



FLUSH

COLONICS



Prior to the beginning of your first Colon Hydrotherapy treatment, your therapist will ask you to fill out and complete a personal health questionnaire and intake form.

This information and your answers regarding your general health can help your colon therapist to ascertain your current health issues and health goals.

This pre treatment profile review will take about 15 minutes or so, and will then be followed by your first therapy session lasting approximately 45 minutes. Future therapy sessions typically last no more than one hour in office.

Before arriving for your colon therapy treatment you are encouraged to drink at least half your body weight in water over a 24 hour period. So for instance, if you weigh about 68 kiloframs you should try and drink 2 to liters of water.

This hydrates your body, which can be useful in getting better elimination results. You may also wish to take an herbal colon cleanse 24 hours prior to your visit.

What happens during your Colon Hydrotherapy treatment?

After putting on a wrap you will be asked to lie on the treatment table where your modesty is always considered throughout the whole procedure. Your therapist will discuss any aspect of the process to both inform you and ease any concerns you may have. Our Internationally approved colon hydrotherapy equipment uses multi-stage water purification and single use disposables to eliminate any possible contamination event.

A small disposable speculum will be gently inserted into the rectum, which passed warm filtered water into your colon. Because we use a closed system, fecal waste is transported into the sewer drain line without any offensive odour and without comprising the dignity of the individual.

The equipment includes a lighted viewing chamber. After each therapy session, the equipment is completely disinfected in preparation for future use.

The actual colon hydrotherapy session includes the gentle infusion of water into the colon via the rectum. Absolutely no drugs or chemicals are used and many report that their therapy is both pleasant and relaxing. Your colon hydrotherapist will use multiple water fills and releases, and if you consent, light abdominal massage and relaxation techniques to move fecal and bacterial waste along the walls of the colon.

Once the process of elimination has begun, the fecal impactions will be washed away into the system's waste disposal tubing.

Your colon therapist will monitor the whole colon therapy with you, and may vary the water temperature and pressure at certain times to help promote contraction of the colon. This is a process called peristalsis, which is similar to the wave-like muscular movements a worm makes to propel itself along. Sorry, that's

If you have been having fairly significant colon related health problems, you may have developed what is called an atonic (sluggish) colon. The colon therapy treatment and associated peristaltic muscular contractions of your colon can help stimulate and retrain it to be stronger following a series of colonic treatments.

Each colon hydrotherapy session will be approximately 45 minutes with the total office visit being about 1 hour total. Depending on your general overall health and the severity of colon related problems you are experiencing, your therapist may recommend a series of initial treatments.

It is not uncommon to have a series of 3 to 6 sessions over a 7 to 14 day period of time to experience the maximum cleansing effects of colon therapy treatment. And subsequent treatments often result in releases of fecal and toxic waste, which are quite unexpected and substantial.

What happens after your Colon Hydrotherapy treatment?

The benefit of having your colon therapist present during each session is their experience in seeing how successful each treatment session is for you. They will be able to assess your progress and recommend if and when additional sessions can be beneficial to reaching your health goals.

A series of treatments, given in close proximity to one another, can help eliminate months or even years of built up fecal matter, which may be lodged in your colon. It is good to consider that the time you may have spent neglecting or abusing your digestive tract generally will not be reversed by one single colon treatment.

Cleansing your colon is a process that can bring dramatic life changing results, but, only if you are committed to making the necessary changes to regain your health. This is especially true in cases where someone is dealing with chronic constipation, diarrhea or an atonic colon.

After your first series of colon hydrotherapy sessions, your colon therapist may advise that you have follow-up colon treatments every 3 to 6 months. This is a simple way to hold onto the benefits you've already achieved from your first colon hydrotherapy sessions and to maintain a strong, healthy colon.

Many clients will have a heightened sense of wellbeing, vitality and renewed energy. Naturally your colon is cleaner but you can also start to experience easier eliminations as well as less time in the bathroom. Colon hydrotherapy is an effective detoxification process and not a cure or treatment for disease.

But by simply by removing toxic fecal waste, your body's immune system and digestive ecosystem can be more efficient in fending off disease and keeping you living healthy.

To ask a question or to schedule an appointment at Flush Colonics ring Karen Chambers at 027 4952081.

Disclaimer: Colon Hydrotherapy treatments are solely for prevention and colon cleansing and detoxification and are in no way a substitute for traditional, allopathic medical care. If you have severe symptoms of any serious disorders, it is your responsibility to seek the attention of a health care professional.

