

Colonics Explained

"What, Why, Who, When and Where " of COLON HYDROTHERAPY

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Colonics are just beginning to catch the attention of people across this country, yet in other countries they are in the medical clinics and are paid for by health insurance companies. Colon cleansing itself has been done ever since man and woman walked this earth. Why? Because, simply put, when the body got sick people realized that it felt better and they healed faster when they eliminated whatever was in the colon. They ate roots and herbs to initiate bowel movements. Hieroglyphics have been found in Egypt that showed people having enemas. Now we are just rediscovering an ancient knowledge. Fortunately with our modern conveniences and professional equipment, Colonics are more effective and less stressful than ever before.

What is a Colonic?

Colon Hydrotherapy or Colonic is a colon cleansing therapy using water. During this therapy process water continuously flows into and out of the colon softening the matter and helping to carry it out of the body. There is minimal stress and effort on the part of the individual as the constant water flow assists the body function. More matter with less effort is released than in any other process of colon cleansing. Colonics are a restorative procedure that induces regeneration of the colon.

Colonics differ greatly from an enema which only cleanses the sigmoid or last section of the colon. During an enema the person must expel all the water and matter themselves with cramping and contractions as in a forceful bowel movement much like intense diarrhea releases with hardened matter being pushed out by the body. In contrast, during a Colonic the water flow is continuous and reaches throughout the colon flowing wherever there is room for it to go. And, since the water is also flowing out it helps to carry all the matter out with it.

A professional Colonic uses filtered, purified and pressurized water. Although most individuals do not even feel the water flowing through their colon, pressurized water assures that it will reach everywhere in the colon. Most important, pressurized water maintains a flow which is capable of carrying matter out of the body. A "gravity fed" colon cleansing system such as an enema, a non-professional or home colonic system does not assist the body to release matter.

The Colonic procedure starts with the insertion of a small tube less than one inch in diameter into the rectum about three-four inches. The muscles just inside the rectum hold the tube, called a speculum, in place and although everyone knows the tube is there, it does not hurt or irritate the rectum. Individuals with hemorrhoids actually feel relief as the tube protects them from the irritation of matter flowing by. Even greater relief is experienced because the rectum is also relaxed and does not contract or "push" to release. Most people let go of their fears when they realize that most of their regular bowel movements are much larger than the tube. Because the water from the Colonic softens the matter and breaks it down into smaller sizes, it is able to pass easily through the speculum.

The other end of the speculum which is outside of the body is connected to two plastic tubes. One very thin tube brings the water into the speculum and another tube the same size as the speculum carries all the water and matter out of the tube and into the Colonic equipment. This is referred to as a "closed system" because all the water and fecal matter are not exposed to the air. Therefore, the individual receiving the Colonic and the therapist are not exposed to toxins, parasites or odor and there is no mess to embarrass anyone. It is important when choosing a Colon Therapist to be sure the Colonic equipment used is a closed system.

The individual lies comfortably on their back with their head on a pillow if desired, they are completely gowned, their knees slightly bent and feet on the therapy table. The procedure lasts about 45 minutes and all in all is quite comfortable. Everyone says that it is not at all as they imagined it to be. It is not invasive and everyone's dignity is the therapist's priority.

While receiving a Colonic the therapist does not leave the room. She monitors the water pressure, temperature and might assist the outflow by massaging the abdomen. The matter flowing out can be viewed as it passes through the equipment providing information for the therapist to assist the individual in better understanding their body and how they might help themselves. For instance the variances in color, consistency and shape of the fecal matter may tell quite a bit of information. Also seen passing would be gas, undigested food, mucous, yeast, worms, hardened old fecal matter which is often the breeding nests for parasites, gall stones, toxins from the liver and lymphatic system and even polyps . Of all the thousands of Colonics I have given, only one person did not want to view what came out of their body. And, always everyone was grateful to know that everything was coming out.

One common question asked is, "Does it hurt?" The inserted tube and the Colonic process of the water flowing does not hurt. At times, the natural peristalsis action of the colon might be felt which would be the same feeling one has before a bowel movement. Some people do not feel this sensation at all. For others it might feel somewhat like a cramp before diarrhea. This sensation is most likely to happen when a person is releasing highly toxic matter. Fortunately it dissipates immediately as the matter flows out of the body. After a Colonic, the immediate response by people varies from feeling less bloated, "lighter", more energetic, less hard in the tummy, and etc.

Why have a Colonic?

To understand the answer to this question it is important to know a little bit about the body's digestive process. In the mouth saliva and chewing starts the process and from there food flows down the esophagus and goes into the stomach. The stomach produces hydrochloric acid and some enzymes to further break down food and prepare it for the small intestine, this process may take as long as 2 ½ hours for some food types. As the stomach processed food enters the small intestine fluids from the gall bladder, liver and pancreas enter. These fluids help to neutralize the intense acid from the stomach and provide enzymes to further aid in digestion.

The small intestine is approximately twenty feet in length and about 1¼ inches in diameter. As digesting food enters the small intestine it is a brown liquid called chyme. Over 90% of digestion absorption takes place along the intestine. By the end of the small

intestine, everything including chyme, digestive fluids from the small intestine and non soluble fiber enters the large intestine. Here water is reabsorbed into the body along with some nutrients. The colon is actually a very strong muscle with millions of nerve endings. It is shaped much like an upside down "U" starting at the lower right side, ascending up to the rib cage and then transverses the abdomen to the left side and descending to the lower right where it is called the sigmoid before it reaches the rectum. The colon is about 2½ inches in diameter and may stretch from five to six feet out of the body or twist about inside this body after years of stress. Also, along the wall of the intestine is a mucous lining or membrane that supports the body's release function and protects the intestine from poisons and other harmful substances. Once a soft fecal mass is formed the nerves in the colon activate the muscle to push the matter out of the body. This movement is called peristalsis action.

