



## information sheet : what is colon hydrotherapy?

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***The Average American's body no longer has its natural ability to cleanse itself, by itself. The elimination tract is 30 feet long! That's as long as two cars parked end to end. Knowing what goes on in the last five feet of it CAN SAVE YOUR LIFE!***

### **YOU WANT TO PUT WATER WHERE?**

A colon hydrotherapy session consists of the gradual and gentle introduction of warm, purified water into the colon. This washing of the colon (large intestine), combined with some abdominal massage, helps to stimulate natural peristalsis (contraction of the bowel to move waste through). Also known as colon therapy, intestinal hydrotherapy, or colonic irrigation, it is completely safe, beneficial and nontoxic.

The procedure lasts about 45–50 minutes and is performed by a certified colon therapist using FDA approved colon irrigation equipment that regulates the water pressure, temperature, and volume. This set up allows the water to flow in under gentle pressure to cleanse the entire length of the colon. The equipment should also thoroughly filter the water - my filtration system consists of two 1- micron particle filters, two ceramic filters, an activated charcoal filter, and finally, ultra-violet light.

The filtered water enters and exits the body through an apparatus called a speculum. The speculum is attached to a hose leading to the colonic equipment. (Both the speculum and the hose are sterile and disposable.) During a colon therapy session most people find that they can relax completely. The client reclines comfortably on his/her back during the course of the treatment, while warm, purified water is slowly administered. The water dislodges toxic wastes, old feces and mucus in the colon, which are then flushed out through the waste-flow hose (also attached to the speculum). During the cleansing a series of water 'fills' and 'releases' helps to stimulate the expansion and contraction of the muscular walls of the colon. This, combined with occasionally changing the water temperature from warm to cool, exercises the colon and promotes the restoration of proper peristaltic action. After the colon has been sufficiently stimulated, the therapist releases the water pressure. The water and wastes from the colon pass through the hose into the machine's waste drain, (which is connected directly into the sewer, making this in an entirely closed system), and fresh, filtered water is again introduced into the colon. The gentle water flow is always under the direct control of the therapist, who repeats the process of fills and releases for the length of the appointment time, while remaining present and in communication with the client.

### **WHY WOULD I DO THAT?**

The colon's main function is the elimination of the body's waste. We experience health and well-being when the colon is clean and normal. When the colon is sluggish or clogged, hardened feces and toxins coat and collect in pockets of the colon walls. This waste build up over months and years interferes with final absorption and digestion of foods, depriving the body nutrients. This results in fermentation and putrefaction of undigested foods, which creates poisons (and the proper environment for unhealthy bowel flora, parasites and candida – all of which create their own toxins). These poisons are reabsorbed into the bloodstream and are carried and distributed to every part of the body. (See 'WHAT IS AUTO-INTOXICATION' on reverse side of this information sheet..)

### **WILL ONE DO IT?**

Almost never. Many of us have 10 or more pounds of impacted feces in our colon. Often the waste is so old, hard and deeply lodged in the colon that a series of colonics may be necessary to sufficiently soften and loosen it. The number of treatments in a series varies with each individual and his/her condition and objective. We can talk about this and together we can design a series that best suits your needs.

### **WON'T THAT WASH OUT THE GOOD BACTERIA?**

Helpful bacteria can only live in an acidic environment, whereas harmful ones thrive in alkaline ones. Most people, due to years of improper diet, lack of exercise, and poor elimination, have an alkaline colon and very little helpful bacteria to begin with. Removing toxic material and gases is the first step. Replenishing the beneficial bacteria can be accomplished by supplementation—either oral or by implant.

### **WILL LAXATIVES OR ENEMAS GET THE SAME RESULTS?**

Using an enema you are missing about 4 feet of the colon. During a colonic water goes through all 5 feet of the bowel to the ileo-cecal valve. Whereas enemas can sometimes fatigue the colon, colon hydrotherapy are far more

effective and comfortable, and they also exercise the colon, weakened by poor bowel habits and burdensome foods. Laxatives are an irritant, acid-based in nature. They cause the colon to spasm, expelling waste in an effort to expel the laxative. They leave behind more acids and toxins, thereby contributing overall to the constipated condition already in place. Because of this they can become very habit forming.

