

# COLONIC HYDROTHERAPY FAQ

## **What does the treatment consist of?**

Colonic irrigation consists of slowly introducing warm filtered water into the colon under low pressure, via a small tube. When the colon is filled, the water is let out through a larger tube, bringing with it any loose debris.

This process is carried out several times during the treatment, which lasts from 30 minutes to an hour depending on tolerance, results, bowel size and level of built-up waste. The result is a gentle flushing and loosening of old faecal debris.

## **What is the difference between an open and a closed system?**

An open system is a type of equipment that brings water inside your bowel and which stimulates it to open. The waste is funnelled into a toilet. You are simply opening your bowel under the stimulation of the water. Generally, you are left to do this in private. A technician may be present to assist you on and off the equipment and check on you every so often.

Closed system means that the waste is piped out ensuring that there is no smell and no contact with waste matter.

This means that you are taken care of by the therapist who is with you and who will massage and support you through the process. This is more of an internal massage and the added benefit is from the work on the bowel reflexes, fascia, and bowel tissues. This will be more profound than a simple clean out and tends to help retrain the sensitive peristalsis (movements from the bowel).

I use a closed system which is powered by gravity (not pumped into you).

I find this is the most gentle and profound treatment choice.

## **What does the treatment feel like?**

Some people describe the sensation as slight discomfort or as if having diarrhoea.

## **How far does the tube go?**

The tube is connected to a "speculum" (a narrow Y connector) which is introduced no more than a couple of inches inside the rectum whilst you are lying on your side. This is not painful and carries no risk under normal circumstances. Your therapist will take a medical history to eliminate all contra-indications.

## **Will I need to be naked?**

You will always be covered and most of the treatment is spent with you comfortably lying on your back.

Every effort is made to preserve your dignity throughout.

## **What about smells?**

In a closed system, there is no smell during treatment because everything is enclosed and piped out directly into the sewage system.

## **Is it possible to perforate the bowel through colonic irrigation?**

Unlike a colonoscopy, colonic irrigation does not carry such risk due to the low pressure of the water against the colon wall and the small blunt device which is introduced a short distance into the rectum. Your therapist will take a medical history to avoid contra-indications.



### **Does the bowel get lazy if you have a lot of colonics?**

No, on the contrary, the internal "massage" provided by colonic irrigation, the variation in water temperature and the release of impacted matter from the colon will help to train and tone the muscles of the bowel.

### **Is it possible to overstretch the bowel through colonic irrigation?**

It is very unlikely if you are in the hands of a trained practitioner. More often the bowel will already be overstretched or distorted because of retention of old faecal matter and poor muscle tone. Those can be improved by colonic hydrotherapy.

### **Why doesn't the debris stuck in the colon move through in the normal course of events?**

Possibly because the old matter may be lodged in pockets (diverticulas); the bowel muscle tone and healthy response has been lost through poor toilet habits such as ignoring the need to go; the stools may be dehydrated, becoming hard; the stools may be sticking to the bowel wall due to poor dietary habits.

### **Is there any danger of transmitting disease through the equipment used in colonic irrigation?**

Cross contamination is not possible because only single-use disposable equipment is used. An IPCH qualified practitioner is trained to the highest standards of hygiene.

### **Do colonics help with the treatment of diarrhoea?**

Diarrhoea can be another form of constipation (referred to as overflow diarrhoea). Diarrhoea can also be caused by pathogenic organisms or an irritant, which are flushed by colonic irrigation. However, if diarrhoea is caused by an inflammatory condition, colonics are contra-indicated.

### **How do I know if I would benefit from a colonic?**

People will often display symptoms of toxicity before it turns into an identifiable or serious illness. Toxicity symptoms include constipation, bloating, fatigue and tiredness, skin problems, bad breath, aching muscles and joint pain, difficulties losing weight, water retention, bladder infections and recurrent thrush, irritability, and low moods.

