

Colon Hydrotherapy Frequently Asked Questions

What exactly is Colon Hydrotherapy? Colon Hydrotherapy is a gentle infusion of water in and out of the colon encouraging the removal of impacted waste, gas, mucus, undigested foods and other toxins. Sophisticated equipment, in our case, a closed system called the Dotolo Toxygen is used which allows the gentle flow of water into the large intestine. The water is then released taking with it accumulated waste and toxic build up from the intestine. This process is repeated 30-35 minutes providing a valuable and extensive cleanse.

Is Colon Hydrotherapy safe? Yes. Thousands of colon hydrotherapy sessions have been given safely nationwide. The water pressure is very low and monitored at all times. The Colon Hydrotherapist is always at your side and will keep you comfortable at all times.

Will I be embarrassed? You, as the client, will be draped at all times and your privacy is paramount. You will be inserting the small tube about two inches into the rectum. If you require assistance, Lee is sure to help. The closed system that we use means that the waste removal goes directly into the sewer. Therefore, no odors or messy exposure to waste is experienced.

What is the function of the colon? The primary functions of the colon are to absorb electrolytes and water, to synthesize valuable nutrients (Vitamins B & K via natural flora) and to prepare and store fecal waste prior to elimination. Colon Hydrotherapy, in combination with nutrition achieved through a good diet, supplements and exercise, can bring back essential flora. The natural flora (probiotics) is responsible for the synthesis of valuable nutrients to restore proper balance.

Why is colon health so important? The colon, along with the skin, kidneys and lungs is a major organ of elimination of toxins and waste. If bowel movements are irregular, waste products and toxins can build up. These accumulated toxins are often reabsorbed into the blood stream where they may be carried to other

tissues and organs of the body. Over time this can compromise healthy tissue. Toxic waste build up can be the root of a variety of health concerns.

What is the purpose of getting a Colon Hydrotherapy treatment? Waste that has been in the colon for some time poses several problems. Just like a pipe in your sink drain, your colon accumulates debris over the years. Examples of accumulated waste are impacted feces, accumulated mucous, dead cellular tissue, parasites and worms, etc. This toxic material can re-enter the blood stream causing you to feel ill, tired or weak. A buildup of material on the colon wall can inhibit muscular action (peristalsis) causing sluggish bowel movements, constipation, thin, misshaped feces and many resulting disorders.

What effect does colon hydrotherapy have on our immune system? The removal of stagnant waste material and hardened, impacted toxic residue could rejuvenate the immune tissue that resides in the intestines. Recent European studies speculate that 80% of immune tissue resides in the intestines. This is much higher than previously thought and makes it logical to believe that colon hydrotherapy provides a positive influence for our most important defense against disease – our immune system. Colon Hydrotherapy is not a cure-all, but an important adjunctive therapy in your overall health care.

http://www.vivo.colostate.edu/hbooks/pathphys/digestion/basics/gi_immune.html

What will Colon Hydrotherapy do for my colon? Will I have watery stools?

1. Cleanses the colon: Toxic material is broken down so it can no longer harm your body or inhibit assimilation and elimination. Over a series of irrigations, debris that has built up over a long time is gently removed. Once impacted material is removed, your colon can begin to operate as it was meant to. Clients say that their feces is larger, more formed and more frequent.
2. Exercises the colon: The buildup of toxic debris weakens the colon and impairs its functioning. The gentle filling and emptying of the colon stimulates peristaltic (muscular) contraction activity which is the natural motion the colon uses to move material through and out of the body. The gentle, warm water not only cleanses but also creates volume by expanding the fascia in the muscle layer of the large intestine. This minimal/micro expansion elongates the wall of the colon and stimulates the natural

muscular activity. A sluggish colon leads to improper peristalsis and waste build up.

3. Stimulates reflex points: Every system and organ of the body is connected to the colon by reflex points. A colon hydrotherapy session stimulates these points affecting the corresponding body parts in a beneficial way (similar to reflexology).

