

Home assignment

Contra-indications and red flag

1. When not to administer colonic and why?
2. When to refer a client to their doctor before administering a colonic

Colonic procedure

3. How do you respond to someone receiving a colonic and suffering from:
 - Cramps
 - Sever Constipation and pain with little release
 - Diarrhoea (evidenced by the quality of what is in your tube)
 - Nausea
 - Dizziness/fainting
4. What do you say to someone who contacts you after a colonic and is complaining of:
 - Cramps
 - Constipation
 - Diarrhoea
 - Nausea
5. How do you decide how long to do a treatment for; what are the signs that you are looking for?
6. How do you decide when to get your client back and how many treatments they need?

Nutrition

7. What are the causes of constipation (be as broad as possible and consider all possibilities)?
8. What are the causes of bloating (as above be broad in the possible causes)?

9. With what symptoms would you suspect a food sensitivity and what recommendation would you give?
10. When should you NOT recommend digestive enzymes particularly if they contain betaine hydrochloride?
11. What is an acid test (for gastritis and ulcer) and when would you recommend someone did one?
12. What is gluten and where is it found?
13. How would you advise your client to avoid gluten and why?

Hygiene

14. How should you dispose of your used tubing packs?
15. How frequently should you clean your tank and what is a suitable disinfectant?

Herbs

16. What herbs can be prescribed to treat constipation and what are the precautions to take before prescribing them and why?
17. What are the benefits (and who would you recommend them to) of digestive bitters such as the herbs in Dig Drops from SHS?

Client handling and recommendations

18. How do you ensure that your client will follow your recommendations?
19. What recommendations can you make to someone who is taking PPI to limit their side-effects?
20. When would you recommend **Alpha 1 Antitrypsine (leaky gut stool test)**?