

What is Colonic Irrigation?

Colonic Irrigation is also known as Colonic Hydrotherapy. Colonic Irrigation is a safe and effective way of removing toxins, bacterial overgrowth, undigested matter and trapped gases from the bowel. It is not a secret that many of our diseases start from the bowel. Toxins from food and undigested food particles can get trapped inside the bowel and cause putrefaction. Toxins produced as a result of this process will be absorbed back into the body causing various symptoms from skin conditions to internal pains and organ dysfunctions.

Bacteria and worms that live in the colon will produce toxic byproducts of their daily activities and these as well will be absorbed into the body causing a person to suffer from ill health. Therefore Colonic Irrigation can help many different diseases and conditions where build up of toxins is suspected as well as problems with function or integrity of the colon.

Main indications for Colonic Irrigation include:

- Constipation
- Diarrhea
- Bloating (wind)
- IBS (Irritable Bowel Syndrome)
- Lethargy, tiredness and fatigue
- Food intolerances and allergies
- MS (Multiple Sclerosis)
- Skin conditions
- Fasting or detoxification problem
- Last stage of pregnancy
- Before colonoscopy procedure



What can you expect during the treatment?

One day before the treatment avoid overeating and drinking excessive amounts of alcohol. These steps will help to maximize the benefits of the procedure.

In the beginning of the session your therapist will take your details, past history and presenting complaints. You don't need to wear any special clothing; we will give you everything you need. The procedure itself involves you lying on your left side while sterile warm water is passed into your bowel via a speculum tube inserted into your rectum. Your therapist will choose between gravity fed or machine fed supply of water.

Before entering your body the water will pass through special filters to be sterilized and then through thermostat to ensure that it is at the right temperature.

Then the water will enter your colon, loosen the stool and encourage bowel to produce natural peristaltic movements. Then with the aid of pressure and bowel contractions water will leave you through a different tube removing toxins, waste, undigested particles, harmful bacteria and worms.

This process will be carried out several times for 30-45 minutes, depending on each individual case. At some point the cleansing procedure may be assisted by abdominal massage and rectal administration of herbal tinctures which aid detoxification, relax the colon and have healing effect.

There are some myths that have been going around about colonic irrigation, which are simply not true.

COLONIC IRRIGATION irreplaceably washes out all the good bacteria ?

Colonics wash out both the good and bad bacteria as well as any trapped gases, waste matter and toxins. In most cases the good bacteria will repopulate themselves within 2 days and this can be helped by taking a probiotic supplement.

COLONIC IRRIGATION is painful ?

Some people, especially if they have piles or are really tensed up, may experience a slightly strange sensation when the speculum is inserted. Someone who is really constipated may experience some 'grippy' cramps but only until all the trapped gases will come out. Otherwise the procedure is painless.

COLONIC IRRIGATION disturbs electrolyte balance ?

Some experiments have been done in order to determine if this is true. The results showed us that the procedure doesn't drain electrolytes from the body.

COLONIC IRRIGATION can perforate your bowel ?

A normal bowel movement can build up pressures of about 1.5 pounds per square inch (PPSI). A standard hospital enema applies pressure at about 2 PPSI. A gravity-fed colonic treatment introduces water at a pressure of about 2 PPSI and a machine-led colonic session introduces water at pressures normally between 0.8 to 1.5 PSI. Hence the pressure during the procedure is not sufficient to produce bowel damage.

COLONIC IRRIGATION can expose you to infectious diseases ?

Any reputable colonic hydrotherapist will ensure their water supply is UV, carbon and particle filtered. The speculum (which is inserted into the anus) is well sterilized or you may ask for a disposable speculum kit.

COLONIC IRRIGATION is embarrassing and dirty?

All the tubes are sealed meaning that there is no smell or dirt associated with the procedure. We will provide treatment wear (trouser) or a towel or a robe, according to client's convenient, while allowing to keep their t-shirt/blouse/shirt and the socks on.

Benefits & FAQ

How Many Colon Hydrotherapy Does One Need?

Of course, the number of colon hydrotherapy sessions desired will depend on the individual. Every person's goals will differ. Just as some people exercise on a daily or weekly basis to tone and tighten their outer body, some people follow an ongoing cleansing, toning and rebuilding regimen for the inner body.

Sanitation

Modern Colon Hydrotherapy equipment is manufactured through compliance with strict medical guidelines that dictate rigorous accountability. The equipment features temperature controlled water mixing and back flow prevention valves, pressure and temperature sensors, and a built-in chemical sanitizing unit and/or water purification unit. Disposable single-use rectal tubes and speculums

Colon Hydrotherapy Client

Many clients enjoy the benefits of colon hydrotherapy. Many of these clients claim that due the colon hydrotherapy, they have been able to live their lives without drugs, tranquilizers, muscle relaxants, and pain pills. In society where Eastern and Western medicine combined to give us the best of both worlds, the acceptance of colon hydrotherapy has continued to grow with impressive results.

FREQUENTLY ASKED QUESTIONS

Q: Is Colon Hydrotherapy safe?

Yes, the water is introduced at a low gravitational pressure so there is no danger of bowel perforation. Colon hydrotherapy, unlike the use of laxative, is not habit forming. We use only disposable single-use rectal tubes and speculums

Q: Are there any contra-indications?

