

Cancer patients also benefit greatly from a series of colon treatments. We know that cancer patients have a tremendous problem breaking down and assimilating proteins, but they may also be extremely deficient in many vitamins, minerals, and essential fatty acids. They may also suffer from constipation and other varied digestive disorders. Colon irrigation may help greatly in enhancing their ability to absorb these various macro and micro nutrients.

In addition, it is very important that a cancer patient eliminate *efficiently* and *effectively* all internal toxins. This is especially true in the case of a cancer patient who is on an integrated

metabolic program. When on such a program, the cancerous tumor may start breaking down resulting in the release of cancer cells and various toxins throughout the body.

Colonics may perform a very important function in helping to expel these toxins from the body. Dr. M. Gerson described a comparable situation when he first started treating cancer patients with an intensive dietary approach. He stated that he lost a number of cancer patients because of toxemia. They literally died from their own internal pollution. As their cancerous tumors were being broken down they were unable to eliminate these toxic products effectively or efficiently with dire results.

7. Colon Hydrotherapy

Colon hydrotherapy is the safe, gentle infusion of purified water into the colon, without these of drugs or chemicals. It is a natural solution to disease conditions which interfere with the normal functions of the healthy colon.

Why is colon hydrotherapy such a valuable natural health tool? A healthy colon is essential for a healthy body. Conventional diets of today comprised of refined, processed foods, high in saturated fats and low in natural fiber, lay the foundation for intestinal disturbances and constipation. The elimination of undigested food and other waste products are as important as the proper digest and assimilation of food stuffs. Waste materials, allowed to remain too long in the digestive system results in fermentation and putrefaction of these substances and subsequently the proliferation of bacterial and their toxins, as well (reference 3).

Colon hydrotherapy effectively removes stagnant fecal material from colon walls, preventing the build-up of these bacterial toxins, resulting in a reduced load on the liver and other vital organs. In addition, the treatment removes mucous, gas, parasites, and cellular debris facilitating peristaltic action and better absorption of nutrients. Intestinal toxemia may further result in conditions such as headaches, allergies, irritability, and malnutrition and can potentially lead to an overall lowering of the individual's immune defense system and mental attitude. This natural cleaning process effectively removes the symptoms directly and indirectly related to dysfunction of the large intestine.

8. Commonly Asked Questions

a) What does the colon machine look like?

There are some small variances from company to company, but generally they constructed of stainless steel, attached to the wall, and generally measuring approximately 18" across, 16" tall, and 5" deep. They are a completely enclosed system. That is to say, there is no odor, discomfort or mess – and there is no repeated getting up and down. You just lie back and relax throughout the course of the treatment.

b) How long does each treatment last?

Your first visit requires a little longer time, as it includes a case history and consultation. However, generally speaking, the treatment may range from 30 to 50 minutes, depending on the condition and/or individual.

c) **What can I expect to feel during the treatment?**

Generally, very little to nothing. The water temperature is set to the individual's internal body temperature. The filling water pressure is operated from a minimum pressure of ¼ psi. The temperature, pressure and the water flow are all completely controlled by the therapist and operated at very comfortable settings to the patient.

d) **What can I expect to feel afterwards?**

Following a treatment, patients report that they feel:

1. Detoxified
2. Relaxed, light, refreshed and clean
3. An increase in their energy levels
4. More mental acuity and alertness.

e) **How many times will I need to come?**

The exact number of initial follow-up treatments depends on the degree of sickness and the individual's ability to change or improve his/her lifestyle. Generally speaking, for a first-time client, an initial series of six to ten visits over several weeks is recommended. At that point, the patient is placed onto a supportive care program.

On a *Supportive Care* program, the visits may range from once a week or once every two weeks to once a month or less, and continued on a decrease frequency basis until the patient is released in maintenance care. *Maintenance Care* visits are recommended with the change in seasons or about four per year. This is to say, about one visit approximately every three months.

f) **How about the sanitation?**

All pieces of the equipment are completely cleansed, disinfected and sanitized before and after every treatment. In addition, most therapists choose to use the disposable units which eliminate any possible contamination. Water purification and filtration systems vary from system to system, but the better ones include: three in-line filters and an ultra-violet (UV) light. Two of the three filters remove unwanted chemicals such as chlorine and toxins from the water. The UV light renders harmless approximately 99.9% of the bacteria as well as viruses found in water. The water purification systems on these machines are among the best in the world today.

