

## Colonics – Personal Experiences

By Katie Murphy

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According to my calculations, after fifteen years of working with Colonics I could've easily administered well over 25,000 Colonics to clients. Yet, it is still fascinating to me how many different kinds of reactions people have when they receive a Colonic. It is heart warming to work with people taking personal responsibility for their health, who learn, make choices, and try healing methods not generally understood. I have had the privilege of assisting people in their struggle with almost every kind of illness and diagnosis from cancers and life debilitating rare illnesses, to common issues of digestive disorders, fatigue, stress, weight management, to healthy individuals and professional athletes. They all have one thing in common – everyone has a different Colonic experience.

As yet, there are no scientific studies completed or published about Colonics and their possible effects on health issues. When people ask why, I tell them Colon Hydrotherapists are working in this field because they genuinely want to help people, but they do not make anywhere near the amount of money it would take to finance such a study. Unfortunately, medical science is either not aware of Colonics or their true nature, and therefore, have not been interested. Many people learn about Colonics from their friends and family and most recently read about it on the internet. Most published books are old or out of print. Therefore, the best resource for information about Colonics is from the few long experienced therapists.

When explaining the importance of colon cleansing, I like to talk common sense. For instance, if you have ever been constipated for one or more days you probably experienced anything from discomfort, headaches, cramping, flatulence, muscle aches, backaches, sinus congestion, rashes, body odor, irritability, stress, depression, sensitive eyes, to emotional outbursts including anger. If your body was stressed from lack of healthy bowel movements off and on for several years, imagine how irritated and compromised your organs, body fluids, nervous system, brain, muscles and body cells could become! It is such a relief when you finally have a bowel movement and all these aches and pains seem to just disappear. It could be said then, that cleansing the colon can have an incredible positive health affect.

It has long been understood that cancers are caused from toxic matter disrupting cellular metabolism. The colon is the primary elimination path for the body's cellular waste and toxic by-products including toxic matter from the environment that gets into the body from eating, breathing or touching. Many FDA approved products have deadly toxins in them that are deemed *safe in small dosages*. But are they really? Do we really have the ability to know their long term effects, especially if people are having difficulty eliminating them from their bodies? Remember, we have just recently learned about *some* cancer causing toxins and don't we often hear about products and prescription drugs taken off the market because people had unexpected reactions. Today, it seems more important than ever before, to help our body cleanse and eliminate these pollutants. If we are anywhere near as polluted inside as the world is outside, how could this not affect our health.

### **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. People generally experience a sense of relief, more energy, reduced stress and an overall feeling of wellbeing.

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