

inside & out

CLEAN AND HEALTHY

Colon Hydrotherapy

The gentle way to clean the colon

Colonic irrigation

Positioning

Water and hydration

Fun

COLONIC IRRIGATION

“If there was ever a therapy which should be incorporated in everyones lifestyle, colon hydrotherapy should be that treatment”

Colonic irrigation is also known as hydrotherapy of the colon, high colonic, entero lavage, or simply a colonic. It is the process of cleansing the colon by passing purified filtered water through it with the use of special equipment. It is similar to an enema but treats the whole colon, not just the lower bowel. This has the effect of flushing out impacted faecal matter; toxic wastes, yeasts and other undesirable matter that often build up over the passage of time. It is a procedure that should only be undertaken by a qualified practitioner.

Origins: Cleansing the colon with the use of hydrotherapy and forms of colonic irrigation has been used successfully for centuries to relieve chronic toxicity and enhance health. We all have different lifestyles and our nutritional regimes, metabolic activity and other daily factors differ considerably. However, if we fail to empty our bowels regularly, then we fail to eliminate wastes completely. If input exceeds output, then we will surely suffer the consequences at some point. It may interest people to know that great invention ‘The toilet’ has actually contributed to all sorts of bowel problems due to the position you are sat in. We all joke about the hole in the ground, yet it puts you in the perfect position to eliminate correctly. There are some simple tips which everyone should know.

Stress and lifestyle is also one of the main factors which effects our bodies far more than any of us are aware of, and the bowel is generally overlooked when people start to feel ill and in fact it should be checked first. The health profession is finally waking up to this instead of over prescribing laxatives, there are now alternatives. “As out of dirty mud-beds, gorgeous lilies grow- So out of bent-old-age, comes vibrant youth! And youth from age, is not a greater miracle than pure white lilies growing out of mud!”

Impacted faecal matter can cause an imbalance of the natural organisms that normally populate the bowel, causing what is known as dysbiosis. Decomposing matter can cause a toxic condition and may lead to many health problems, as constipation causes backed up pollution of the body cells. The process of repair and elimination of wastes enters a downward spiral which at best will cause fatigue, lack of energy and premature ageing, and, at worst, can cause degenerative diseases, among them allergies, and even cancer and Alzheimer's disease.

Removing large amounts of toxic matter relieves the client and can lead to the alleviation of symptoms such as arthritis, chronic fatigue syndrome, candidiasis, diverticulitis, Crohn's disease, leaky gut syndrome, heart problems, migraine, allergies, bad breath, acne and other skin problems such as psoriasis, asthma, chronic fatigue syndrome, cancer, particularly of the bowel, a host of other illnesses. Colonic irrigation can help restore normal peristaltic (this is the name given to the way the bowel moves to push the waste up and along your large colon) action to a sluggish bowel, thus reducing the need for more hydrotherapy treatments over time. In addition, removing the layer of faecal matter which coats the intestines in many individuals allows improved assimilation of the nutrients from foods and can alleviate symptoms of vitamin and other nutrient deficiencies.

If someone suffers from constipation or other chronic conditions, two or three treatments at least will be required to achieve desired results regarding the elimination of impacted matter, and restoration of bowel regularity. Initially only gas and recent faecal matter may be expelled. If there is any doubt about your treatment please consult with your GP.

Pre Treatment: Light meals like salads, soups, cereal, smoothies and plenty of fluids. Avoid heavy meals ie: Steak and rich foods with sauces

The treatment: During the treatment, a small speculum is passed into the client's bowel through the rectum. This is attached to a tube, which leads to a machine that allows temperature-controlled filtered water into the colon at a controlled rate (controlled by the practitioner). The temperature of the water should ideally be kept as close to body temperature as possible. The client will temporarily be filled with water up to the level of the entire colon. This process is pain free. It triggers peristaltic action and the client will begin to expel the water along with faecal matter back through the tube. The faecal matter is flushed out via a transparent pipe or viewing tube, so that what is eliminated may be monitored. During the treatment, the therapist will include gentle body work, including massaging the client's abdomen to help dislodge impacted faecal matter. In addition to massage, sometimes acupressure, reflexology, or lymphatic drainage techniques may be used to loosen deposits and stimulate the bowel.

You will be advised on when to have follow up treatments and how frequently as this is very dependent on your lifestyle and your own goals for your health. Duration of treatment is approximately 45 mins.

Herbs and Enemas: These can be used in conjunction with colonic hydrotherapy as it has been shown that they are very efficient in helping the process of cleansing the colon and alleviating digestive problems in general and the overall effectiveness of the immune system.