Yes, you cannot have colon hydrotherapy in any of the following situations:

- 1) Pregnancy.
- 2) Cancer of the Colon or GI tract.
- 3) Congestive heart failure.
- 4) General debilitations.
- 5) Carcinoma of the rectum.

Q: Is there any special preparation?

Not really. It is not good to miss a meal before the treatment but equally you do not want to have eaten a large meal just before the treatment. A light meal a couple of hours before is best. For abdominal massage during colon hydrotherapy treatment we recommend do not drink a lot of liquids.

Q: What will I feel during the treatment?

Warm filtered water is gently introduced – via a speculum – into the rectum and up into the colon where it soaks away and cleanses the unwanted material. The water stimulates peristalsis (i.e. the contraction of the colon) so the colon then pushes the water and matter out through the tube. You experience the peristalsis as a strong urge to go to the toilet. You do not have to push and you do not need to hold on, relax and the body will do the work for you.

Discover great ways to boost your health naturally



Q: Can it be painful?

No, it is not painful. But there may be some discomfort. Especially people with IBS or candida may experience this. The therapist is however at any time able to release the water pressure to reduce discomfort immediately. A woman may compare this type of discomfort - if it does occur - to the contractions that come with the periodic cycle.

Q: How might I feel after the treatment?

How people feel after the treatment varies enormously. Some are ready to play for England, others would like to climb under the duvet for the rest of the day. You can feel a bit cold or shivery. Sometimes the treatment initiates emotional release as our feelings are often stored in the gut. You can then feel a bit vulnerable. After the first one or two treatments it becomes easier and people often fit it in their lunchbreak.

Q: How many sessions do I need?

It really depends on the condition of the bowel and how it responds to the treatment how many exactly are needed. It has taken a lifetime to build up the matter in the colon, so it is reasonable to expect that it will take a number of sessions to remove it. For healthy people 4 to 6 sessions will usually give a good clear out. Clients who take it further will always gain more! People with IBS sometimes respond quite well whereas others need more sessions. For any serious condition a treatment plan can be made in consultation with the therapist.

Q: Would enema's help me as well?

Yes, as an addition to colon hydrotherapy enema's can work quite well. Enema's cannot be compared to colon hydrotherapy though. Colon hydrotherapy inserts 20 or 30 gallons of water into the colon in one treatment and cleanses the bowel far better and far deeper. It is like comparing a bike with a car. Internet sites may sell home colonic sets but do not be fooled! These are enema kits.

Q: Will it make the bowel lazy?

No, it is an exercise for the bowel. Stimulation, contraction and relaxation will help tone and reshape the colon to aid incomplete elimination.

Q: Will it wash out all the good bacteria?

It will wash out some good bacteria as it will wash out lots of bad bacteria. In a healthy person the good bacteria will reproduce itself within 2-3 days especially now that the environment is cleaner. Probiotics or prebiotics may be recommended if it seems appropriate. In cases of candida or when antibiotics have recently been used a probiotic implant can be made and good bacteria placed directly into the clean bowel at the end of the treatment.

How Might You Benefit from a Course of Colonic Irrigation?

Improve bowel regularity

Resolve constipation. Unlike damaging laxatives, Colonics do not make the bowel lazy. Colonic Irrigation exercise and strengthen the bowel, promoting a return to regular, complete bowel movements. A clean, healthy and fully functioning bowel will drastically reduce the probability of you incurring bowel cancer.

Increase energy levels and improve mood

Feel lighter, fresher and energised.
Relief from lethargy and fatigue.
Mental clarity, reduced headaches, enhanced sleep.

Improve digestion

Resolve problems such as I.B.S (irritable bowel syndrome), bloating, wind, diarrhea, heartburn.

Clearer & brighter skin complexion

Resolve skin conditions such as eczema, psoriasis, acne.

Boost your immune system

Create a clean, healthy environment for friendly bacteria to grow.
Resolve candida, thrush, bad breath.
Enhance absorption of vitamins and minerals.

Assist in weight balancing and body shaping

A course of colonics may assist you in losing inches or weight due to the release of stored waste material and gas.
Following a deep cleanse you will feel more motivated to improve your diet

Alkalise your body

Most people have an overly acidic body due to overconsumption of meat, dairy and grains.
An alkalised body will keep you free of disease and help to keep you looking young and feeling vibrant.

Hydration of the body

60 - 80 litres of purified water is used throughout a single treatment.
After you have felt the benefits of colon hydrotherapy you will be more motivated to stick to the recommended drinking of 2 litres of water per day.



A large, vertical advertisement for Ayurvedic treatments. At the top, a large green leaf is shown with the text "a science of life" in white. Below the leaf, a purple lotus flower is in bloom. To the right of the flower is a mortar and pestle containing ground herbs. The text "Be with us to grow younger" is written in a green, cursive font. Below the lotus flower, the word "Ayurvedic" is written in a large, blue, cursive font. To the right of the word "Ayurvedic" is a small purple lotus flower. At the bottom, the text "(Reg. T. 753658)" is shown, followed by "wholly owned by Kajen (M) Sdn. Bhd." and "www.asianayurveda.net". Below this is the address "NO 33 JLN IBRAHIM 80000 JOHOR BAHRU, MALAYSIA." and the contact information "Tel : +60 07 221 3959 Fax : +60 07 222 3859", "Residence : +60 07 222 6430", and "Mobile : +60 19 790 2016".