### **How long does it take to clean out the bowel completely?**

The aim of Colonic Hydrotherapy is to restore effective bowel function rather than to clean it out. It is impossible to have a clean colon because we are using our colon to eliminate the by-products of digestion, lymphatic and liver detoxification. Depending on the condition of the colon, and alongside small dietary and lifestyle adjustments, minor problems could be eased or improved from between 3 to 6 visits. Someone whose condition is more serious however, may need more treatments, spaced over a longer period.

It is also a good idea to maintain good bowel function by having regular colonics. A recommendation would be 4-6 per year, or more if the bowel tends to get lazy (up to one month apart).

### **Are there any circumstances in which colonic irrigation is not recommended?**

Yes. Colonic irrigation is sometimes contraindicated. The therapist should always take a detailed history and be made aware of any medical conditions to assess if colonic irrigation is not advised.



### **Is it possible to do colonic irrigation during menstruation?**

Yes, additionally, Colonic Hydrotherapy can be an effective way to lessen the period's cramps.

### **Does colonic irrigation wash out all the good bacteria in the bowel?**

Loose and transient bacteria living in the colon will be expelled (including less desirable putrefactive bacteria and parasites). With the removal of accumulated waste and the resulting improvement in bowel function, "good" bacteria will have a better chance to thrive. The bowel bacteria that are present on the bowel wall are not removed during colon hydrotherapy. Those types of organisms breed best in a balanced environment. A colonic cleanse often leads to reduced bowel symptoms and it is hypothesised that this is due to healthier colonies of protective bowel wall organisms.

Often colonic practitioners recommend the use of probiotic culture to "restock" the bowel flora, and a diet which will encourage healthy microbes to multiply. More specifically, if your therapist thinks that your bowel bacteria may be out of balance, they might suggest a probiotic implant after your treatment.

### **Does colonic irrigation wash out essential vitamins and minerals?**

Many people cannot assimilate vitamins and minerals properly through their colons anyway due to toxic waste. In the longer term, the removal of toxic matter should help the client absorb more efficiently through the colon wall.

### **Is there anything I should do to prepare myself before receiving colonic therapy?**

- Increase your water consumption to 1.5-2 L of water a day and cut out tea, coffee and alcohol as much as possible.
- If you are constipated take 2 heaped tablespoons of linseeds (available from health food shops) per day.
- Two days before the treatment avoid eating processed foods and increase fresh fruits and vegetables.

### **What should I do straight after the treatment?**

- Rest and keep warm, and listen to your body. Avoid strenuous exercise for 12 hours.
- Drink 1-2 cups of herb tea or diluted soup if you are feeling cold.
- Avoid drinking cold water.
- Avoid drinking alcohol and eating foods known to slow transit time: meat, processed foods, dairy, bread, and cheese.

### **When will I have a bowel movement again after the treatment?**

Usually after 36 - 48 hours – for best results eat lightly, drink plenty of water and follow your practitioner's personalised recommendations.

### **What can I do to continue and maximise the benefits of having Colonic Hydrotherapy?**

Using diet, vitamins and mineral supplements etc. alongside colonic therapy will mutually enhance their benefits. Personalised recommendations are discussed as part of the pre-treatment consultation.

### **Is anything added to the colonic water?**

Often herbs or green coffee will be used during treatment depending on needs and circumstances.



### **For how long has colonic irrigation been practised or been known about?**

Historical accounts of bowel purging are made in ancient texts from as far back as an Egyptian papyrus dated 1500 BCE.

The current approach combines hygienic modern equipment with comfort and dignity.

### **What is the difference between an enema and a colonic irrigation?**

An enema simply utilises the ability to retain water in the bowel. It cannot usually reach all the way up the colon and does not have the same "flushing" action as colonic irrigation nor the same training effect on the peristalsis. For this reason, they are not as effective but can be done at home between colonics.

### **How will I feel after my colonic treatment?**

Most people experience a sense of lightness and a surge of energy. It is also possible that you may feel a little tired initially or cold. Any unpleasant side effects are short lived, and only a sign that your body is working hard at detoxifying.