As an example Coffee enemas have become a popular and effective means of liver detoxification. This enema helps to detoxify the liver. Coffee stimulates the liver and gallbladder to produce more bile. Bile, from the gallbladder draws out environmental and metabolic toxins, as well as the very irritating toxins from Candida and other parasite-like organisms. These toxins and waste are eliminated.

The faster you can move these toxins out of your body the better off you will be..

All items used are fully disposable.

After the Colonic: Since the colon has been cleared of solid matter, it may take up to four days before it fills again and normal bowel movements are resumed. Some water is absorbed through the colon wall during a colonic, and one may notice an increased need to urinate for a few hours afterwards. This beneficial effect of flushing the kidneys may also be enhanced by drinking a few glasses of water with the juice of half a lemon added to each glass.

A colonic has a profound cleansing effect on the body and many people feel so good afterwards that they want to double their jogging or workout time. Caution is advised here, for it can be overdone. Although light to moderate exercise is good if you are used to it, any strenuous activity should be avoided 24 hours after the treatment. If a condition, such as habitual constipation or irritable bowel, has existed for a while, tiredness may be experienced for a couple of days after the first colonic.

A light diet of fruits, vegetables, salads, soups and chicken or fish should be followed for two to three days, taking care to avoid anything that causes gas. Avoid drinks with gas, natural or added. Rich or heavy food, flour products, spices and alcohol should also be omitted. Although irrigating the colon does not remove all of the intestinal bacteria, it is still helpful to take probiotics to maintain bacterial balance. Live yoghurt with acidophilus is also advised because it is an active cleanser that also adds vital forces to the colon.

POSITIONING

"Hemorrhoids result from continual aggravation and injury due to excessive straining in the sitting position."

Dr B. A. Sikirov following his landmark study in 1987

You may find this information incredible - but read on. It may begin to make sense once you get used to the idea.

Believe it or not, the current toilet seat is a comparatively new invention. It was developed in the Industrial revolution by people who thought it was more 'dignified' to sit on a 'throne' than the way the natives did. However, many doctors at the time were worried about this causing health problems because it went against nature.

But in Victorian England where even table legs were covered with long table-cloths because they suggested legs (which were called only "limbs") it was considered very improper to discuss such things.

If you have ever felt, as many, many people do, that after you have evacuated, there is still something left, here is the reason:

The anal canal is **OBSTRUCTED** when seated. Bowel evacuation when seated results frequently in **OBSTRUCTIVE CONSTIPATION**. Adopt a relaxed, **FULL SQUAT POSTURE** and the anal canal **STRAIGHTENS**.

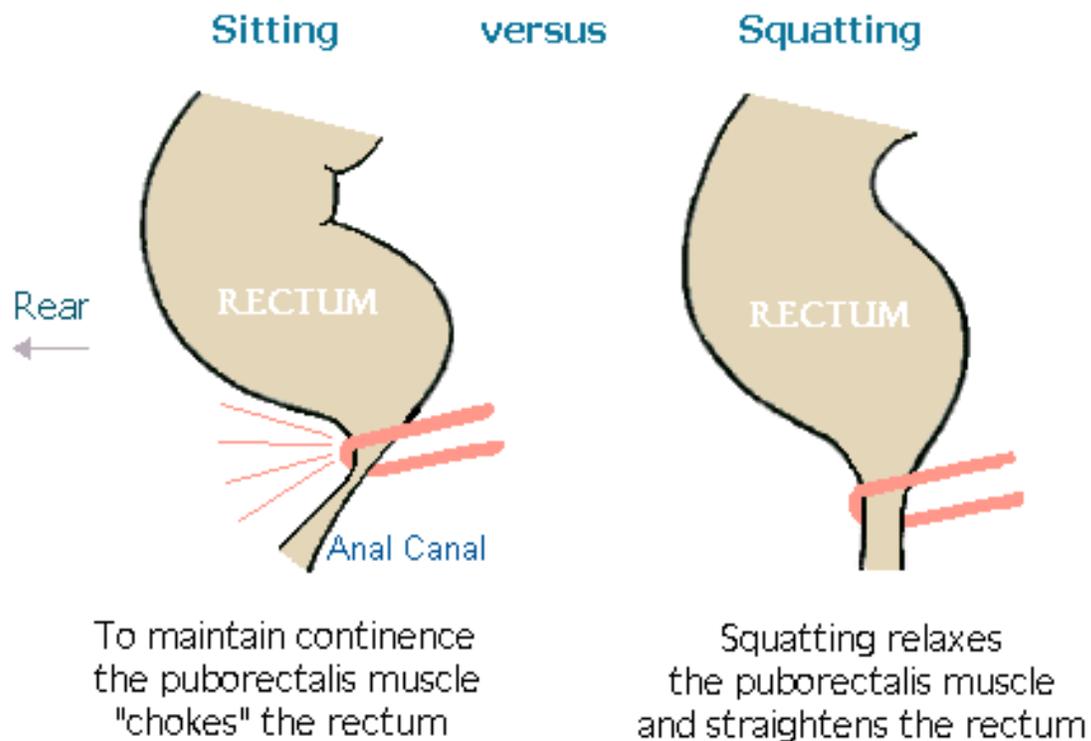
This obviously can help constipation. Months later other health improvements can happen, due to your body being free of extra toxins. Also, bladder function may improve after several months because of an improved pelvic floor nerve supply.

