



Quick Guide to Colonic Hydrotherapy

Colonic hydrotherapy is a very personalised therapy. Each session is designed to offer relief to the patient based on their current health status and goals. There are a range of conditions which it can help with, from IBS symptoms, constipation, bloating, pre-menstrual tension and candida overgrowth to inflammatory diseases such as arthritis and eczema.

What to expect

In the western world many people feel reserved about their natural bodily functions, but increasingly, individuals suffering from bowel conditions are seeking relief through a professional cleansing of the colon. Those who overcome their initial embarrassment say that they are rewarded by coming away with an overall feeling of lightness, vitality and cleanliness, following the colonic process.

When booking your hydrotherapy session it is sensible to ensure that the clinic you go has therapists that have been fully trained and registered, look out for those who are registered with the Association of Registered Colonic Hydrotherapists as this is the Gold Standard of appropriately trained therapists in the UK. Before your appointment it is suggested that you do not eat a large meal; it may be suggested not eating at all for two hours before. No other preparation is necessary.

The therapist will take a brief medical history at your first appointment. Personal details will be recorded including past illness, surgeries and current health status to ensure you don't have any condition (such as active inflammation, for example, diverticulitis or ulcerative colitis) which would make it inadvisable to have a treatment. The therapist will then take a moment to fully explain the procedure to you.

You will change, being asked to remove clothing from your bottom half and wrap a towel around you with the opening at the back. You may also wish to empty your bladder at this moment too. You will then be asked to lay back on the couch. After a brief examination of your abdomen to check for sites of tenderness or pockets of gas, a speculum (to which inlet and outlet pipes are attached) is gently introduced into the rectum and warm water flows in to soften and cleanse the colon of waste matter and old faecal deposits. These will be piped out through outlet pipe and flow discreetly into a drain. It is a closed system, so there is no odour. Considerable effort is made to ensure that your dignity is preserved at all times and the procedure will

occur slowly, at a pace which is comfortable for you. An experienced therapist will be practiced in putting you at ease.

About 60 litres of water – filtered and warmed – are used during the entire process, but only small amounts flow in at a time to stimulate the bowel into the sensation of being full and therefore contracting as it would naturally to eliminate waste. Sometimes herbal infusions are also used.

You'll be asked to turn onto your back so that the therapist can apply special massage techniques to the abdomen to assist the process. The treatment can take from 30 to 50 minutes, after which you will be given plenty of time to use the shower and en-suite facilities, and dress at your leisure.

The process of colon hydrotherapy washes out not only waste matter, but also the “bad” and “friendly” bacteria which are an essential part of the digestive process. Studies have shown that within 48hrs the good bacteria will have replenished naturally, however you may so be advised on how to replace these through the use of pre- and probiotic foods or probiotics capsules.

Which of these three categories do you fall into?

RE-BALANCE

Do you suffer from constipation, bloating, IBS, candida, parasites? When the body is out of balance, inflammation and toxicity can manifest throughout the body. The colon can become overwhelmed resulting in diarrhoea, constipation, gas, bloating and an overgrowth of bad bacteria or candida. You can experience bad breath or asthma, your skin may be affected by acne, eczema, psoriasis and your liver and kidneys could become sluggish and struggle to detoxify the body properly.

A course of colon hydrotherapy treatments combined with sensible eating allows enhanced detoxification and a re-education of the colon. Cleansing of the colon and other elimination organs can relieve the symptoms associated with toxicity. Bad bacteria which resides in the lumen of the colon will be flushed out allowing for the good bacteria to once again flourish.

The continuous inflow of water and subsequent release during the treatment actually allows the colon to be exercised, the body naturally uses the colon muscles to evacuate waste matter, providing a gentler release. While at the same time, the peristalsis (action of the muscles of the colon) is greatly stimulated and this acts as an excellent workout for the colon, therefore providing relief from constipation and spastic colon. Those suffering from IBS often notice a huge relief from symptoms after just one treatment with results often lasting months

RE-ENERGISE

Are you struggling to maintain energy throughout the day, does your concentration and focus deteriorate as the week goes by, do you wake feeling rested or perhaps you know that your stress levels are a little too much right now?

Do you remember what it feels like to be full of energy? Optimising your health means that you can enjoy life to the fullest. It will allow you can get the most out of everything you enjoy in life and enable you to juggle all the demand of modern day living. Stress can impact the function of the bowel, transit times can alter and reduce the amount of nutrients we can absorb leading to feel drained and tired.

A course of colonic hydrotherapy sessions can improve metabolism and absorption, increasing energy levels. Sleeping patterns can be improved while there can be a notably increase in mental clarity and a very definite sense of calm.

RE-JUVENATE

Perhaps you want to lose weight, kick start a new diet, improve your skin and nails and look radiant

Beauty isn't just skin deep, it goes much further. Beauty and vitality are created on the inside. When toxins are absorbed through the colon into the circulatory system they can accumulate in different areas.

When we don't digest our food properly, the products of fermentation, can accumulate in our fat cells and contribute to weight gain. Did you know that the biggest elimination organ of the body is the skin? If the body can't eliminate toxins properly then integrity of the skin can start to suffer as toxins are pushed up to the surface. It is possible for toxicity to also build up in joints and muscles and cause aches and pains, and with increased toxicity and the improper absorption of nutrients the body's metabolism can become sluggish and cellulite can appear worse.

A combination of colonic hydrotherapy session, sensible eating and exercise can help to ensure you are elimination toxins and absorbing all the nutrients you need to be the best version of yourself. This powerful combination can result in a decreased size and softening of the abdomen, improved complexion, bright eyes, healthy hair and nails, normalizing of water retention, weight loss and relief from joint pain and muscle stiffness.

Have you read our

“Colonic Hydrotherapy - Frequently Asked Questions”

“Colonic Hydrotherapy - Effects & Benefits”

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