Will I have watery stools? Colon Hydrotherapy hydrates the tissues. Purified water from the Dotolo Toxoygen equipment gently enters your colon and gives your body fluid: 1.) to cleanse the fecal waste, toxins, mucous, etc. 2.) to nourish your tissues if you are dehydrated. Water that is used to cleanse the colon will be excreted through the rectum and out the waste water tube into the sewer. Water that is needed for hydration will be brought from your colon to your circulatory system to the kidneys where you will void it out. Popular myth is that a client will have “excess amount of watery stools” after a treatment. This is not usually the case as the Colon Hydrotherapist allows for time at the end of the session for the waste and water to evacuate. *This is also why it is important to not drink two hours before the session because the bladder should be empty at the start of the treatment.*

How can I tell if I have toxic material in my Colon? Once the colon is overloaded, toxins will show up throughout the body, particularly in fat tissue (cellulite), joints, arteries, muscles, the liver, etc. When people talk about symptoms they usually say that some of the following issues have occurred over a period of time. Common signs that indicate an overloaded colon may include: backaches, headaches, constipation, diarrhea, fatigue, bad breath, body odor, confusion, irritability, skin blemishes, abdominal gas, bloating, sciatic pain, coated tongue, sallow complexion, dark circles under the eyes, abnormal body odor, brittle nails and hair, sagging posture (pot belly), tension, fatigue, allergies, indigestion, menstrual problems, etc. These symptoms may indicate colon toxicity which is a process where the toxins in the colon can poison the body over time. Also, it is important to remember that toxicity is not limited to the colon. Releasing accumulated, old waste from the large intestine can stimulate other eliminating organs (liver, gall bladder, etc.) to let go of waste as well. This can

lead to a wonderful healing experience when accompanied by good nutrition, exercise and hydration. Ongoing body/mind/colon awareness can also be triggered as you feel better and better!

I have been suffering from constipation for as long as I remember, will Colon Hydrotherapy help? Exercise, fiber in the diet, adequate water intake and attitude have everything to do with a well functioning colon. All of these elements synchronized into a healthy balance lead to excellent colon health. Often when the colon has been sluggish for so long it can become severely weakened due to: 1.) constant exposure to toxic waste, 2.) over stretching from holding excessive stool, and 3.) frequently constricted by chronic tension in the colon. Stress is an emotion that has a direct relationship to moving your bowels.

The process of colon hydrotherapy is excellent for cleansing and assisting the healing of the colon sufficiently so that changes in exercise, diet/hydration and attitude are then able to produce their effects. Many people find needed relief by colon hydrotherapy which then inspires positive changes in their lifestyle. Enthusiasm, hope, eagerness and invigoration are often expressed by clients.

Can I be constipated even if I have 1, 2 or 3 bowel movements a day? Yes, accumulated wastes, gas, and mucous can inhibit natural peristaltic action, resulting in incomplete, though frequent, bowel movements.

How many times should I have a Colon Hydrotherapy treatment? The International Association for Colon Hydrotherapy (I-Act) suggests the following protocol: Week 1: two sessions; Week 2: two sessions; Weeks 3-10: one session per week. Often the waste is so hard and deeply lodged in the colon that it may take a series of colon hydrotherapy sessions to sufficiently loosen and soften it. Colon Hydrotherapy sessions also help stimulate the liver, kidneys and lymph systems to help excrete toxins. The number of sessions varies with each individual and his/her condition. Lee can best advise you regarding this.

Could one Colon Hydrotherapy treatment empty the colon? The large intestine is 5 feet long, it very unlikely to cleanse it one session. Many of us have a considerable amount of impacted feces in our colon. Hardened, rubbery material

may take substantial sessions and a series of treatments is usually necessary to remove it. Remember how long 5 feet of waste might look like.

One hydrotherapy session will remove some of the stagnant waste in the colon. There is also a subtle learning process involved in receiving colon hydrotherapy. As you become more aware of what is happening in your colon, and your body learns to allow the cleansing process to occur, the natural process of release is relearned. As you become accustomed to the treatments your body relinquishes the wastes "right on time" as if it knows exactly what to do with this pure-water treatment. How many sessions you may wish to have will depend on the condition of your colon and your personal objective.

