



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.



EBCS Info Sheet : What is Auto-Intoxication?

“The very best diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste and corruption. “ -Norman Walker, D.Sc., Ph.D.

Many of the health problems we ‘live with’ are problems we can control by getting rid of stagnating and fermenting foods that should have been removed as waste from our body but instead are collecting inside our colons. This happens when the pH (or acid/alkaline measurement) in your colon is out of balance, usually as a result of acid-based food choices and habits, prescription or recreational drug use, overload of toxins from environment or foods, intestinal flora getting out of balance, and stress.

A healthy digestive system will be carrying about 6 pounds of fecal matter. The average person, however, eating the Standard American Diet (S.A.D.), carries 10-15 pounds of fecal matter in their intestines. Think about that for a minute: 10 to 15 pounds! It has been reported that actor John Wayne’s colon weighed an incredible 60 pounds at his death. Can you imagine your colon weighing 60 pounds? The more this stuff collects it creates a seriously vicious cycle – further hindering elimination and causing a toxic build up in the body.

Toxins (whether acids from foods, metabolic waste, dead cells from your body, waste from the blood and liver, environmental, dead bacteria, etc.) trapped in the colon will be reabsorbed, picked up immediately by the blood, and travel throughout your entire body. Your blood Ph value cannot waiver, so it has no choice other than to play ‘hot potato’ with the toxins (acids) – distributing them wherever it can. In this way trapped waste is reabsorbed and distributed throughout the body, over-burdening the liver, poisoning the blood and lymph, weakening the immune system, depleting electrolyte mineral reserves. the body can become tired and listless; the brain and nervous system toxic, causing depression and irritability; the lungs create foul breath and stressful breathing; skin problems and sallow complexion; and the joints can become stiff and painful due to toxic deposits. All of which seem minor once a serious disease condition is allowed to set in due to the shift in Ph balance these deposited toxins bring with them over time.

“In my opinion, there is only one real disease, and that disease is autointoxication—the body poisoning itself. It is the filth in our system that kills us. So I am convinced that unless you clean out your bowel you will never reach vibrant health.” V. Earl Irons, noted bowel specialist.

*“Autointoxication is the process whereby the body literally poisons itself by maintaining a cesspool of decaying matter in its colon. This inner cesspool can contain as high a concentration of harmful bacteria as a cesspool under a house. The toxins released by the decay process get into the bloodstream and travel to all parts of the body. Every cell of the body is affected, and many forms of sickness can result. Because it weakens the entire system, autointoxication can be a causative factor for nearly any disease.”
-The Colon Health Handbook, Rockridge Publishing Co.*

Colonic irrigation enables the impacted fecal matter to breakdown and be eliminated, along with particles of old mucus from the entire length of the colon. In some cases of cleansing, parasites and candida (yeast overgrowth) may also be eliminated. The liver, gallbladder, kidneys, blood and lymph system are often stimulated into dumping their toxic loads. Most people wouldn’t even consider going weeks without a shower or brushing their teeth. Yet they go for years (or la lifetime) without cleansing their internal system? There are viable solutions to the autointoxication dilemma.

My goal is to help you to detoxify your whole body system so you can rebuild and regenerate new cells and tissues in a healthy environment. It won’t happen over night— 10, 20, 30, 40 or more years of toxic living can’t be rinsed out in an hour. It’s a process and it takes time and commitment.. Only you know if you feel optimally healthy. Only your body can show us what it’s going to take to get you there. And if you really think about it, I know you’ll agree this a great place to start the work.



