

# Gregory's Healthy Alternatives FAQ's

## Colon Hydrotherapy

**Q** What is Colon Hydrotherapy (also referred to as colonics, colon irrigation, colon lavage or high enemas)?

**A** Colon hydrotherapy is a method of instilling purified and filtered water, at various temperatures gently into the colon to begin the inner cleansing procedure. A small lubricated disposable nozzle (size of a pencil) is inserted into the rectum to remove waste from the large intestine, without the use of drugs.

By slowly introducing purified and filtered water into the colon until fullness occurs, the contents: waste is softened and loosened, resulting in cleansing (evacuation) through natural peristalsis. The water is released out under its own pressure, taking with it wastes in the colon. This gentle process is repeated during the 30-40 minute session with alternating water temperatures that stimulate the most efficient cleansing of the colon area. The process can be observed through a clear elimination viewing tube. Colon Hydrotherapy is clean and relaxing.

**Q** What are the benefits of colon hydrotherapy?

**A** There are many benefits derived from colon hydrotherapy also referred to as colonics, colon irrigation, colon lavage and high enemas. Besides cleansing and restoring the muscle tone of the colon and the entire system, colonics re-hydrate the body, which helps the other organs (kidneys, liver, lymphatic, etc.) function more efficiently.

Other benefits include better elimination, weight loss, clear skin and better energy levels. As the body acclimates itself to the colonic process, more toxic material is removed with each procedure.

A good colonic is equivalent to 20-30 bowel movements, so it may take a few days for the bowel to eliminate again after a colonic session. This is normal. After a colonic session clients have reported a strong feeling of well-being, weight loss and lightness. Along with changes in diet and exercise, a series of colonic irrigation's can contribute to better health and increased energy.

**Q** What is a colon hydrotherapy session like?

**A** The procedure begins with you lying comfortably on a custom treatment unit. A soothing flow of warm purified and filtered water is instilled gently into the colon through a small disposable nozzle (size of a pencil) until fullness occurs. No pressure or force is ever used. The small rectal nozzle is easily inserted to cleanse (evacuate) the contents of your colon. The water is then released out under its own pressure, taking with it the wastes in the colon.

This gentle process is repeated for approximately 30-40 minutes with alternating water temperatures that stimulate the most efficient cleansing of the colon area. The process can be observed through a clear, sanitized elimination viewing tube. A certified Colon Therapist is there to monitor and assist the client as needed. Your therapist may encourage energy flow by lightly rubbing key reflex points on the abdomen. A session is a comfortable experience for most people, however, if discomfort is experienced, the session can be stopped at any time.

The removal of waste should encourage better colon function and elimination. During the session, some clothing can be kept on and you will be draped, or a gown might be worn to ensure modesty. Your dignity is always maintained and your questions are welcome.

Internal cleansing through colon hydrotherapy can make you feel like you've taken an internal shower...

clean, enthusiastic, light, and healthy.

**Q** Why cleanse the colon?

**A** Many of the greatest healers of our time firmly believe that internal cleansing and detoxification of the human body is the key to youth, vitality, energy and vibrant health.

Did you know that 90% of all chronic diseases start in the digestive system? You can protect yourself, rid your body of toxic waste and loose weight by cleansing and detoxifying your system regularly.

The foods we eat today are over-processed and do not have sufficient fiber to promote peristalsis, which empties our colon efficiently. The use of white flour, meats, fatty foods, sugar, salt, colorings and additives and the lack of sufficient fruits and vegetables in our daily diet create stagnation, constipation, diarrhea, and many other toxic conditions.

When the colon is cleansed, over a series of treatments, years of poor food choices can be offset by giving the intestines a chance to clean themselves out, restore peristalsis, and begin proper nutrient absorption. This process is aided significantly by better food choices in our daily menus as well as proper exercise.

Cleansing the body through colon hydrotherapy can protect your health by ridding the body of years of accumulated toxic waste, and you can loose weight.

