

## History of Colon Hydrotherapy

Colon therapy is an ancient method of natural healing. Enemas were recorded as early as 1500 BC in the "Ebers Papyrus", an ancient Egyptian medical document. Hippocrates, Galen and Pare also promoted the use of enema therapy. In these earlier times, people performed an enema in a lake or river using a hollow reed to allow water to flow into the rectum.

Bernard Jenson, DC says "In times past knowledge of the bowel was more wide spread and people were taught how to care for the bowel. Somehow, bowel wisdom got lost and it became something that no one wanted to talk about anymore."

Enemas were at one time a more common procedure than today. Before the departure of the Lewis and Clarke expeditions, a physician instructed them in the appropriateness of using enemas in case of fever and illness. Our grandparents and great-grandparents grew up with the use of enemas as widely accepted procedures for reversing the onset of illness. The general public's knowledge has decreased greatly in the past 50 years as new cures have been discovered.

Despite daily elimination, many people are not aware that they have a bowel problem. Very often, the complete length of colon is impacted with old, hardened fecal matter, leaving only a narrow channel for the small, softer feces to pass through. Failure to cleanse the colon properly is like having an entire garbage collection staff go on strike for months on end!

The colon is the sewage system of the body. If the wastes in the colon are allowed to build up, they will decay and absorb through the walls of the colon into the blood stream. These toxins can poison the brain and nervous system which can result in feeling depressed, irritable, weak and listless. It can also poison the lungs so that your breathe is foul, poison the digestive system so that you are distressed and bloated, and poison the blood so that your skin is sallow and unhealthy. In short, every organ is affected; you look and feel old, having stiff and painful joints, dull eyes with sluggish thinking. Finally you lose the joy of living.

Colon Hydrotherapy is not a cure, but it is a valuable procedure and treatment for a wide variety of different health conditions, as a toxic bowel is a source of many health problems. By stripping down the old, toxic mucus lining of the bowel, we remove the number one source of disease in the body. In addition, a cleansed bowel becomes a more efficient means of waste elimination and nutrient absorption. This is also the first step toward normalizing the bowel so that the friendly bacteria can be re-established to keep the colon safe from putrefaction and further auto-intoxication.

Colon Cleansing is so significant that surgeons and physicians are beginning to understand the importance of bowel care in the prevention of disease.

### What exactly is your Colon?

Your colon or large intestine is one part of your digestive system. From your mouth to your anus, you have one long hollow tube that takes in food, digests it and eliminates it. Your colon is the last part of this tubing; it is an organ made up of muscle tissue that moves toxic materials (digested food) along and out of the body through wave like motions known as peristaltic action. From the cecum (the beginning of the large bowel) to the rectum, it is approximately 5-5 1/2 feet long.

When a person is constipated, the walls of the colon are generally packed or lined with accumulated feces. The colon can neither absorb nor eliminate properly in this condition. When wastes from the blood arrive at the inner wall of the colon, the hardened feces prevents their passage through this wall. Since blood circulates through every organ in the body, toxins that are unable to be absorbed through the colon walls are re-circulated, contaminating the entire body.

To properly cleanse the body tissue we must start by a thorough cleansing of the bowel. It took time to pollute our bodies to the point of disease, so it will take time to reverse the process through a series of body cleansing. The natural immune system can only be built up in a clean body, a body with a minimal amount of accumulated toxic material.

The degree to which harmful bacteria, parasites and other dangerous organisms inhabit the colon varies greatly among person to person. What one person is able to hold in the bowel without obvious effects may be hazardous to another.

Remember! Cancer in the colon ranks next to heart disease as the most frequent cause of death in the United States today.

## Colon Dysfunction

Trouble is usually first recognized by an individual as constipation or diarrhea. These symptoms along with foul - smelling stool or gas may be experienced. The normal color of your stool is honey golden brown and has no odor which is offensive. although during constipation, you may observe a darkening of the stool, fermentation, and putrefaction.

The symptoms that can suggest the need for colon cleansing are:

Indigestion Nervousness

Bad breath Asthma

Backache Craving for food

Insomnia Poor Appetite

Hemorrhoids Skin Problems

Fatigue Headaches

Nausea Menstrual Problems

Abdominal Discomfort Prostrate Trouble

Allergies Irritability

Depression Swelling of the legs

Over weight Anxiety and worry

Lack of sexual Loss of Memory response or concentration

Coated Tongue Fetid Breath

Cold hands and feet Abnormal body odor

Brittle nails and hair High or low BP

Sagging posture (Pot Belly)

Dark circles under the eyes

## Questions and Answers

Is colon therapy embarrassing?

After a gentle insertion of a small tube into the rectum, plastic tubing carries the water in and out in a gently pressurized system. No mess, no fuss, no odor. In fact it is a very relaxing experience. Except for the insertion of the tube you are completely covered during the procedure.

Is the procedure painful?

Rarely. Sometimes during the procedure the muscles of the colon contract suddenly, expelling considerable liquids and waste into the rectum. The contraction may feel like cramping or gas with pressure in the rectum. Most of the process is mild and gentle with a wonderful light and empty feeling afterwards.

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

No. Actually, one of its good features is that it can tone the colon muscles so it doesn't perform so sluggishly.

Will one cleansing completely empty the colon?

Almost never. Many of us have pounds of impacted feces in our colon. It takes a minimum of three sessions to get a general cleanse. Your objectives will determine how many you wish to have.

Can colon therapy wash away all bacteria, even good?

Yes, but due to improper food combining, stress and antibiotics the intestinal flora is usually out of balance in most people. So, we suggest re-establishing the flora after Colon Hydrotherapy and Enemas.

What is the difference between Colon Hydrotherapy and Enemas?

The Hydro Sans Plus is a very sophisticated machine. It exercises the colon as well as cleansing it. With an enema one or two fills is probably maximum. With our superb therapists, you will receive the benefits of numerous fills and a gentle abdominal massage to release the toxins.

Is the procedure sanitary?

Everything within 3 feet of the body is completely disposable. The machine is sanitized and cleaned between each procedure. Filtered and ultraviolet water is used in the body.

How long does it take?

Each session lasts approximately one hour. According to each individual, time on the table ranges from 20– 45 minutes.

How often should one receive Colon Hydrotherapy?

It depends on the health and desire of each individual. Common cleansing programs are:

Seasonal Cleansing– a Series of 3 at the change of each season.

Annual Cleansing– A once a year cleansing choosing either a Series of 3, 5, or 10.

Bi-Annual Cleansing - Twice a year cleansing choosing either a Series of 3, 5 or 10.

Others with specific health concerns:

Often choose to receive more frequent sessions for a short period of time, then decrease the use of sessions until they discover which one of the above programs works best for them.

#### Investing In Your Health With Colon Hydrotherapy

Single session \$ 85.00      Series of 3 sessions \$240.00 \$15.00 savings

Series are non- refundable, and non transferable - All Series are Pre Paid

#### Pre - Colon Hydrotherapy Release

Clients have found that a pre-session release improved their elimination results. The pre-session release includes the use of pressure points along the energy channels for the colon and digestive system. This not only helps one relax, but stimulates the colon to have better releases. It is strongly suggested for those who are experiencing chronic constipation.

15 mins \$ 25.00 30 mins \$ 45.00

To schedule your appointment contact Kathleen at  
760-831-5841 or 760-346-8935

Copyright 2009. KATHLEEN SHYPTYCKI. All rights reserved.

Web Hosting Services