

Colon Hydrotherapy

natural health care's best kept secret

By Crystel Lyons

To most people, the subject of colonics is off limits. It seems the lowly colon is the 'Rodney Dangerfield' of the body. I love to see the response when people ask me what I do... their noses wrinkle up and faces pale, others will either roll their eyes or run. The brave ones ask me, "How can you do it?!" My answer is simple. "I know how valuable this therapy has been to my health & I want to offer others the same opportunity."

Before you turn that page, let's logic this out. We wash our hands & faces, we bathe/shower our outer bodies, we brush our teeth, even scrape our tongues, how can the bathing of the colon be somehow taboo? Netti pots have been used for thousands of years to irrigate the sinuses. Allow me to suggest this corollary: Colon hydrotherapy is to the large intestine as a netti pot is to the sinus tract. Seriously, why are the same people, who willingly consent to a camera being inserted up their rectum, squeamish about a little water?!?!

It's high time we brought Colon Hydrotherapy out of the closet; here's why. Diseases & functional disturbances of the digestive system are the most frequently complained about ailments today. Consider these facts from the National Institute of Health:

- Over 1/3 of the US population has digestive disorders
- 65 million Americans have continued heartburn
- 58 million suffer from Irritable Bowel Syndrome
- 50 million have lactose intolerance
- 5 million have chronic constipation that requires a hospital visit

Constipation is one of the most common bowel complaints. What is constipation? When we were babies, we had one movement for each meal we ate. That is ideal. When you consistently have less than one movement per day, while consuming three or more meals per day, you are considered to have constipation. The recommended transit time from one end to the other is between 18-24 hours.

What happens when you are constipated? When the contents of the bowel don't move along in a timely manner, gas and bloating often result. Pain, discomfort, distended abdomen, and even foul breath may indicate a

stagnant and fermenting colon. The longer fecal matter is stalled in your colon, the more likely it is to adhere to the intestinal walls, the risk is even higher if you are dehydrated. Do you really want this gooey mess to begin leaching its toxins into your blood stream?

Did you realize that 50% of the lymph nodes in your body are located adjacent to the intestinal area?!? The leaching of toxins from an impacted colon may lead to a state known as Autointoxication or Intestinal Toxemia. Brenda Watson, N.D. says, "Most people who think they are tired are actually toxic." Could our bodies be run down from re-circulating dirty blood and lymph?

Arthur E Brawer, M.D. states, "Colon Hydrotherapy eliminates from the bowel the accumulated waste material which may get absorbed" by our body. Our society is well versed on clogged arteries,



but nobody talks about clogged colons, even though the condition is much more prevalent. How can our bodies begin to 'detox' when the source of the toxins is within us?

Helene Silver, author of *Rejuvenate!*, tells it like it is, "Toxins from the colon can weaken and stress the heart, cause pain and stiffness in the joints, weaken & fatigue the muscles, rob you of your beauty, and age you prematurely." I think

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Colon Hydrotherapy should be the first step in any 'detox' program because once the existing materials have been ushered out, other toxins are allowed to exit our bodies unhindered.

Colon Hydrotherapy is an extended and more complete form of an enema. An enema can only treat the first 5-9 inches of the colon, where as with a colonic, the water has the potential of reaching the entire length of the colon, which averages between 5-6 feet.

How does it work? Basically, warm, filtered water is gently infused into the rectum, usually thru a single use disposable tube.

This process will hydrate the colon, soften and loosen the waste inside and allow it to be evacuated through normal peristalsis. Irrigating the colon in this manner allows the contents to be expelled during your session through a series of fill and empty cycles. Your privacy and dignity are maintained at all times and unlike the enema, there is no smell, no mess and no mad dash for the restroom. The entire procedure usually takes about 45 minutes.

If you feel you could benefit from colon hydrotherapy, this publication features qualified therapists. Be sure to look for an I-ACT certified therapist using currently registered FDA equipment, filtered water & disposable supplies. I-ACT, The International Association for Colon Hydrotherapy is the certifying body worldwide. They have a rigorous training protocol in place to ensure your therapist has met and surpassed their standards. Contact them for a listing of therapists in your area or more information at 210-366-2888 or www.i-act.org. ❁

Crystel Lyons is owner of Almost Eden Home Spa in Somers, WI. where she promotes the practice of detoxification and natural health.

