



***The Average American's body no longer has its natural ability to cleanse itself, by itself. The elimination tract is 30 feet long! That's as long as two cars parked end to end. Knowing what goes on in the last five feet of it CAN SAVE YOUR LIFE!***

### **YOU WANT TO PUT WATER *WHERE?***

A colon hydrotherapy session consists of the gradual and gentle introduction of warm, purified water into the colon. This washing of the colon (large intestine), combined with some abdominal massage, helps to stimulate natural peristalsis (contraction of the bowel to move waste through). Also known as colon therapy, intestinal hydrotherapy, or colonic irrigation, it is completely safe, beneficial and nontoxic.

The procedure lasts about 45–50 minutes and is performed by a certified colon therapist using FDA approved colon irrigation equipment that regulates the water pressure, temperature, and volume. This set up allows the water to flow in under gentle pressure to cleanse the entire length of the colon. The equipment should also thoroughly filter the water - my filtration system consists of two 1- micron particle filters, two ceramic filters, an activated charcoal filter, and finally, ultra-violet light.

The filtered water enters and exits the body through an apparatus called a speculum. The speculum is attached to a hose leading to the colonic equipment. (Both the speculum and the hose are sterile and disposable.) During a colon therapy session most people find that they can relax completely. The client reclines comfortably on his/her back during the course of the treatment, while warm, purified water is slowly administered. The water dislodges toxic wastes, old feces and mucus in the colon, which are then flushed out through the waste-flow hose (also attached to the speculum). During the cleansing a series of water 'fills' and 'releases' helps to stimulate the expansion and contraction of the muscular walls of the colon. This, combined with occasionally changing the water temperature from warm to cool, exercises the colon and promotes the restoration of proper peristaltic action. After the colon has been sufficiently stimulated, the therapist releases the water pressure. The water and wastes from the colon pass through the hose into the machine's waste drain, (which is connected directly into the sewer, making this in an entirely closed system), and fresh, filtered water is again introduced into the colon. The gentle water flow is always under the direct control of the therapist, who repeats the process of fills and releases for the length of the appointment time, while remaining present and in communication with the client.

### **WHY WOULD I DO THAT?**

The colon's main function is the elimination of the body's waste. We experience health and well-being when the colon is clean and normal. When the colon is sluggish or clogged, hardened feces and toxins coat and collect in pockets of the colon walls. This waste build up over months and years interferes with final absorption and digestion of foods, depriving the body nutrients. This results in fermentation and putrefaction of undigested foods, which creates poisons (and the proper environment for unhealthy bowel flora, parasites and candida – all of which create their own toxins). These poisons are reabsorbed into the bloodstream and are carried and distributed to every part of the body. (See 'WHAT IS AUTO-INTOXICATION' on reverse side of this information sheet..)

### **WILL ONE DO IT?**

Almost never. Many of us have 10 or more pounds of impacted feces in our colon. Often the waste is so old, hard and deeply lodged in the colon that a series of colonics may be necessary to sufficiently soften and loosen it. Everyone has different needs, so the number of treatments in a series varies with each individual and his/her condition and objective.

During your initial visit, we can discuss your session's progress and what that might mean for how



often, or how close together, you'll want to schedule sessions. We generally recommend starting off with AT LEAST 3 colonics to appreciate what colonics can do for your body. Most people initially need a series (6 – 12) or more to get the colon functioning well. These sessions are generally scheduled no more than one week apart, and maybe more than once a week if you aren't having daily bowel movements. Norman Walker, one of the original medical advocates of colon cleansing, recommends that "even 'healthy looking' patients should have at least two series of 6 colon hydrotherapy sessions a year." Regular clients may have maintenance colonics from once or twice a month, to once every three months. There is no wrong way to do this, except to not do this. Health and cleansing are not something you 'do' and then cross off your list any more than brushing your teeth would be. You'll be seeing what we're seeing, you'll be feeling the results, and together we can talk about this and together we can design a series that best suits your needs.

### **BUT WON'T THAT WASH OUT THE GOOD BACTERIA?**

Helpful bacteria can only live in an acidic environment, whereas harmful ones thrive in alkaline ones. Most people, due to years of improper diet, lack of exercise, and poor elimination, have an alkaline colon and very little helpful bacteria to begin with. Removing toxic material and gases is the first step. Replenishing the beneficial bacteria can be accomplished by supplementation—either oral or by implant.

### **WILL LAXATIVES OR ENEMAS GET THE SAME RESULTS?**

Using an enema you are missing about 4 feet of the colon. During a colonic water goes through all 5 feet of the bowel to the ileo-cecal valve. Whereas enemas can sometimes fatigue the colon, colon hydrotherapy are far more effective and comfortable, and they also exercise the colon, weakened by poor bowel habits and burdensome foods. Laxatives are an irritant, acid-based in nature. They cause the colon to spasm, expelling waste in a effort to expel the laxative. They leave behind more acids and toxins, thereby contributing overall to the constipated condition already in place. Because of this they can become very habit forming.

### **IS THIS GOING TO BE REALLY EMBARRASSING?**

I'd like to say 'not at all', but like everything else in life it totally depends on you and how you roll with things. But rest assured, unless you bring a guest, support, or a cheering section (it happens...), it is just you and the therapist in a private room. We fully appreciate the sensitivity of the procedure. During the session you will be lying back on the bed – fully covered – while the water gently washes the colon, eliminating the waste. Some people get a little embarrassed when they first see their poo float by, but they usually not only get over it, they get into it.

### **IS THE PROCEDURE SAFE AND SANITARY?**

Colon hydrotherapy is a safe, effective way of cleansing the large intestine. Our modern FDA-registered Dotolo Toxygen closed-system instrument is high temperature cleaned and sanitized between each session with an anti-bacterial solution. The water filtration system is state of the art – removing all toxins, microorganisms and chlorine from the water. We only use pre-packaged, one time use, sterile disposable speculums and tubing. With the use of high-tech disposable apparatus, the equipment is made 'new' every session. There is total hygienic safety, and Cleanliness and sanitation are top priorities in our studio.



Because the Road to Health is Paved with Good Intestines!!!!