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**CHANTAL DAVID, CT**  
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# Colon Hydrotherapy

*a gift of another sort!*

**M**ore and more of us are choosing to recognize our responsibility for our health and well-being. This has led to a renewal of natural methods of healing the body. One of these methods, colon hydrotherapy - cleansing the colon (also known as colonics) is as old as man.

## What exactly is it and how can we benefit from it?

Colon hydrotherapy is a safe, therapeutic treatment used to remove toxins and effectively create optimal health throughout the entire body. Originally, it was accomplished by squatting in a stream and drawing water up into the colon, then expelling it. Later, enema pots and plants (reeds) shaped in the form of tubing were constructed. Sophisticated colonic irrigation equipment was perfected just at the turn of the 20th century.

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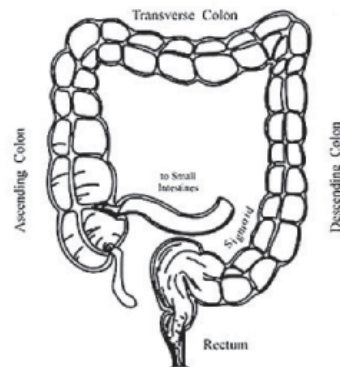
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## Healthy Colon



**Is it embarrassing to get a colonic?** No. You will fully maintain your personal dignity. You will be in a private room with only your therapist, who fully appreciates the sensitivity of the colonic procedure and will help you feel at ease. Your emotions will be acknowledged and honored.

After the gentle insertion of a small speculum into the rectum, you are completely covered. Disposable tubing carries clean water in and waste out. The mess and odour sometimes present during an enema simply does not exist with a colonic.

**How can we tell if we have toxic material in the colon?** You may be surprised to hear some common signs include headaches, backaches, constipation, fatigue, bad breath, body odor, irritability, confusion, skin blemishes, abdominal gas, bloating, diarrhea, sciatic pain and so on.

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These symptoms of intestinal toxicity can become part of many people's everyday experience. This condition is prevalent in most societies eating a typical Western diet, particularly North America.

Basically, this internal bath helps to reduce gas, bloating and toxic build up in the colon (large intestine). A cleansed colon will not only improve the function of the digestive tract, but also provide enhanced health to other areas of the body. Major areas such as the skin, lungs, liver and kidneys will all benefit from this treatment. The immune system becomes revitalized, creating increased energy levels and enhanced well-being.

**Is intestinal toxicity a common condition?** Yes it is, but toxicity is not limited to just the colon. Toxic materials are found throughout the body, particularly in fat tissue, joints, arteries, muscles, the liver, etc. Colonics effectively eliminate large quantities of toxic waste, affecting the condition of the entire body.

**If it's so important to keep the colon running efficiently, why not use enemas, suppositories or laxatives instead?** Well, everything has its place, but these short-term solutions really aren't substitutes for colonics. Enemas are useful for emptying the rectum, the lowest 8 to 12 inches of the colon. Usually, one or two quarts of water are used to do that. Suppositories are intended to accomplish the same task. Laxatives, particularly herbal laxatives, are formulated for constipation and/or to build up the tone of the colon muscle etc. Additionally, if constipation or recurring patterns of diarrhea and constipation have continued for many years, none of the aforementioned remedies will dislodge hard, impacted old fecal matter. Without question, colon cleansing is the Rolls Royce of colonic irrigation.

**How many treatments should I have?** The number of sessions needed will vary depending on the individual. For the average person on a standard diet, a starting series of four to six treatments will provide a thorough cleansing. Follow up treatments can help to maintain results and strengthen colon muscles. Because the treatment is an exercise for your colon you will notice increased efficiency in your elimination as a result.

Symptoms that may respond well to colonics are: fatigue, headaches, acne, menstrual problems, heartburn, attention difficulties, poor circulation, body odor, insomnia, irritability, asthma, difficulty losing weight, depression, bad breath, spastic colon, constipation, irritable bowel syndrome, candida. In short, colonics can make a dramatic difference in how you look and feel.

*Chantal David operates Arbour Wellness Centre. She can be reached at 250-729-4969*



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