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



SUGGESTIONS FOR INTERNAL DIGESTIVE SUPPORT:

In our experience almost everybody is somewhat acidic, dehydrated to some extent, teeming with candida and mineral and enzyme deficient... so with that in mind:

- **Water:** Your body is 60 - 75% water (depending on fat percentage), so 60 - 75 % of what you bring into your body MUST be water, or dehydration will and does occur. Dehydration contributes to and is an underlying cause for most health ailments. Remember: Drink a minimum of 1/2 ounce of purified water for each pound of body weight daily. (A 150 pound person that would be a minimum of 75 ounces of water daily.) Add more water for dehydrating activities or acidic food or drink. Fluids should be consumed on an empty stomach and NEVER WITH MEALS.
- **Fresh Organic Vegetable Juices:** Alkalizing, mineral rich (including electrolytes) and full of live enzymes - juices enhance nourishment without taxing digestion. Try for 16 - 32 ounces daily. Focus on greens with a little sweet, not all sweet (carrot, beet, apple) to avoid spiking glycemic index. (And not bottled! Bottled = 's Pasteurized = 's Enzyme's are DEAD!)
- **Fresh Organic Raw Plant-Based Foods:** Hydrating, alkalizing, enzyme rich, high-fiber, high easily assimilable nutrient (vitamins, minerals, electrolytes, phyto-nutrients, amino acids, etc.) content, feeds your body system instead of draining it. Live food for a live body! Eat Raw, Live Long!
- **Superfoods:** Superfoods are nutrient dense natural foods that are nourishing, cleansing and rebuilding. Including: grasses (juiced or powdered), chlorophyll, algae, aloe vera, sea vegetables, mushroom concentrates, bee pollen and propolis, cacao and many more. I love superfoods! Today's environment needs extra help to balance out the toxins we breathe in every day - Superfoods really do the trick.

FOCUS ON MORE H.O.P.E.

- **High Fiber:** Use ground or soaked flax or chia seed as a fiber source since they are both soluble and insoluble. Only use psyllium when cleansing as it can be harsh, abrasive and potentially disturb the hydration balance in your gut by over-absorption of fluids. (You must increase water intake when increasing fiber intake!) Try mixing a teaspoon of your choice of fiber and gradually increasing to a tablespoon with 8 ounces of water. Drink mixture 1 hour before or 2 hours after meals, in morning or evening. You can also sprinkle on salads or mix in smoothies.
- **Oils:** Essential fatty acid (EFA) is found in oil rich foods from nuts, seeds, and fish. For oil supplementation consider coconut, flax, hemp, Udo's, borage, evening primrose or wheat germ oils. These oils should be kept in dark containers and refrigerated.
- **Probiotics:** These Friendly flora aid in providing an ecosystem rich with beneficial bacteria that you may find necessary (and therefore beneficial) to replenish after antibiotic and hormonal birth control use, high stress or cleansing. We depend on probiotics not only for digestion, but also for our immune system, some vitamin production and general quality of life. Cultured and



fermented food and drink can help to establish more of the good bacteria in the intestines. Use raw, unpasteurized items, or learn to make them yourself.

- **Enzymes:** A raw, plant-based diet and fresh juices are naturally high in enzymes. But if you are eating cooked food, or have a large amount of toxins to break down, enzyme supplementation is very helpful. There are different types of enzymes for different types of foods. It is generally fine to look for a good broad spectrum enzyme supplement and cover all the bases. Most people are also deficient in Hydrochloric Acid (HCL) which is needed for protein digestion.

SUGGESTIONS FOR EXTERNAL DIGESTIVE SUPPORT:

- **Skin Brushing:** With a natural bristle brush, dry brush your skin vigorously towards the heart in all regions before showering. This aids in lymphatic movement, stimulates blood flow, helps detoxify the skin. Removes tons of dead skin cells.
- **Rebounding:** The number one way to move your lymph system - rebound (mini-trampoline) for a minimum of 5 minutes a day. This assists your body in detoxifying, it tones and energizes every cell in every organ, and can also stimulate your bowel.
- **Castor Oil Packs:** Soothe abdominal tightness, cramping or pain, and loosen impactions. Apply cold pressed castor oil on with wool flannel, cover with a towel or plastic (like garbage bag) and apply a heating pad.
- **Colon Massage:** Start at right hip/pelvic bone, massage up towards ribcage, across to left side, down towards hip/pelvic bone and go in towards the middle. This can help increase peristalsis and stimulate release.
- **Slant Board / Incline Positions:** Position yourself to elevate your colon and get gravity working for you.
- **Hydrotherapy Bath:** To detoxify, take a salt (Epsom, Dead Sea or Himalayan crystals) or a powdered ginger bath for up to 20 minutes. (Especially helpful the evening of a colonic session day.)
- **Hot / Cold Hydrotherapy:** In the shower, begin with 40 - 60 second intervals of as hot of water as you can tolerate, followed by 15-30 seconds of as cold of water as you can tolerate. Perform up to 7 sets of therapy ending with cold in morning and warm in the evening. To increase circulation to blocked areas of the body direct water pressure to that place, or aim at the chest.

Disclaimer: This info sheet is provided for informational or educational purposes only. It is not intended as medical advice, or to replace a one-on-one relationship with a qualified health care professional. Please consult your doctor regarding the appropriateness of any recommendation or opinion expressed in this info sheet with regards to your particular symptoms or medical condition.



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WHAT IS AN IMPLANT?

An implant is usually a small amount of a concentrated solution (coffee, wheatgrass, herbal preparations/ teas, probiotics, aloe gel, etc.) inserted directly into the colon through the rectum and retained for a certain amount of time. If you're wondering in the world you would do such a thing, or what the benefits might be, it really varies depending on what your needs are and what solutions you are implanting. One purpose would be maximum absorption of whatever is in the chosen solution, and it's direct and immediate affect on the colon and therefore the rest of the body system.

The best time to do a colon implant is either after a colon hydrotherapy session or very thorough enema (see "Enema" info sheet). Implants can be administered in our office or prepared for you to take home.

The following is a menu of implants that we have available in our office - but you can also make arrangements to bring your own if you want something different.

"BOOTY BUGS" - PROBIOTIC IMPLANTS

Introducing a special solution of healthy / beneficial intestinal bacteria into the rectum is designed to reinforce the balance of the bowel flora, restoring the colon's bacteria to its healthy and normal state. It is important to supplement our systems with beneficial bacteria because as our internal pH (acid/alkaline) becomes unbalanced (usually due to dietary and lifestyle choices, stress and negative emotions, external toxins, food allergies /sensitivities), so does our micro flora population.

Implantation and retention of a probiotic solution directly into the colon will allow for greater viability of a much larger population of the probiotics than just oral consumption. This is because the probiotic does not have to survive it's way through hydrochloric acid and other extremes in pH before it arrives at the colon.

After implantation, many clients have reported an improvement in bowel function, including resolving chronic constipation. It has given relief to irritable bowel problems, reducing pain and bloating.

It is beneficial to repeat this as needed until implantation has been successful, and this will vary with each individual depending on their circumstances and conditions. Then, it is always a good idea to consider implanting twice a year with your colon hydrotherapy series.

"BOOTY BREW" - COFFEE IMPLANTS

Coffee implants help remove toxins from the liver quickly and safely. They often provide quick relief when fatigued, sleepy or headachy. They can help reduce or eliminate spasms and pain.

1 day noticed needed to prepare an implant, or bring your own (ask for preparation details).

"BOOTY BLADES" - CHLOROPHYLL

Chlorophyll has unprecedented healing and nutritive values. Implanted directly into the colon, chlorophyll is a powerful cleanser, detoxifier, deodorizer, energizer and full body rejuvenator; it is tremendously healing to the lining of the gut, helps restore proper ph, balances the gut ecology, and can leave you feeling a surge of energy and a sweet taste in your mouth.

COLON IMPLANT PRICES:

Probiotic, Coffee, Aloe Gel & Chlorophyll, or Bring Your Own Implant (BYOI):

- In Office - \$40
- Take Home - \$20
- BYOI - \$20

Implant sessions are 15 minutes longer - so please let us know at the time of scheduling.



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This product /procedure is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician or health care professional first.