



information sheet : implants

WHAT IS AN IMPLANT?

An implant is usually a small amount of a concentrated solution (coffee, wheatgrass, herbal preparations/teas, probiotics, aloe gel, etc.) inserted directly into the colon through the rectum and retained for a certain amount of time. If you're wondering why you would do such a thing, or what the benefits might be, it really varies depending on what your needs are and what solutions you are implanting. One purpose would be maximum absorption of whatever is in the chosen solution, and it's direct and immediate affect on the colon and therefore the rest of the body system. The mucus membranes in the colon, and the way absorption works from there, is far more potent and direct than digesting a substance. In fact, rectal implants were the first IV's, really – a way to get nourishment and medicine into people who couldn't eat or take anything.

For example: a coffee implant (often called a coffee enema): while retaining a coffee solution in the colon, the caffeine is absorbed through the colon wall and brought directly to the liver. Absorbing the caffeine in this fashion (as opposed to digesting it) causes the liver's portal vein to dilate, the bile ducts to expand, and the bile flow to increase. This causes the smooth muscles of these organs to relax, a 700% increase in certain enzymatic productions and a large flushing of toxic bile from the body. Another, and very different, example would be a rectal implantation and retention of a probiotic solution. This allows for greater viability of a much larger population of the probiotic than just oral consumption. This is because the probiotic does not have to survive it's way through hydrochloric acid and other extremes in pH before it arrives at the colon.

HOW DO I DO AN IMPLANT?

The easiest way to do an implant is in my office, at the end of your hydrotherapy session. But there are time when you might want to do them at home. for example: if you're wanting or needing to do more implants than you have colonic sessions scheduled due to a specific cleanse regimen, or, maybe you want to be able to retain something for a longer period of time than we can in the office. Regardless of circumstances, if you're going to do the 'play at home version' of an implant, there are a few guidelines you're going to want to follow.

- Only perform an implant of any kind after clearing the colon as much as possible, either by having a colon hydrotherapy session, or completing a 'proper enema' (see info sheet).
- You'll want to get and use a bag or a bucket that is open at the top, easy to fill and to keep clean.
- Olive oil or some other natural lubricant is placed on the injection tip, and a dab of the same lubricant is also placed on the anus. This combination makes for easy insertion.
- Temperature of the implant solution is important. You'll want the implant to be about body temperature. If the implant is too cool it can cause cramps and be uncomfortable, making it difficult to retain. An easy way to warm your solution (such as wheatgrass or probiotics) is to fill a sink with warm/hot water and place the implant container in the sink. Just test the temperature with your finger.
- Make a nice comfy spot for yourself on the bathroom floor – put down blankets for cushion, cover with a towel incase of leaks or spills, bring in a pillow, maybe a blanket to cover yourself, and a timer.
- Make sure your shut-off valve is closed before you fill the bucket or bag!
- Hang the filled bucket or bag on the bathroom door handle or towel rack (the higher you hang it the faster the fill, so stay low and slow!). Once hung, to clear the line of air, open the shut-off valve with the end of the tubing in the implant container until solution flows. Shut-off the valve and pour that little bit back into the bucket or bag.

YOU ARE NOW READY!

Different people like different positions, and different implants may even call for specific positions (like coffee), but most people prefer lying on their backs. Lay on your comfy spot, on your back, knees bent. Insert the lubricated injection tip into your rectum. After insertion, open the valve gradually. With an implant you're only dealing with a small amount of liquid, usually a cup or two, so it shouldn't be too uncomfortable (except for wheatgrass!). When the liquid is in your body, shut off the valve, pull out the injection tip and cover yourself with a blanket and wait for your timer to go off. I use this time for creative visualizing or meditation.

TYPES OF IMPLANTS:

The Probiotic Implant: A probiotic implant is a special solution of healthy and beneficial intestinal bacteria that is introduced directly into the colon. This procedure is designed to strengthen and reinforce the balance of the bowel flora, to restore the colon's bacteria to its healthy and normal state.