Oncologists have observed that 80% of colon cancers occur in the caecum and the sigmoid colon, the two areas that are not fully evacuated in the sitting posture. This causes fecal stagnation and probably explains why colon cancer is the second leading cause of cancer deaths. In traditional Asian and African cultures where squatting is the norm, colon cancer is virtually unknown!

Most hemorrhoids will heal without relapse when, upon urge, the squat posture is adopted for bowel movements.

Another serious condition caused by sitting to evacuate instead of squatting is the leakage of wastes into the small intestine. This affects the ileo-caecal valve, which is considered by modern medicine to be inherently flawed because it is so often leaking. Ask a kinesiologist and they will most likely tell you that the ileo-caecal correction is one of the most common corrections that needs to be done. Also, the toxins get into the bloodstream and hence put more pressure on the liver which has to detox them.

Most sufferers usually notice significant comfort improvement within seven days of making this simple change of habit to the squat posture because body wastes pass through the straightened anal canal.



There are several ways you can manage to turn your present toilet into one where you can squat:

1. Get resourceful and redesign your own. Pile up bricks around your toilet (make sure they are safe and sturdy!) Ok we do not need to go this far. Equally as good are some of the children's toilet boosters to put your feet on. Ensure your knees are at an angle of 45 degrees to create the squat position and not the normal 90 degrees with your feet flat on the floor.
2. Consider having a real eastern toilet in your house!
3. If you can't manage any of these, it can work quite well to place a foot stool in front of your toilet. Try to get one as tall as your toilet. Give it a go, you may be amazed at the results!

This is especially important for children because of their shorter legs. If they use a potty, there should be room for them to put their legs to the side, not just in front.

Please take a look at this video:

<http://www.youtube.com/watch?v=pYcv6odWfTM>

REFERENCES1) Ref: Primary Constipation - An Underlying Mechanism" Sikirov B.A. Medical Hypotheses 1989 Feb: 28(2):P71-73

"Management of Haemorrhoids - A new approach" Sikirov B.A. Israel Journal of Medical Sciences: Vol. 23 1987; 284 – 286

Water and hydration

“Water is life’s mater & matrix, mother & medium.

There is no life without water”



The quality and quantity of the water we drink can have a profound effect on our system, no miracles, just common sense. If your body is dehydrated it can be causing stress on the vital organs, i.e. the liver, kidneys etc.

Chronic unintentional dehydration causes your body to function less effectively. Staying hydrated is the goal. The average person loses about 3-4 litres of fluid a day. Surprised? Bowel movements, urine, exhaled air, sweat all contribute to this figure. Lots of other factors can also effect this, exercise, temperature, diarrhoea. Exercise and sweating cause the most increased water loss. Remember a dry mouth is not the only sign of dehydration. Check the colour of your urine, if it is dark, drink more water. Headaches, nausea and muscle cramps are also other symptoms.

You are what you drink! Stay healthy, and stay hydrated!

Is Your Digestive System Healthy?



Sinker n' Stinker - This guy is named as he behaves. He is like a smelly piece of black coal that sinks to the bottom of the bowl after an arduous attempt to squeeze him out with tremendous force. His appearance is due to an over exposure to toxins such as processed foods, environmental toxins and medical drugs.

The Swimmer - This guy is light in color and floats. He is a pain to flush. His appearance is due to a high content of undigested fat.

The Bodybuilder - This dude is JACKED! He is typically big and round. He makes you strain to get him out of ya. If you pop a blood vessel in your eye ball when you poop, you've probably met this guy. His appearance is due to eating too many protein bars and shakes.

Pellet Man - Looks like rabbit poop. His appearance is due to altered states between peristalsis and dehydration.

Diarrhea - His appearance is due to your crappy diet and your body's attempt to purge you of it. What did you eat or drink yesterday?

The Flasher - If you can identify what you've eaten by looking at your poop, you are being flashed! Undigested food particles making an appearance in your bowl is a sure sign that this guy has crashed your party. His appearance is due to food intolerance and an inflamed gut wall so avoid that food in the future.

The Poopie Policeman - This guy is "The Shit"! He is what all of our poops strive to look like. He is Well Shaped (with a consistent contour), Passes Easily, Light Brown In Color, Smells Earthy - not foul, yet he floats... but not too much.