There are many things that can happen to effect the process of digestion; improper amounts of acid from the stomach, lack of digestive fluids and enzymes from the organs, excessive mucous, harmful bacteria, viruses and parasites to name a few. Diets of saturated fats, sugars, fermented foods including alcohol, heavy meats, dairy, breads and pastas add stress and promote improper digestion. Our bodies have absorbed pesticides, herbicides, mercury and other metals, toxins from the air we breathe and from the products we have in our houses and put onto our bodies. It is said in some studies that the average American has nearly 200 different toxins stored in their body!

Our body has a natural ability to protect itself from and release toxins that might be absorbed. However, never before in history have we been so inundated by pollutants and our bodies so severely stressed. People are experiencing aches and pains that can not be explained by medical doctors. Greater percentages of people are experiencing ever increasing kinds of diseases and illnesses. Our children are now having illnesses that only adults used to have. We are spending more and more money on medical care and prescription medications. Our young adults are complaining of symptoms that previously only our elders had. People who have cleansed their colons and promoted whole body detoxing have experienced tremendous results. Relief from symptoms, better digestion, natural regeneration and healing are reported. Our bodies are responding to our help!

Who benefits from Colonics?

Therapists find most everyone reports benefits. I have seen bodies covered in sores from psoriasis realize smooth, clear beautiful skin. People with severe allergies have been able to stop medications. Blood pressure has lowered. Individuals scheduled for surgical removal of their impacted colons were able to clean everything out and did not have surgery. We have seen people with most every symptom receive relief and benefits from Colonics. Many people realize much improved normal bowel movements on their own after cleansing their colon. There are contra-indications for this process such as congestive heart failure, renal insufficiency and others that a therapist could explain. Most therapists will be happy to discuss your health concerns and explain how Colonics might help you.

A healthy bowel movement would be described as being medium brown in color, about 1½ -2 inches in diameter, completely formed but soft and able to break into large pieces as it drops into the toilet. The movement should happen after each meal, release without stress or strong odor. The first movement of the day would be about 1½ feet long with subsequent movements averaging about 6 inches. Some variations are due to the

quantity, size, and spices of the previous meals. If this does not describe your bowel movements wouldn't you like to know why?

The colon is the body's primary location for releasing. If toxins can't come out through the colon the body will try to send them out through the skin, hence rashes, odor, skin cancer, acne and sores, etc. Once the colon is cleansed, the small intestine, liver, pancreas, lymphatic system, blood and all body organs and fluids are encouraged to release their toxins into the colon. As toxins leave the body, the body chemistry begins to change. Your body chemistry is affected by everything you eat, absorb and as we say "keep". If our body can balance its chemistry the natural healing process takes over. Of course, nutrition is also a key factor in balancing the chemistry.

People generally have three different types of goals for choosing to have Colonics. For some an immediate benefit is sought, for others the desire to clean their entire colon, and some people are interested in whole body detoxing or assistance in a long term program to change their health or lifestyle. Colonics benefit programs for health and assist other therapies that include nutritional support, acupuncture, chiropractic, homeopathy and many medical procedures and programs. Colonics are considered most important while doing any form of detoxing or parasite cleansing program. Colon cleansing helps the body process changes initiated by these therapies faster, easier and with fewer symptoms.

When or how often to have Colonics?

Colonics are most effective when done in a series. It takes more than one colonic to undo years of impacted or toxic buildup. Often people realize great benefits from a series of between three to ten sessions. Follow up Colonics vary on an individual basis. Some choose to have a Colonic every four, six or twelve months.

During the Colonic process the therapist may provide information about simple things you can do to help your detoxing process and reach your health goals. Many people just don't have the information they need to understand how to take care of their selves.

The cleansing process can be evaluated by 1) the improved condition of the matter released during the Colonic, 2) the improvement of bowel movements during the days following the Colonic, 3) changes in the sensitivity of their abdomen, and 4) the overall improvement and relief of symptoms. These are all changes the individual experiences. Therefore, each person is actively involved in their decision making process and health choices.

Where to have Colonics?

Professional Colonic equipment is a must.

1) The water flowing in should be pressurized and not gravity fed to provide the most effective release with the least strain on the colon.

2) The water flow out should be through a "closed system" which protects you and the therapist from exposure of all the matter that releases out of the body as it travels through a tube and directly into the plumbing.

With an "open system" the waste matter drops directly out of the body or out of the tube and is exposed to the air, you, the therapist and contaminates the surrounding area.

3) Equipment and plumbing should prevent the "back flow" of water. This means that the water flowing out does not re-enter the body.

- 4) All tubing should be sterile, single use, disposable plastic.
- 5) Cleanliness and hygiene should be apparent.
- 6) Choose a professional and reputable facility.
- 6) Therapists should be knowledgeable in the operation of the equipment and familiar with the detoxing process of the body.

Personal note from the author:

From years of helping people with Colonics, I realized that so few really understood the importance of colon hygiene and how toxins can dramatically affect the body's functions and health. When I started Healing Insights Natural Health Care, it was my hope to provide quality Colonics and sponsor the resources and information for the education of all people. Taking responsibility for your health empowers you to live life to your fullest possibilities.

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