

What is Colon Hydrotherapy?

By Cheryl Tyler

Ever wonder why that after two years of endless crunches, dead-lifts, pasty green drinks, and eternal diets, that you still have trouble containing those love handles, pot belly, or overall puffiness? Ever consider that the culprit may be your colon? Cleansing your colon with colon hydrotherapy may be an effective supplement in your arsenal of healthy tricks towards a lighter, cleaner, and healthier you.

Many of us laugh, snicker, cringe, or shy away from any conversation about poop, fecal matter, crap! We're so shy about the subject that the hygiene industry chooses to use cartoons to market toilet paper. We even ridicule each other for going "poop" and its impending odor. And our anatomical awareness is so shallow, that many of us have no real perspective of the location of our anal cavity and many more of us have an anal insertion phobia strong enough to keep us from getting our regular physical exams. Suffice it to say that many of us, unless medically trained, have no clue what a colon is or where it is, even when we are told we have some colon disease such as diverticulitis or colon cancer. We shove tons of food into our mouths expecting only to satisfy our hunger, yet, we take little notice of the process food undergoes after we swallow. Even the health conscious, fitness types who do a thousand pushups, Zumba, or consume a vegetarian diet, still may have ill-functioning colons, which contributes to that persistent sluggishness, brain fog, irritability, and adult acne. Many of us walk around holding pounds of poop in our colons equivalent to the weight of a two-month-old baby. We don't realize that the color, size, shape, consistency, frequency and smell of our poop are an indication of our state of health. The result of our colo-rectal-anal ignorance is autointoxication that may manifest itself in the form of lack of energy, over weight, premature aging, disease, and emotional distress.

Colon hydrotherapy also known as colonics, colon lavage, high colonic, colon irrigation is a safe, effective method for cleansing the colon of waste material (fecal matter) by repeated, gentle flushing with purified water. The colon, also known as the large intestine, is the end portion of our digestive tract (the tube our



food and drink travels through after we swallow). It is approximately five to six feet long and its major function is to eliminate waste, conserve water and re-absorption of electrolytes and minerals. Also, there are bacteria living in the colon that synthesize valuable nutrients such as vitamin K and portions of the B complex.

Why Should We Clean Our Colons with Colon Hydrotherapy?
Nowadays we eat healthy foods like apples, oatmeal, Kashi cereal, protein drinks, salmon, and almond milk that we proudly stand in line for at Whole Foods and the local farmer's market. Maybe an occasional weekend we give in to a slice of pizza, one half a cheese steak, and a whole pint of Ben and Jerry's. But what about that decade when we survived on barbecue ribs, cheeseburgers, ramen noodles, potato chips, and Miller Genuine Drafts? If every day our body fails to effectively and adequately evacuate the waste matter from all the products we consume, decade after decade, where does it all end up? It ends up mostly in our colon! The byproducts become toxic waste material in our colon and other areas throughout our body particularly in the fat tissue, joints, arteries, muscles, liver, gall bladder, lungs, kidneys, and pores of the skin. Waste material that remains in our colon for some time is impacted feces that contains dead cellular tissue, accumulated mucus, parasites, and worms. It's no wonder we sometimes move slower in the gym, are more gassy, can't lose those last ten pounds, and are not as quick to recover from injuries or illness. Cleaning out the garbage from our colon helps. Imagine the food, plaque and bacteria that would build up in our gums and teeth and its risk to our health if we never brushed or flossed. Now, imagine the debris, bacte-

ria, stains, and odors that would accumulate in and around our toilet bowls if we never scrubbed the toilet. The same accumulation occurs in the colon over time if our diets fall short of ample fiber, water, and lubrication or if our organs don't function at their best level. Additionally since the Standard American Diet (SAD) diet falls miserably short of enough fiber, water, and essential fatty acids our body needs assistance in cleansing itself. Colon hydrotherapy assists our body in the cleansing process.

Other contributing factors to our ill colons are stress, air we breathe, foods and drink, and the skin and hair care products we use because they intentionally or inadvertently contain toxic levels of pesticides, herbicides, steroids, antibiotics, and other chemicals. Accumulated waste material from improper diet and lifestyles and environmental influences produce toxins which impact on the body's natural ability to speedy metabolism, waste (weight) loss, and self healing; thus lowering the body's defense against disease, infection, and weight management. Specifically, once the colon is cleansed and remains cleansed with periodic irrigation and healthy lifestyle, the colon can cooperate with all the other organs as it is meant to do. Every system and organ of the body is in some way connected to the colon by reflex points. Colon hydrotherapy stimulates these points, thereby affecting the corresponding body parts, organs, tissues, glands, etc. in a beneficial way.

Civilized societies, in particular North America, have common health issues such as sinus problems, lower back aches, headaches, fatigue, bad breath, body odor, irritability, confusion, skin blemishes, abdominal gas, constipation, nausea, vomiting, low energy, bloating, diarrhea, sciatic pain, obesity and so forth. Americans and Western societies dine predominantly on processed foods, have high stress, and no real understanding of the body as a whole. As a result, our elimination channels are interrupted and we poop far too infrequently. We eliminate on average three or four times a week. Other less "civilized" cultures move bowel shortly after every meal, perhaps about four or more times a day. Isn't it time we explore the idea that our bodies could quite possibly heal itself from all its ailments if we keep our insides cleaned?

How does it work?

People have experienced throughout history that when they ensure that the colon is cleansed and rejuvenated, the well being of the whole body is greatly enhanced. Colonic irrigation may be the most effective process available to accomplish this work quickly and easily. Colon hydrotherapy infuses filtered water into the colon to facilitate the evacuation of bowel contents. Water hydrates to soften and loosen bowel contents and activates peristaltic activity resulting in spontaneous bowel movement and evacuation. In other words, it makes you poop. It's like an enema on a tsunami; however it's not painful. It is neater than you may imagine and typically sessions are forty-five minutes. And, wow do you feel great after your session!

Who Should Get Colon Hydrotherapy?

Everyone from the most avid meat eater to the strictest vegetari-

an should participate in colonics. Colon hydrotherapy is great for health-conscious individuals wanting to enhance their lifestyles, or for those who suffer from bloat and gas, constipation, irregularity, diarrhea, fatigue, weight issues, pot belly, heartburn, acid reflux, allergies, skin outbreaks, sleep problems, IBS, Candida, parasites, body odor, headaches, backaches, and more.

The bottom line is, as long as we continue to eat, we should continue to cleanse our colons. When we stop eating, there's probably no need to cleanse our colon. Cleansing the colon, detoxifying the body, regular exercise and eating primarily plant-based nutrition is the solid and proven key to longevity, sound mind, and healthy and fit body.

How To Find a Reputable Colon Hydrotherapist

Do your research. Visit various websites. Talk to friends about their colon hydrotherapists. Visit www.i-act.org, or www.gpact.org, or www.ibch.org for a list of certified colon hydrotherapists in your area. Most of all, you should feel comfortable when you enter a colon wellness center. The space should be inviting and relaxing.



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