

## What is Colon Hydrotherapy?

Also known as 'colonic', 'colon irrigation' or 'high colonic'.

Colonic hydrotherapy is a safe and effective method for cleansing the colon of waste material by repeated gentle flushing with warmed filtered water.

Many people have pre-conceived ideas about colonics, whereas it is in fact a colonic treatment which leaves you feeling clean, revitalized and well. The benefit can quickly be observed in the form of improved bowel function, clearer skin and more mental clarity.

The colon or large intestine is the end proportion of the digestive tract. It measures approx 5 feet long and 2 ½ inches in diameter.

## What is the Purpose of having a colonic?

Waste materials especially that which has remained in the colon for some time for example: impacted faeces, dead cellular tissue, accumulation of mucous and parasites and worms.

This material is toxic and these poisons re-enter into the blood stream and circulate around the body making you feel ill, tired, lethargic, bloated, suffering from lots of headaches and the inability to lose any more weight.

The build up of materials prevents the colons ability to function efficiently in producing certain vitamins and bacteria essential for healthy living.

## What to expect during treatment

Your first visit will involve the taking of a case history and the explanation of the procedure. The Colonic itself will take 30-45 minutes during which time warmed and pre-filtered water will be gently introduced into the rectum via a speculum.

Your therapist may use gentle abdominal massage to stimulate the release of stored matter.

At all times your modesty will be respected with the help of towels and gowns.

All equipment used is disposable for single use. Water pressure is very low so there is no danger of damage to the bowel. People are sometimes a little apprehensive or nervous at their first visit but your therapist will soon put you at ease.

## About Your Therapist

Your therapist is a Registered Nurse. Has attended the National College of Colon Hydrotherapy and gained a Diploma and is competent in Colon Hydrotherapy. Your therapist meets standards set out and is a member of ARCH (Association & Register for Colon Hydrotherapists).

ARCH was founded in 1987 by Dr. Milo Siewert as a professional association of qualified therapists and become a member of the General Naturopathic Council (GNC).

## What Conditions Can Be Treated?

- Allergies
- Arthritis
- Asthma
- Atonic Colon (sluggish)
- Bloating
- Candida
- Colitis in remission
- Constipation
- Diarrhoea
- Diverticulosis (Diverticulitis in remission)
- Flatulence (wind)
- Haemorrhoids
- Headache (toxic)
- Halitosis (bad breath)
- Irritable Bowel Syndrome (IBS)
- Indigestion
- Leaky Gut
- Lethargy
- Mucous Colitis
- Multiple Sclerosis
- ME
- Parasitic Infections
- Skin Problems such as: Acne, Eczema, psoriasis.
- Urinary Urgency in Females

**Also excellent for Weight Loss Programmes, Detox Regime, Liver/Gall flushes, Fasting.**

(When accompanied with suitable measures)