

References, Course and Practice Management Support

Colonic Hydrotherapy Research Papers

Influence of Colonic Irrigation on the Human Microbiota

https://www.researchgate.net/publication/224830340_The_Influence_of_Colonic_Irrigation_on_Human_Intestinal_Microbiota

Effects of Colonic Irrigation on GALT

<https://pubmed.ncbi.nlm.nih.gov/19887728/>

Research Papers Relevant to Treatment Recommendations and Diets

Comparative Study Between Rifaximin Antibiotic and Herbal Treatments

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4030608/>

Propolis as Efficient Fungicide and Inhibitor of Biofilm Production by Vaginal Candida Albicans

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4359870/#:~:text=10.1155%2F2015%2F287693-.Propolis%20Is%20an%20Efficient%20Fungicide%20and%20Inhibitor,Production%20by%20Vaginal%20Candida%20albicans>

Research In Support of Hypnotherapy as Effective Treatment to Manage IBS

<https://www.monash.edu/medicine/news/latest/2024-articles/hypnotherapy-reduces-irritable-bowel-syndrome-symptoms-and-now-theres-an-app-for-that>

Support resources for Ketogenic Diet in the Treatment of Diabetes, Syndrome X and weight loss

<https://www.dietdoctor.com/low-carb/keto>

NHS References and Relevant Resources to Clinic Management

Waste Management Regulations: “Safe and Sustainable Management of Healthcare Waste”

[Health Technical Memorandum 07-01: Safe and sustainable management of healthcare waste](https://www.hse.gov.uk/waste/07-01.htm)

Cryptosporidium Facts Relevant to Filtration System

https://en.wikipedia.org/wiki/Cryptosporidium_parvum

“Control of Substances Hazardous to Health Regulations 2002” (COSHH)

<https://www.hse.gov.uk/cleaning/topics/coshh.htm>

Allergies and Intolerances Support Resources

Histamine Intolerance

<http://www.histamineintolerance.org.uk/>

Salicylate Intolerance

<https://www.dietvsdisease.org/salicylate-intolerance/>

Products For People with Environmental Allergies

The Healthy Home Store

<https://www.healthyhomestore.co.uk/>

Haemorrhoid treatment

Non-Surgical Procedure for Internal Haemorrhoids

[Exroid](#)

<https://www.exroid.com/haemorrhoid-treatment>

Information Commissioner's Office

<https://ico.org.uk/global/contact-us/helpline/>

If you use email for your practice, you must be registered with the Information Officer under the General Data Protection Regulation (GDPR) when necessary.

Insurance

H&L Balen

Tel: 01684580771 affinity scheme department – quote ARCH membership (IPCH student)

<http://www.balens.co.uk/>

Specialist Broker for Colonic Hydrotherapy provides specialist block-scheme package for IPCH students and ARCH student members. Can provide coverage in certain European country including Republic of Ireland.

Professional Organisations

Association and Register of Colon Hydrotherapists

Email: admin@colonic-association.org

<http://www.colonic-association.org/>

ARCH is the verifying body for IPCH.

Student membership to ARCH is included as part of the training and full membership is accessible and encouraged for all graduates of IPCH.

General Naturopathic Council

<https://gncouncil.co.uk/>

Membership to the GNC is open to all ARCH registered Colonic practitioners'

GNC membership gives access to a comprehensive and very useful database of "Herbs & Supplements Interactions with Prescription Drugs"

The Complementary and Natural Healthcare Council

<https://www.cnhc.org.uk>

Regulator for Colonic Hydrotherapy with connection to the Government. Members are recognised by certain private medical insurance companies; The NHS requires membership to CNHC when looking for a complementary medical practitioner to work within an NHS setting or when recommending complementary therapy treatment.

National Institute of Medical Herbalists

Tel: 01392 426022

<https://nimh.org.uk/>

Consult to refer clients to a local herbalist if your knowledge is outside your competence.

Monthly Index of Medical Specialities

<https://www.mims.co.uk/>

This is a paid service to access information on medical drugs and treatments

Software Package for Practice Management

Pioneer Software

<https://pioneersoftware.co.uk/co-trial> A

A well thought out package with tutorial if you wish to manage and store your client's notes, appointments, and communications digitally. Monthly fee or one-off payment available.

Complementary Training Organisations

The School of Health

Naturopathic based trainings mostly online but some with a practical module attached

www.schoolofhealth.com/the-school/

Sam Webster's Channel for Learning Anatomy & Physiology

A wonderful resource of lively and enlightening videos on every aspect of human anatomy and physiology; especially useful is you prefer three-dimensional approach instead of pictures/text in a book

<https://www.youtube.com/@SamWebster>

Videos and CPD recommendations

Anatomy of the Large Intestine **Compulsory watching for those in training**

Please watch before the practical training – 20 minutes video

https://youtu.be/IWw8iOkGe9g?si=ybvP_eBWVVWdCVK5

The Gut Microbiome at Menopause

Excellent account of the influence of hormones and diet on the microbiome – 90 minutes video

Recommended if you have no formal training in nutrition to help formulate a solid reasoning behind dietary recommendations such as increasing fibre in diet.

<https://youtu.be/v8mVkgZ9Hq4?si=s7ElB9Zo2Q1WSf9z&t=4>

Using Stool Testing in Practice; a five-part comprehensive training from Genova Diagnostics (GDX)

Explore how stool testing can complement your approach to gut health. This expert-led course is designed for healthcare practitioners eager to deepen their understanding of microbiome health, digestion, absorption, inflammation, and gut function.



Transforming Gut Health with GI Effects®

https://www.gdx.net/education/courses/transforming-gut-health-with-gi-effects?utm_source=subscribers&utm_medium=email&utm_campaign=gut_health_course

Identifying 'Flags' in Complementary Healthcare

<https://onlinetherapycourses.com/course/identifying-flags-in-complementary-healthcare/>