

What Is Meant By “Detox”? and What Is A Colonic?

Written by Katie Murphy, printed in Woodbury Bulletin Newspaper
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Many people are talking about detoxing. By detox, we mean the process in which our bodies release harmful toxins from the body. Harmful toxins include such substances as lactic acid and other by-products of cellular metabolism, poisons absorbed by breathing polluted air and those absorbed by touching our skin, and of course, the preservatives, dyes, artificial sweeteners, hormones and chemical herbicides and pesticides that are added to our foods. Even an over abundance of minerals, such as calcium, that don't make it out of the body may become harmful when clogged in the artery.

The body will naturally detox when having bowel movements, urinating, breathing and perspiring. Of these, bowel movements release more variety and quantity of toxins. Newly created man-made chemicals and dangerous gasses are constantly coming into contact with our bodies and daily we absorb poisons no matter how hard we try not to. It is reported that Americans carry over 200 different toxins throughout their bodies! It is now recognized as essential for our health that we help our body detox.

Of all the detox methods promoted, Colonics are the most effective and least stressful on the body. A Colonic, also known as, Colon Hydrotherapy or Irrigation is a simple, water cleansing of the colon, or large intestine, by a therapist using professional equipment which purifies the water and monitors pressure and temperature. Most people find the Colonic to be a relaxing experience and when finished are pleasantly surprised at how much better they feel.

One little known strength behind a Colonic is that it supports the body's hydration process. Powders, herbs, pills, and liquids not only need to be digested first but they do not hydrate the colon or the body. Our bodies are 98% water in composition. Much of our body's fluids are recycled through the absorption process of the colon. Colonics not only clean the inside of the colon but they also support hydration of the cell tissue responsible for absorption. Once these cells are hydrated they are better able to absorb nutrients and digestive fluids. This supports the blood and lymphatic fluids to hydrate and flow through the body bringing nourishment to the cells and carrying cellular waste and toxins out of the body. When cells throughout the body are hydrated they are better able to release their toxins.

Katie Murphy Happy To Be Home

Just about three years ago, Katie Murphy, a graduate of St. Paul's Harding High School, moved to Woodbury after living out of state most of the last thirty years. When asked why Woodbury, she said, "I wanted a safe neighborhood with friendly people for my son to finish high school and for my mother who moved in with me. But, I found much more than that. I found wonderful people eager to learn more about healthcare and share their personal stories hoping that their experiences might help others. All of our clients at Healing Insights Therapy Center have been very supportive and encouraging all of us to feel we really are contributing to the community. I am grateful to be here."

A Heartfelt Plea

Katie, if you had just one comment you'd like to tell others, what would that be?

Answer: Katie, "That's a difficult request for me because I am known for being able to talk about health for hours. I think it would be to earnestly ask people to do a little something everyday that will help them have a healthier tomorrow. Far too often people's lives are drastically altered by a health issue that might have been prevented or at least delayed until later in life if they had just understood more about how to take care of their health and make some different choices each day. Most health problems have been slowly getting worse long before people hurt or are even aware they exist."

Healing Insights Mission Statement

Katie Murphy, "After more than fifteen years in the complimentary healthcare field, I am so excited to see how many people are enjoying the benefits of the wide variety of therapies, treatments, stress reduction techniques, and nutritional choices being offered through complimentary health services. The future holds exciting possibilities of exploring what we already know in medicine with what we are already experiencing through complimentary healthcare."

With that in mind, Healing Insights Therapy Center:

- Promotes and supports the general education of all complimentary healthcare choices, in particular those we provide, and specifically that of Colon Hydrotherapy.
- Provides a professional standard for equipment, hygiene, and therapy procedure.
- Encourages the cooperation and exchange of knowledge between holistic and medical professionals for the benefit of all people and the growth of healthcare practices.

Colonic - Secrets To Success

CLEAN

Colonics clean the colon and remove old mucous and impacted waste. Old stuck mucous can cause impacted feces along the colon wall. This will prevent proper peristalsis and bowel movements. Impactions provide a breeding ground for bad bacteria, viruses, parasites, worms and yeast to grow. Impactions trap gasses and harmful toxic waste in the colon promoting cancer, diverticula, IBS, Crohn's and other serious illness. The colon is the body's garbage disposal and like your kitchen wastebasket it should be kept clean.

pH BALANCE

Colonics balance the colon's pH or acid/alkaline ratio. If the body becomes too acidic or alkaline it becomes ill. Probiotics, also called "good bacteria", grow only in a pH balanced environment. "Good bacteria" also help to make and absorb important vitamins, such as "K". The "good bacteria" help prevent the "bad bacteria", parasites, yeast and worms from surviving. The immune system is strengthened with proper pH. Nutrients are more effectively absorbed by a balanced colon. Healing throughout the body is possible and faster when pH balance is maintained.

STRENGTHEN COLON MUSCLE

The colon is an incredibly strong muscle. As a therapy, Colonics gently massage or exercise the colon muscle. This has the same effect as physical therapy for leg or arm muscles. Muscles need exercise to maintain tone and strength. As the muscle gets stronger it is able to perform better. People find their daily bowel movements improve in frequency, ease of elimination, and increased length. This, of course, is important for overall health and vitality.

STIMULATE CELLULAR DETOXING

The body does not want to send more toxins into an already toxic colon. Millions of nerve endings in the colon are stimulated with each bowel movement or in this case, Colonic. The nerves send messages throughout the body that it is now safe to eliminate cellular toxins, liver toxins, and lymphatic toxins into the colon and therefore, out of the body. Having a series of Colonics will "retrain" the body to release toxins instead of holding them back thus promoting whole body detoxing.

HYDRATE THE BODY

Colonics help hydrate the blood and lymphatic fluids and thus hydrating all cells. Water is essential for the body to live and heal itself. Most people are dehydrated. Even people who drink a lot of water may still be dehydrated due to dried mucous and impacted matter along the colon wall. Hydrated cells will release their toxins into the fluids. The liver cleanses the blood releasing toxins into the bile and into the digestive

system. Lymph nodes along the intestines eliminate toxins into the digestive track. Whole body detoxing is supported.

EFFECTIVE WITHOUT DIGESTION

Colonics do not require the body to “process” or “digest” anything. Therefore, Colonics do not add more stress for people who are already having digestive distress or malfunction. Pills, powders or other products you swallow or apply to the body must be digested and processed by the body. These can add further stress to the body and are dependent upon the body’s ability to process them. Colonics support whole body detoxing without the need to digest anything.

ALL NATURAL PROCESS

Colonics are a simple cleansing process using nature’s water. Taking a shower is for the outside of the body and Colonics are for the inside. A clean colon supports the body to do it’s natural process of releasing toxins at a pace the body determines to be safe. This will naturally be as fast a pace as the body can and will perform.

SUPPORT HEALTH PROGRAMS

Because of the previous mentioned facts, Colonics support all other therapies, nutritional programs, and health regimes, including: acupuncture, chiropractic, massage, herb and nutritional supplementation, naturopathy, homeopathy, yoga, exercising, mediation, and all detox programs. People notice the ease with which they are able to accomplish their goals.

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