

Colon Hydro Therapy Information

Congratulations! With your decision to experience a colon hydrotherapy treatment, you have taken a giant step towards the ultimate goal of achieving optimal health.

Whether you are to treat acute symptoms, such as the onset of a flu or cold, or whether you have decided to work on long term health maintenance and/or healing, colon hydro therapy will enhance and support whatever health program you choose. In acute circumstances a colonic or two may stop whatever intruder (virus, bacteria, parasite) wants to overpower the body, from going any further. By removing the morbid breeding ground, a colonic may hold back and flush out the illness producing intruder before it can take a hold of you.

For health maintenance colonics are used in combination with detoxification programs that include cleansing diets, exercise, skin brushing, herbs, therapeutic grade essential oils derived from plants and/or homeopathic remedies. Often a series of 3 – 6 colonic sessions is beneficial to achieve desired results, followed by regular sessions three to twelve months apart.

In today's day and age colon cleansing can benefit pretty well everyone. Our bodies are overloaded with toxins ingested from denatured and processed foods, chemically fertilized and sprayed produce, tap water, polluted air, alcohol and drugs. Even if we reduce this pollution as much as we can, the build up in the body needs to be removed. Symptoms indicating toxic build up may include: Chronic fatigue, depression, headaches, irritability, protruding abdomen, dark circles under the eyes, bad breath, coated tongue, flatulence, constipation, diarrhea and many more.

Reaction to Treatment

Some people feel cold, hungry, weak or thirsty after a treatment. This can be considered as normal, as the colon has done a lot of work in a short period of time. If you feel weak afterward, try having a cup of electrolyte solution or herbal tea with honey to increase blood sugar and supply minerals. If hungry, eat a warm vegetable soup, some steamed veggies, an avocado or a freshly pressed vegetable juice. Avoid too much roughage the first day, as this may cause bloating.

The regular pattern of bowel function may be interrupted and may even cease temporarily. However regular bowel habits will return once peristalsis is re-established through the movement of food/chime etc. in the digestive tract. You may help this condition, by eating some soaked dried figs or prunes or in the summer some apricots, peaches or plums. However, as mentioned above, the consumption of raw fruits should only be resumed one day after a colonic. A gentle more cooked diet on the day of the colonic is recommended, to avoid gas cramps. In general a cleansing diet will consist of vegetables, grains, fruits and sprouts.

Some people may feel bloated after a few treatments. This may be a result of old stool and waste matter being re-hydrated. Either quick succession colonics or the addition of an herbal colon cleanse will speed up the process of eliminating this condition. For temporary relief you can rub some therapeutic grade peppermint oil on your abdomen and feet. Also drinking several cups a day of a warm tea made out of fresh ginger and fennel seeds can be helpful.

Healing Crisis

Most people feel wonderful and energized after a colonic. However, for some people various degrees of feeling ill may be the body's way of eliminating toxins. When the colon begins to cleanse and old putrefactive material begins to re-hydrate, there is often a re-absorption of toxic substances into the

bloodstream. As a result you may experience nausea, flu-like aches, headache, fever, dizziness, water retention, lethargy, depression, etc. These symptoms should not be suppressed with over the counter drugs if at all possible. Rest, ample fluid intake, a warm bath, a cup of peppermint, fennel or chamomile tea or the application of therapeutic grade peppermint oil may bring relief. And so will patience. Rest assured: a healthier, happier you is in the making! As long as a "crisis" remains within the level of tolerance, we welcome it. However, if it is too acute, we will temporarily reduce our cleansing efforts and focus on rebuilding strength, until the body is ready (such reactions happen very rarely).