

No fasting or special measures are necessary prior to a first treatment but colon cleansing programmes may be advised between sessions.

HOW MANY TREATMENTS ARE NEEDED?

This depends upon the individual case and advice will be given at the first consultation. This may vary from only one treatment to a number spread out over a period of time, after which preventative or maintenance treatment may be continued.

IS IT SAFE?

Yes. The water is introduced at a low gravitational pressure, so there is no danger of bowel perforation. All equipment is either disposable or disinfected using hospital approved disinfecting solutions, which kill all viruses, bacteria and fungi.

Colonic hydrotherapy, unlike the use of laxatives, is not habit forming and actually improves the tone of the colon.

REGISTERED THERAPIST

**CONTACT
MERLEE AT
SANCTUARY OF LIGHT**

0208 766 7244

THE COLON HYDROTHERAPISTS

You may visit a Registered Colon Hydrotherapist with confidence. To be on the Register a therapist must either have been trained and experienced in orthodox medicine (e.g. doctor, dentist or nurse), or have satisfactory training in anatomy and physiology and considerable training and experience in a body-based complementary therapy other than colonic therapy. Subsequently they will have been trained at one of the approved (and inspected) Colonic Hydrotherapy training colleges. The premises of therapists are inspected prior to their admission to the Register and these are periodically re-inspected.



COLON HYDROTHERAPY

A

HEALTHY

MOVE

'Health is as infectious as disease, given the right conditions for it's spread'

DR George Scott-Williamson, 1943

THE ASSOCIATION & REGISTER OF
COLON HYDROTHERAPISTS

www.colonic-association.com

THE COLON

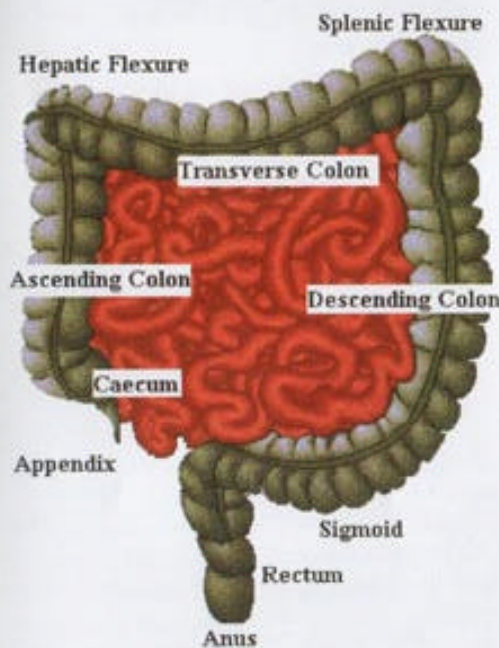
The colon, large intestine or bowel is situated in the abdomen and forms the last part of the digestive tract. An extremely important organ in its own right, it carries out a number of vital functions including the completion of the digestive process involving absorption of water soluble nutrients as well as the synthesis of certain vitamins. The colon is a major part of the excretory system, and is responsible for eliminating food and other body wastes, as well as protecting us from infection and disease. In a normally functioning colon, all this is achieved with the help of billions of friendly bacteria, which inhabit the colon and make up some 70% of the dry weight of our faecal waste. However, the delicate balance of this internal ecosystem can very easily be disturbed by a number of factors including stress, pollution, electromagnetic influences, poor food and drink choices, certain drugs, smoking and exposure to toxic substances. The results of this imbalance may be seen as follows:

FACTS:

- * The healthy transit time of food through our bodies is less than 24 hours. On average in the U.K. it is now 60 hours for men and 70 for women.
- * The United Kingdom is the most constipated nation in the world.
- * The U.K. has the highest incidence of bowel cancer in the world with 20,000 new cases per year.
- * One in three people consulting GP's have

bowel problem. Other bowel disorders such as Irritable Bowel Syndrome, Colitis, Crohn's Disease, Diverticulitis and yeast infections are now also widespread. The repercussions of a toxic bowel may be seen throughout the body system in a wide range of health problems, and in the general malaise affecting so many in our society.

A HEALTHY COLON



HOW CAN HYDROTHERAPY HELP?

Colonic hydrotherapy or irrigation is a gentle internal bath using warm, purified water that can help to eliminate stored faecal matter, gas, mucus and toxic substances from the colon. A practice dating from around 1500 BC, colonics can also help re-tone and reshape the colon. However, colonics have a much broader effect than simply cleansing the colon. Additional benefits can often be observed throughout the body in the form of clearer skin, more energy and mental clarity, fewer headaches, with circulatory and immune and weight problems often improving, amongst many other positive side-effects. Many people are referred to colonic practitioners by other alternative therapists including homeopaths, acupuncturists, herbalists, etc., since by detoxifying the system using colonics, these therapies tend to be more efficacious.

WHAT IS INVOLVED?

Your visit to a registered colonic therapist will involve the taking of your case history followed by an explanation of the procedure. The colonic itself will take 30-45 minutes during which time water will be gently introduced into the colon via the rectum whilst your therapist uses special massage techniques to stimulate release of stored matter. Your modesty is preserved at all times. Herbal and bacterial implants may be used and your practitioner will also be able to advise you on diet and certain cleansing and naturopathic techniques to further enhance your treatment.