

Colonic Hydrotherapy - Frequently Asked Questions

What does the treatment consist of?

Colonic hydrotherapy consists of slowly introducing warm filtered water into the colon under low pressure, via a small tube. When the colon is filled, the water is allowed to flow out through a larger tub, bringing with it any loose debris. This process is carried out a number of times during the treatment, which lasts from 30 minutes to an hour. The result is a gentle flushing of the colon, and a loosening of old faecal debris.

Is the treatment painful?

The treatment is not painful. You may feel a slight discomfort as if having diarrhoea.

Where in the colon is the old faecal debris?

It can be in pockets in the colon wall, or diverticulas, or can be mixed with hardened mucus 'glued' to any part of the colon wall.

How much old faecal debris can be stuck in the colon?

3-5lb of debris is probably an average amount that can be lodged in the colon, although sometimes as much as 25lbs can be present (this does not include the "transient matter" present at any time).

Why doesn't the debris stuck in the colon move through in the normal course of events?

Because the old matter will be lodged in pockets or stuck to the bowel wall.

Does colonics help with diarrhoea?

Diarrhoea is often caused by pathogenic organisms or an irritant. Colonics are often very helpful in flushing them out. Diarrhoea can also be another form of constipation.

Can some people have rubbish stuck in the colon and not be ill?

Yes, although often people will display symptoms of a toxic condition before it turns into an identifiable or serious illness – eg., fatigue and tiredness, skin problems, bad breath, joint pain etc.

How long does it take to clean out the bowel completely?

It depends on the condition of the colon. People with minor problems may be 'cleaned out' after 6 treatments or less. Someone who is seriously ill however, will need many more.

Is it possible to go straight into intensive colonic therapy until the colon is clean?

Generally not, because it can leave the patient too weak and time between treatments is often desirable to allow the body to recover from its 'healing crises'. Short bursts of intensive therapy – a week or so at a time with a recovery period in between are however possible.

Is it possible to perforate the bowel through colonic hydrotherapy?

No, due to the low pressures used and the very small device introduced into the rectum.

Is it possible to overstretch the bowel through colonic irrigation?

It is very unlikely if you are in the hands of a good practitioner. More often the bowel will already be overstretched or distorted because of retention of old faecal matter.

Does the bowel get lazy if you have a lot of colonics?

No, on the contrary, the internal 'message' provided by colonic hydrotherapy, the variation in water temperature and the release of impacted matter from the wall of the colon should help tone the muscles of the bowel.

Does colonic irrigation wash out all the good bacteria in the bowel?

Most of the loose bacteria living in the colon will be expelled (including putrefactive bacteria and parasites). With the removal of old waste there will be a better chance of long term colonisation of the bowel with 'good' bacteria. In the short-term, your practitioner may recommend you to take

probiotic culture to restock the bowel flora, and a diet which will encourage these 'good' bacteria to multiply.

Does colonic irrigation wash out essential vitamins and minerals?

Many people cannot assimilate vitamins and minerals properly through their colons anyway, due to toxic waste. In the longer term, the removal of toxic matter should help the patient absorb more efficiently through the colon wall.

If colonic irrigation is a painless treatment, why is the healing process difficult?

It is not always difficult – some people experience immediate improvement. However, particularly when the patient is very ill, the effect of 'stirring up' old toxic debris can be to release toxins into the body which will result in what are known as 'healing reactions or crises'. How often these will occur, and how severe they will be is unpredictable.

Is there any other way of detoxifying the colon other than colonic hydrotherapy?

Historically, herbs have been used to detoxify the bowel, but they are probably most useful in combination with colonic hydrotherapy, not as a completely effective substitute.

Is there any danger of transmitting disease through the equipment used in colonic hydrotherapy?

Yes, cross contamination is possible, and proper sterilisation methods or disposable equipment are essential.

Are there any circumstances in which colonic hydrotherapy is not recommended?

Yes. If the patient has severe cardiac disease, high blood pressure, severe anaemia, gastrointestinal perforation or haemorrhage, severe haemorrhoids, cirrhosis, carcinoma of the colon or rectum, pregnancy, abdominal hernia, recent colon rectal or abdominal surgery, renal insufficiency or a severe prostate condition, colonic hydrotherapy is not recommended. A qualified will take a detailed history and should be made aware of any medical conditions in order to assess if colonic hydrotherapy is not advised.

Is there anything I should do to prepare myself before receiving my colonic therapy?

Increase your water consumption to 1.5 to 2 litres of water a day and cut out tea, coffee and alcohol. If you are constipated, take two heaped tablespoons of linseeds (available from health food shops) per day. (You can sprinkle this over your normal food.) Two days before the treatment, avoid eating processed foods and increase fresh fruits and vegetables.

What should I do straight after the treatment?

Rest and keep warm. Drink one to two cups of herb tea or diluted soup if you are feeling cold. Avoid drinking alcohol and eating: meat, dairy, bread and excessive amounts of raw vegetables for 24 hours after the treatments.

When will I have a bowel movement again after the treatment?

Usually 36 to 48 hours, keep eating lightly until then. Drink plenty of water and continue taking linseeds if you are constipated.

Is there anything I should or shouldn't do at the same time as having colonic therapy?

It is good practice to use diet, vitamin and mineral supplements, herbs or homeopathy, exercise (if possible), deep breathing and skin brushing at the same time as undergoing colonic therapy. Your practitioner will advise you accordingly.

What is the difference between an enema and a colonic hydrotherapy treatment?

An enema simply retains water in the bowel. It cannot usually reach all the way up the colon, and does not have the same 'flushing' action as colonic hydrotherapy, nor the same training effect on the colon.

Are enemas as effective as colonic hydrotherapy?

No, but they can be done at home.