### **IS THE PROCEDURE SAFE AND SANITARY?**

With the use of high-tech disposable apparatus, the equipment is made 'new' every session. There is total hygienic safety.

## information sheet : **what is auto-intoxication?**

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***“The very best diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste and corruption. “ -Norman Walker, D.Sc., Ph.D.***

Many of the health problems we 'live with' are problems we can control by getting rid of stagnating and fermenting foods that should have been removed as waste from our body but instead are collecting inside our colons. This happens when the pH (or acid/alkaline measurement) in your colon is out of balance, usually as a result of acid-based food choices and habits, prescription or recreational drug use, overload of toxins from environment or foods, intestinal flora getting out of balance, and stress.

A healthy digestive system will be carrying about 6 pounds of fecal matter. The average person, however, eating the Standard American Diet (S.A.D.), carries 10-15 pounds of fecal matter in their intestines. Think about that for a minute: 10 to 15 pounds! It has been reported that actor John Wayne's colon weighed an incredible 60 pounds at his death. Can you imagine your colon weighing 60 pounds? The more this stuff collects it creates a seriously vicious cycle – further hindering elimination and causing a toxic build up in the body.

Toxins (whether acids from foods, metabolic waste, dead cells from your body, waste from the blood and liver, environmental, dead bacteria, etc.) trapped in the colon will be reabsorbed, picked up immediately by the blood, and travel throughout your entire body. Your blood Ph value cannot waiver, so it has no choice other than to play 'hot potato' with the toxins (acids) – distributing them wherever it can. In this way trapped waste is reabsorbed and distributed throughout the body, over-burdening the liver, poisoning the blood and lymph, weakening the immune system, depleting electrolyte mineral reserves. the body can become tired and listless; the brain and nervous system toxic, causing depression and irritability; the lungs create foul breath and stressful breathing; skin problems and sallow complexion; and the joints can become stiff and painful due to toxic deposits. All of which seem minor once a serious disease condition is allowed to set in due to the shift in Ph balance these deposited toxins bring with them over time.

*“In my opinion, there is only one real disease, and that disease is autointoxication—the body poisoning itself. It is the filth in our system that kills us. So I am convinced that unless you clean out your bowel you will never reach vibrant health.” V. Earl Irons, noted bowel specialist.*

*“Autointoxication is the process whereby the body literally poisons itself by maintaining a cesspool of decaying matter in its colon. This inner cesspool can contain as high a concentration of harmful bacteria as a cesspool under a house. The toxins released by the decay process get into the bloodstream and travel to all parts of the body. Every cell of the body is affected, and many forms of sickness can result. Because it weakens the entire system, autointoxication can be a causative factor for nearly any disease.” -The Colon Health Handbook, Rockridge Publishing Co.*

Colonic irrigation enables the impacted fecal matter to breakdown and be eliminated, along with particles of old mucus from the entire length of the colon. In some cases of cleansing, parasites and candida (yeast overgrowth) may also be eliminated. The liver, gallbladder, kidneys, blood and lymph system are often stimulated into dumping their toxic loads. Most people wouldn't even consider going weeks without a shower or brushing their teeth. Yet they go for years (or la lifetime) without cleansing their internal system? There are viable solutions to the autointoxication dilemma.

My goal is to help you to detoxify your whole body system so you can rebuild and regenerate new cells and tissues in a healthy environment. It won't happen over night— 10, 20, 30, 40 or more years of toxic living can't be rinsed out in an hour. It's a process and it takes time and commitment.. Only you know if you feel optimally healthy. Only your body can show us what it's going to take to get you there. And if you really think about it, I know you'll agree this a great place to start the work.

**because the road to health is paved with good intestines!!!!**

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