Colon hydrotherapy is one of the most valuable holistic treatment methods offered to the public today. It is a disease solution by itself and a very important, integral part of the holistic health program.

9. **Choosing Poorly**

The choice not to change your attitude, behavior, and lifestyle threatens your health status and will lead you down a very sickly road. Over 90% of all diseases known to man have their origin in the colon. Colon Therapy has consistently been found to benefit:

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| 1. Constipation | 11. Headaches |
| 2. Diarrhea | 12. Toxic Mental Disorders |
| 3. Fatigue | 13. Mucus Congestion |
| 4. Indigestion | 14. Bowel Irregularities |
| 5. Gas | 15. Intestinal Parasites |
| 6. Bloating | 16. Blurring Vision |
| 7. Obesity | 17. Low back pain |
| 8. Arthritis | 18. High/Low Blood Pressure |
| 9. Allergies | 19. Autointoxication Poisonings |
| 10. Acidity | 20. and many more! |

The more you learn (and apply) about “uncivilized” natural health, the healthier you become! Let’s look at the health benefits of colon hydrotherapy treatments:

10. **The benefits that may be expected from colon hydrotherapy treatment:**

- Feeling of well-being. Due to the removal of the mucus, non-digested food, flatulence, germs and biological aging (detoxification process).
- Feeling of Lightness; result of the disappearance of the pressure of the intestine on the organs around it.
- Stimulation of the intestinal peritoneum, and the decrease of constipation.
- Abdominal muscular relaxation, as a result of lukewarm water and the massage of the irrigation.
- Inflammatory conditions and edema easing, due to removal of the irritating substances.
- Expulsion of parasites, elimination, by means of the alternative use of hot and cold water and complementary therapeutic solutions, garlic extract, H₂ O₂, etc.
- Weight reduction and slimming, due to the activation of the waste elimination process.
- Increased abdominal tonicity.
- Easing of gynecological disorders, such as cystitis, ovaritis, dismenorrea – thanks to the reduction of intestinal prolapse.
- Setting of the renal functions, thanks to the evacuation of toxic overload.
- Detoxification and rejuvenation effect, due to the elimination of the toxic substances which cause organic poisoning and biological aging.
- Reduction of the post-operative complications by reinforcing natural immunity.
- Decrease of troubles in the intestinal functions, after general anesthetic.
- Decrease of mineral deficiencies.
- Prevention of pathologies connected with the intestine (cancer, etc.). Prevention of degenerative illness (research by Dr. Cousin).

11. Contraindications

Colon hydrotherapy should be limited in the following cases:

1. Pregnancy (after 4 months)
2. Hemorrhoids, fissures and rectal fistules in acute phase
3. Acute inflammatory pathologies of the colon
4. Intestinal ulcers, acute hemorrhaging colitis
5. Suggestion of digestive perforation
6. Recent colon surgery
7. Acute arterial hypertension
8. Abdominal hernia
9. Colon neoplasia
10. Cardiac type congestive syncope
11. Kidney failure
12. Cirrhosis
13. Necrosis (abdominal irradiation)
14. Acute anemia

Some pathological conditions require particular care and the supervision of a therapist. For example - diverticulitis, ulcerous colitis, Chron's Disease, pregnancy (after 4 months). Possible discomfort during or after colon hydrotherapy: Each symptom points to one defective organ:

1. Sick feeling - this can come from the liver or the gallbladder.
2. Dizziness - both the liver and the gallbladder could be defective.
3. Hot sensation - kidney and/or reproductive system defective.
4. Chill - weak kidney and/or reproductive system
5. Reddening - possible arterial hypertension
6. Energy decrease - spleen or pancreas. Symptoms of hypoglycemia or diabetes are also possible.

If you are unsure whether or not you can utilize colon hydrotherapy to assist you on the road back to health, ask a colon hydrotherapist. Colon hydrotherapists are trained to face different pathological conditions and direct you towards the Holistic healing educational materials.