



## ***Colon Hydrotherapy – Your questions answered***

### What is colon hydrotherapy?

Colon hydrotherapy is a natural cleansing therapy where a safe and gentle infusion of warm filtered water flushes accumulated waste and toxins from the colon.

### What is the benefit of this kind of treatment?

Colon hydrotherapy aims to create a better internal environment. This is achieved a number of ways: firstly colon irrigation stimulates (exercises) the colon's natural peristalsis, which over time increases muscle tone improving sluggish bowel movements. Secondly any water that enters the colon through the treatment process that is not passed in the treatment will be reabsorbed by the body providing hydration. Colon hydrotherapy whilst physically an isolated cleansing regime has a more holistic effect within the body effecting all the organs and systems involved in detoxification (lymphatic, kidneys, skin).

### What kind of conditions can it provide assistance with?

Colon Hydrotherapy is a valuable procedure to assist the body in restoring/sustaining vibrant health, and prevention of disease. It can assist in providing relief of constipation, bloating, irritable bowel syndrome, low immune system, poor digestion, irritability, headaches, skin problems; and a great kick start to any weight loss or cleansing programme.

### Is colon hydrotherapy embarrassing?

With open colon hydrotherapy the majority of the treatment takes place in complete privacy. There is no mess, no fuss and no odour – in fact, typically it is a very relaxing experience.

### Is the procedure painful?

Rarely. On occasion the initial tube insertion can be slightly uncomfortable. Sometimes during the procedure, as your natural peristalsis is stimulated by the warm water you can experience cramping or even the feeling of gas with the increased pressure in the rectum. Most of the process is mild and gentle with a wonderfully light and empty feeling afterwards. It is rare for the cramping to remain once the treatment has ended.

### Will one cleansing completely empty the colon?

The colon is as long as you are tall. Typically you are able to cleanse a third to a half in the first session and more with continued treatments. Generally speaking a minimum of 3 treatments within a maximum of 2 weeks is an ideal starting point. For some, this is all that is required, whilst others may require further sessions. This will all be determined by your personal objectives for undergoing the therapy and your current state of health. This is something that you can discuss further with your therapist.

### Is the procedure safe and sanitary?

There is total hygienic safety. Our centre maintains the best practice and highest standard of hygiene, which includes the use of sterile, disposable equipment that has been both FDA and TGA approved. The pencil thin tube which you insert 3-4cm into your rectum privately, provides more comfort than traditional equipment. This is unique to the 'LIBBE' state of the art FDA and TGA approved open colon hydrotherapy systems. Your certified therapist will assist you through the whole process, or if you prefer you can choose to be left in complete solitude. A restful ambience created by soft lighting and music allows you to completely relax as you cleanse.



Does colon hydrotherapy wash away all bacteria, even the good?

If your bowel is toxic you have little or not good intestinal flora to begin with. As in gardening, if you do not prepare the soil and fertilise the ground, plants will not live. The helpful bacteria can only live in an acidic environment, whereas the harmful ones thrive in an alkaline environment. Most people, due to years of improper eating, lack of exercise and poor elimination, have an alkaline colon. The great benefit of the cleansing program is to change the environment from alkaline to acid. If we make conditions favourable in the colon for bifidophilus and acidophilus cultures – the good bacteria – they will populate. Removing toxic material and gases is the first step. Replenishing good bacteria can be accomplished by oral supplementation and by adding bifidophilus/acidophilus as an additive after your colonic treatment.

What other benefits may I expect from colon hydrotherapy?

Common effects are sinus drainage, a loosening of mucus in the lungs, improved range of motion, lessening of aching joints, skin tightening, feeling younger, clearing up of acne and skin conditions, improved posture, abdomen softening and shrinking, relief from headaches and backache, more energy, clearer mind, and improved bowel function and digestion. Colon hydrotherapy works to soothe and tone the colon, helping it to eliminate more efficiently. The function as a whole reduces the burden on other organs and lymphatic system. The main benefit received from releasing the old toxic waste is that we remove the number one source of disease in the body. The bowel then works more efficiently in eliminating the waste, and nutrient absorption is improved. There is also less pressure on the liver, kidneys and bladder, allowing all the organs to perform optimally.

Will laxatives or enemas accomplish the same results?

When using an enema you are missing some of the colon. During a colonic irrigation session, the water goes all the way through the colon or bowel to the ileocecal valve (this is where the small and large intestine meet). Laxatives are an irritant, causing the body to produce a thin, watery substance that goes through the colon and leaves behind impacted toxins and waste on the walls of the colon. Laxatives can also become very habit forming, effectively encouraging the colon to become lazy. Typically laxatives are dehydrating whilst colon hydrotherapy is very hydrating for the colon and inturn body.

Can one become dependent on it? Could the colon stop functioning on its own?

Colon hydrotherapy retrains the muscle of the bowel to regain strength. The bowel muscle is forced to work against the water, providing resistance much like a weight provides resistance against a muscle in bodybuilding. After the bowel has regained its strength, it works better on its own. Colonics are like “colon aerobics.”

**We offer a range of different detox packages to suit all budgets and desired health outcomes. We can tailor a treatment package to specifically meet your needs.**

**If you have any other questions or concerns please feel free to call us on 6655 0429**