Will I experience any intestinal discomfort during the cleansing? Not usually. However, the cleansing process may stir up considerable amounts of old debris, gas, mucous and toxins. The body reacts to this waste and you may experience some fatigue, tingling or warming sensations, chills, or nausea. As the colon functions properly and contracts to eliminate these wastes into the rectum, the feeling of pressure or cramping may occur. Your colon naturally contracts and when old waste becomes available to evacuate it- the colon automatically releases it. It is normal to feel an urgency to empty the rectum but the Dotolo Toxoygen equipment allows you to gently relax and release without any effort. These episodes are usually brief and are easily tolerated because the waste material will soon be expelled through the waste water (outflow) tube. The relief is not only felt but seen (if wanted) as the wastes are eliminated through the viewing window. Lee will take time to administer the extremely low pressurized and purified water into your colon so that a feeling of ease and release are paramount. Lee will constantly adjust to your individual comfort level. As a result, our clients experience little or no discomfort during or after their sessions.

Most people really enjoy their colon hydrotherapy sessions and are especially pleased with the sensation of feeling lighter, cleaner and clear afterward.

Won't Colon Hydrotherapy treatments damage the normal intestinal flora?

Accumulation of encrusted feces in the colon makes it impossible for the tissues to produce the necessary intestinal flora, resulting in increased constipation.

Cleansing the colon helps bring the acid-alkaline ratio back into balance, allowing friendly bacteria to thrive, while inhibiting disease-causing organisms. We recommend that you assist the body in this process by orally taking a good flora/probiotics to reintroduce friendly bacteria into the colon.

Will it upset the electrolyte balance in my body? Electrolytes are the minerals in the body (mainly sodium and potassium salts) that maintain the proper electrical charge and pH balance (acid and alkaline balance) in the various organs and tissues of the body. Each one of these tissues, organs and body cavities has a certain proportion and balance of minerals to maintain the necessary pH balance. For example, the stomach should maintain an acid pH, (1-3) and the duodenum (first part of the small intestine) should be alkaline, (6-6.5) in order for proper digestion to occur. In the later parts of the small intestine (jejunum and ileum), further away from the stomach, the pH rises to 7.5. If this balance is disrupted, then digestion will be impaired.

The pH electrical balance in the colon is very near neutral, ideally being slightly acid, (5.5-7). A strong acid or alkaline environment is not necessary because digestion does not take place in the colon. Rather, a major function of the colon is to re-absorb the fluid from the unformed stool that is passed into it from the small intestine. After the fluid is re-absorbed and stool is formed, the colon moves the stool into the rectum and out of the body.

The majority of material released during colon hydrotherapy is formed stool that has already had the fluid and electrolytes removed from it, so the amount lost is minimal and easily replaced by the body from the food and fluid we ingest.

Is there any possibility of bacterial or viral contamination from prior use of the Colon Hydrotherapy equipment? Abundant Health, LLC uses individually packaged, disposable hoses and speculums that are used once and then thrown away. This eliminates the danger of contamination. We also flush the equipment with hospital-grade disinfectant solution between each client. The water we use for colon hydrotherapy starts as tap water and we clean it further. The Dotolo Toxygen equipment utilizes a UV light which is capable of killing microorganisms such as bacteria, viruses, molds, algae and yeast. Also a carbon filter traps any

debris from the UV system and one hot water filter and one cold water filter that traps chlorine, metals, and particles from the water. The water entering your body is efficiently cleaned and purified.

How does Colon Hydrotherapy compare to an enema or laxative? Colon Hydrotherapy is a natural process that stimulates peristalsis which in turn, tones and hydrates the colon. Enemas are not as thorough as a colon hydrotherapy session and only bathe the lower part of the colon, the rectum. A colon cleansing can bathe the entire length of the colon. Laxatives can cause the colon to spasm in response to aggravation and can be dehydrating. Dr. Norman Walker was a strong advocate of colon hydrotherapy and lived to the ripe old age of 109. He was the author of many books referencing colon health. Dr. Walker once stated, "One colon irrigation is equal to 30 enemas."

Does having a menstrual period at the time of my cleanse have an effect on the treatment? In fact, it is a good time to receive a treatment since your body is already cleansing. Your menstrual flow will not interfere with the success of the treatment. Flushing the colon will also reduce abdominal pressure associated with menstrual cycles.

Can I work after a treatment? Yes. Colon Hydrotherapy should not interfere with your scheduled day. However, sometimes cleansing will release a lot of old debris and toxins which might cause a brief healing crisis. If so, resting is recommended. The body uses colon hydrotherapy as an avenue to let go of toxins. Often times clients feel refreshed and rejuvenated after letting go of old wastes.