Why should I consider this treatment: All of the beneficial bacteria in our gut that we depend on for health and vitality are 'environment specific'. That means as our internal environment changes so do our bacterial populations. Changes in our internal environment (pH) are usually due to dietary and lifestyle choices, but can also be reactions to stress and negative emotions, external toxins, or **food allergies & sensitivities** (see testing info). When traveling in foreign countries, we are exposed to conditions which our bodies are unfamiliar. These situations disrupt the normal intestinal flora. Fermentation in the intestines causes increased bloating and flatulence. Putrefaction in the intestines is indicated by odorous flatulence and stools. But these conditions are no longer isolated to world travelers! At this stage of the game, most folks have a lot of imbalance in their pH (acid / alkaline balance), and most folks don't have a whole lot of the good bacteria left working for them. Many individuals eat a diet almost opposite in what they actually need in terms of alkaline versus acid food sources (including low fiber, high in refined sugars and carbohydrates and processed foods, caffeine and sodas), have taken antibiotics, or have used hormonal birth control. By supplementing the intestinal flora with a special solution of beneficial bacteria, you can replace what might have been destroyed or disrupted. **It is beneficial to repeat this as needed until implantation has been successful, and this will vary with each individual depending on their circumstances and conditions. Then, it is always a good idea to consider implanting twice a year with your colon hydrotherapy series.**

Procedure Information: This procedure is best done following colon hydrotherapy, and can be done in the office directly after a session or the implant brought home for retention there. Due to the small quantity of fluid, it is easy for most individuals to retain the refluorastation; however some experience a "false" sense of needing to move the bowels. If you take it home with you, try to retain the bacteria (lying down) for 20—60 minutes. It is optimal to not expel after rising. Of course, if needed, one may evacuate their bowels. If any excess is eliminated - that is okay. To help with success of implantation, multiplication and future success of beneficial bacteria, one must feed them! Avoid foods that deplete the body of calcium and other minerals – sugar, corn syrup, and refined sweeteners, refined carbohydrates, caffeine and alcohol. Eat a diet high in minerals, and foods high in probiotic food such as onions, asparagus, artichokes and garlic.

Possible Reactions & Benefits: The primary importance of the refluorastation is to restore the colon's bacteria to its healthy and normal state. Many have reported relief to irritable bowel problems, reducing pain and bloating, and an improvement in bowel function, including resolving chronic constipation. The functions of the large intestine are many - when the bacterial dynamics are at an optimum, then the production of certain nutrients is enhanced, the absorption of vitamins and minerals is increased, and the binding of toxins for elimination is advanced. In the first three days, 20% of people experience some reaction, such as a change in the color of the stool (yellow is a liver response, army green is a bile response), mucous may be present, or an increase in flatulence for a few hours. Generally, within three days, there is ease in defecation, reduction in gas and bloating. Stool should float – stools float when friendly intestinal bacteria produce short chain fatty acids causing them to be lighter than water.

Wheatgrass / Liquid Chlorophyll: You probably know how powerful wheatgrass shots are as a cleanser, detoxifier, energizer and full body rejuvenator. As an implant directly into the colon its cleansing, deodorizing, healing and nutritive values are unprecedented. A wheatgrass implant is tremendously healing to the lining of the gut, helps restore proper pH, balances the gut ecology, and leaves you feeling a surge of energy and a sweet taste in your mouth all day long. Wheatgrass can be challenging to retain – retention is helped greatly by making sure it is body temperature, and that the bowel is empty. 20 minutes is optimal. (If you can't get fresh wheatgrass, liquid chlorophyll is a god second choice.)

Coffee: Coffee implants help remove toxins from the liver quickly and safely. They often provide quick relief when fatigued, sleepy or headachy. They help reduce or eliminate spasms, they have been known to reduce pain, and difficulties resulting in the withdrawal from all intoxicating substances. (see 'Gerson Therapy' info sheet.)

Aloe Vera Gel: Aloe soothes and heals tissues throughout the entire digestive tract. It extremely beneficial for the colon, hemorrhoids, liver, and uterus. It not only provides a healing effect, but it can also help return a sagging or prolapsed bowel to its normal position. The regular use of aloe vera gel and extract can help keep the colon clean.

Herbal Solutions (teas): Any herbal tea with properties that would address your particular issue can be implanted. Examples: Burdock Root is one of the best blood purifiers; it is great for the skin; it improves kidney action and more. Yarrow is good for the liver, glands and stomach; it opens pores on the skin for rapid elimination; it is good for colds, cramps, fever, and flu. Red Raspberry is excellent for gynecological problems. Wild Cherry Bark is useful for those who do not eliminate enema water easily. Also consider: dandelion, blessed thistle, milk thistle, elder flower, mullein, etc.

This product / procedure is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician or health care professional first.