**Q** Why should I be concerned about my colon?

**A** The colon has been referred to as the trash can or sewer system of the body. It is the place where we store the waste material that most of us would rather not think about. Our metabolic process continuously encounters and disposes of a variety of toxins and poisons. Some are cellular waste materials that our body makes. Others consist of environmental pollutants, pesticides and poisons ingested into our systems through the air we breathe, the foods we eat and the water we drink.

Under ideal circumstances the body is well equipped to neutralize and dispose of toxins through the liver, spleen and eliminative channels (bowel, kidneys, lungs, skin and lymphatic system). However, in modern society there are no ideal circumstances.

Accumulated toxins in the body account for a myriad of health complaints, ranging from something as simple as fatigue or weight gain, to serious other chronic and degenerative conditions.

Colon hydrotherapy is an important and beneficial way to clear toxins from our systems.

**Q** Why is Colon Hydrotherapy helpful?

**A** Colon Hydrotherapy cleanses the colon. Over time, debris builds up in the colon. It is estimated that the average person has somewhere between 10 to 25 pounds of excess feces stuck on the colon wall. This debris can prevent the colon from filtering the body's waste properly, inhibiting you body's ability to reabsorb water and other helpful nutrients, and to release dangerous toxins. Colon hydrotherapy gently breaks down this impacted debris and flushes it out of the body so that your colon can function as it was designed to. Cleansing the colon can alleviate symptoms such as headaches, skin blemishes, bad breath, allergies, joint stiffness, muscle fatigue, depression, etc.

**Q** Who might benefit from Colon Hydrotherapy?

**A** Compare the answer to asking your auto mechanic if the oil change in your car ever needs to be services or changed. Despite daily eliminations, many people are not aware that they may have a bowel problem. Very often the colon might be impacted with old, hard encrusted fecal matter leaving a small channel for the feces to pass through. If you suffer from any of the follow symptoms of toxic buildup in your digestive tract, then colon hydrotherapy may benefit you.

Allergies, anxiety, arthritis, bad breath, body odor, colds/flu, constipation, depression/irritability, diarrhea, edema/swelling, excessive mucus, fatigue, flatulence (gas), food cravings, headaches, hemorrhoids, immune challenges, improper posture, indigestion, insomnia, joint stiffness, lack of sexual response, loss of memory/concentration, low energy, lower backache, menstrual problems or bloating, overweight, parasite, poor appetite, poor digestion, sinus and/or lung congestion, skin disorders, sore throat, stress, weight fluctuation/stagnation, yeast/candida.

Each of these symptoms has the potential to be alleviated through internal cleansing including colon hydrotherapy.

**Q** Who can't have Colon Hydrotherapy?

**A** Those who have been diagnosed with the following contraindications should contact their medical provided prior to scheduling a session.

Abdominal hernia, advanced ileitis, advanced Crohn's Disease, advanced pregnancy, aneurysm, carcinoma or the colon or rectum, cirrhosis, congestive heart failure or organic valve disease, epilepsy, fissures/fistulas, GI hemorrhoids, recent abdominal surgery, recent colon or rectum surgery, renal insufficiency, severe cardiac disease, severe ulcerative colitis, and uncontrolled hypertension.

If you have any of the above listed conditions, colon hydrotherapy cannot be done.

**Q** Are you a client for Internal Cleansing?

**A** Here's an analogy: What would happen if we didn't empty or kitchen garbage can for months, and we kept on throwing more and more food on top of the old? Wouldn't all of our homes start smelling like a garbage dump? The same things happen with constipated, clogged up intestinal systems. When toxins are not properly eliminated, life can get smelly!

### **Service Disclaimer**

If you have severe symptoms or any serious disorders, seek the attention of a health care professional. Colon hydrotherapy is not intended to diagnose, treat, cure or prevent any disease. Colon hydrotherapy services at Gregory's Healthy Alternatives are performed by a Certified Colon Therapist/Holistic Practitioner/Holistic Doctor. Gregory's Healthy Alternatives will not perform hydrotherapy services if certain medical conditions or symptoms are present. The information on the website is not intended to provide medical advice or to be a substitute for a visit to your own medical provider.