

COLON CARE CLINIC

Frequently Asked Questions

Colon Hydrotherapy – What is it and who would need colon irrigation?

Colon Hydrotherapy is referred as to colonic irrigation, colonics, colon therapy, or high enemas. All these are names for colon hydrotherapy equipment, which uses safe filtered, temperature controlled water for inner cleansing.

Ideally people receive the treatment as a preventive and detox measure. However some people discover colonics assist in overcoming symptoms of constipation, diarrhoea, gas, irritable bowel syndrome, anxiety, stress, over processed diet, headaches, migraines, back pain, haemorrhoids, parasites, skin conditions such as eczema and psoriasis, colitis, arthritis, diverticulosis, depression, intestinal distress, irregularity of bowel movements and allergies.

What is the Colon?

The colon is the last five feet of the digestive tract. It is a hollow tube like organ made up of muscle that moves digested food along by a wave like motion known as peristaltic action. The colon is the living area for a host of bacteria that produce vitamins, such as K and some B vitamins. The colon also absorbs water, nutrients, proteins and cell salts back into the blood stream.

How can I cleanse my colon?

One of the safest ways is diet, exercise and Colon Hydrotherapy. It is the gentle infusion of filtered, temperature-controlled water, into the colon, by way of a sterile-disposable rectal tube or speculum. Water in – faecal matter flushed out.

How can this help?

The colon is a reflex organ, meaning there are electrical connections to all other systems and parts of the body. When waste material has accumulated over a long period of time it breaks down and become toxic. The body responds by slowing down other functions. This causes constipation and sluggish bowel movement, which will effect all other systems of the body.

What signs show inefficient elimination?

The most miserable people on earth are people with inefficient elimination. Some of the signs of a toxic colon are – coated tongue, fetid breath, shallow complexion, abnormal body odour, dark circles under the eyes, cold hands and feet, brittle nails and hair, Saggy posture (pot belly), tension, fatigue, allergies, indigestion, chronic headaches, irritability, nervousness, nausea, depression, asthma, and backaches.

Will laxatives or enemas accomplish the same results?

To clean out the lower part of the colon, enemas are fine. But, you are missing about four feet of the colon. Laxatives are an irritant to the body. Therefore, the body produces a thin, watery substance that goes through the colon and leaves behind impacted toxins and waste.

How is Colon Hydrotherapy different?

Colon Hydrotherapy is the gentle infusion of filtered, temperature-controlled water into the colon, which fills the colon allowing impacted toxins and waste to be removed. With an experienced Certified Colon Hydrotherapist, who uses TGA equipment, more toxins and waste can be eliminated by working the different meridians

What are the signs of a colon that is not functioning properly?

When sufferers finally visit a physician, they usually relate a history of one or more of these complaints that go back years-constipation, coated tongue, fetid breath, shallow complexion, dark circles under the eyes, abnormal body odor, cold hands and feet, blood pressure up or down, brittle nails and hair, saggy posture (pot belly), tension, fatigue, allergies, indigestion, menstrual problems, swelling of legs, asthma, backache, and loss of memory or concentration.

Is Colon Hydrotherapy painful?

An impacted colon can cause discomfort, and cramping may occur as the colon contracts to expel waste. Once the major impaction is removed, many actually find a session pleasant. On a positive note the cramps that may be experienced during initial colonic sessions result in the strengthening and re-established tone of the colon. Think of it as a gym session or workout for the bowel!

Is it embarrassing?

NO. Your dignity is completely maintained with proper draping in a private room. The odour from regular bowel movements does not exist with FDA & TGA Registered Colon Hydrotherapy Equipment! All qualified therapists are female.

What should I do before a session?

It may be more comfortable to refrain from eating at least two hours before your scheduled appointment. For the best results, prepare a diet of vegetables and grain. Also drink plenty of water and refrain from red meat.

What kind of diet shall I follow after getting a Colon Hydrotherapy session?

Following large intestinal cleansing, the body may feel weary or relaxed. This is simply your body working out and possessing through its cleaning period; so, proper rest is important for your body to rejuvenate. Therapists will provide you with a printed suggested diet for you to follow, after your first session.

After receiving Colon Hydrotherapy, We have experienced that it is important to

1. Drink plenty of liquids (purified or distilled water, juices, herb teas, and electrolyte liquids.)
2. Eat pureed food for 24 hours after each session (blended soups are recommended.)
3. Avoid eating raw vegetables for a couple of days. Steamed vegetables and raw fruit are sufficient, chew very thoroughly.
4. Reduce flesh consumption. (Especially beef, pork and chicken.)

After a session, how might I expect to feel?

Most people remark on how clean and light they feel. Increased energy and feelings of well – being are the common responses.