Should I consult my doctor before having a Colon Hydrotherapy? If there is something organically or internally wrong, it is always necessary to consult your doctor. A medical examination is not required prior to your first session. We do place the responsibility to receive the treatment in our clients' hands. Colon Hydrotherapy is safer than home enemas, and at Abundant Health, LLC, we only use state-of-the-art equipment professionally administered by a certified colon therapist.

What are the additional benefits that I might expect from colon hydrotherapy?

Working with Lee, colon hydrotherapy can be a truly enlightening and educational process. You will learn to expand your awareness of your body's function by becoming aware of signals from your skin, abdomen, face and your eliminations.

With your enhanced emotional attunement with your body, you may find that you can spot the beginnings of developing conditions (constipation, bloating, poor hydration) through the clues provided by your body before they become problematic. Colon Hydrotherapy has been known to enhance your own individual mind/body connection.

The solar plexus is the emotional center of the body and the transverse colon passes right through it. If an emotional event is left uncompleted, it often results in physical tension being stored in the solar plexus, which affects all organs in the area, including the colon. This ongoing tightening of the colon muscle results in diminished movement of fecal material throughout the colon, which is experienced as constipation.

Therefore, Colon Hydrotherapy can assist you in recognizing and releasing the stored emotion causing the problem. In effect, colon hydrotherapy assists you in creating a fully holistic view of your body's functioning, leading to a better quality of life.

What should I do to prepare for a colon cleansing? Refrain from eating 1-2 hours before the cleansing, be as relaxed as possible and maintain a positive cheerful attitude. Be well hydrated but avoid carbonated beverages as they add gas to the colon.

Can I eat after a session? Yes – try to eat a moderate amount of whatever seems gentle and nourishing to you. Salads, vegetable soups, fruit, and vegetable juices are the best choice. If you have a particular issue with your colon, like an overgrowth of candida or excess mucous, Lee may suggest foods that support the improvement of these conditions.

Should I parallel my Colon Hydrotherapy with a fasting program or do you think it is better to have a session at the beginning or end of the fast?

Whenever you do anything that increases the rate at which toxins are released into the blood stream, it is essential that you eliminate whatever is possible through the colon. If you don't, you may unnecessarily experience increased discomforts of toxemia (poisonous toxins in the bloodstream).

Instead of being expelled from your body, toxins may merely re-circulate and settle elsewhere in organs, muscles or tissues. Whether you use colon hydrotherapy or some other elimination aid, you want your bowels to move daily. A talk with your Lee can be of great assistance during your cleansing program. You will find it beneficial to schedule a colon hydrotherapy treatment at the beginning of your fast and ask Lee to comment on your plan.

What are the characteristics of a healthy, well functioning colon? Healthy babies, animals and adults are not subjected to the refinements of civilization and have bowel movements shortly after each meal is eaten. Assuming there is sufficient fiber and water available to the colon, one characteristic is a bowel movement shortly after a meal is eaten. Once the urge to eliminate is honored by a trip to the toilet, the elimination should be easy and take no more than 10 seconds. The stool will be long, large in diameter, light brown in color, without offensive odor and should float or sink very slowly. When the toilet is flushed, the stool immediately begins breaking apart by the action of the water movement. As incredible as this may sound, it is true and commonly experienced in cultures where people live more naturally.

What will I experience afterwards? Most likely, you'll feel great. Probably you'll feel lighter and enjoy a sense of well being. Not infrequently, someone getting their first colon hydrotherapy will remark that it was one of the most wonderful experiences of their life. Any activity you would ordinarily be doing, such as work or exercise, is just find to do. For some, it may trigger a healing crisis and may they may experience several subsequent bowel movements for the next few hours, but there won't be any uncontrollable urgency or discomfort.

Occasionally, clients will report feeling very tired following a session. This is not abnormal and we ask our clients to honor their body's signals and use the time for resting and restoring.

Is my information (medical history) confidential? Absolutely! We do not sell your name or information to any third party and our records are strictly confidential.

Ok – I am hooked – how do I sign up? Great! Call us at 508-835-4025 to schedule your appointment. We ask all of our clients to fill out the medical history forms prior to your first appointment. We will email you all applicable forms (or use snail mail for those who do not have email). Please go to our links page and watch the videos explaining the entire process and bring all of your questions to your first appointment.

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