

Colon hydrotherapy

Colon hydrotherapy is the gentle infusion of warm filtered water into the rectum, which assists in the removal of toxins and accumulated wastes from the body.

Colonics is a procedure that has been practiced for thousands of years, and has recently regained attention as a natural and highly effective method of detoxification.

In the modern world we are exposed to many toxins. Our body's systems of elimination are often overburdened, and therefore unable to function optimally.

The colon is a prime eliminator of wastes in our body, essentially acting as our sewage system, but also performing other important functions such as the absorption of water, assimilation of minerals and the synthesis of vitamins. Over time wastes can accumulate in our "sewage pipes", leading to a variety of digestive diseases such as constipation, IBS, colitis, yeast infection (candidiasis), bloating and flatulence.

Accumulated toxins in the colon can also leech back into the bloodstream, resulting in systemic signs of toxicity such as fatigue, headaches, moodiness, food sensitivities and skin disorders.

Over time this gradual poisoning of the system can result in more serious diseases, depending on which tissues the toxins settle in. Arthritis, chronic fatigue and cancer have all been linked to a toxic colon, and many natural therapists believe that all disease begins in the colon.

By gently cleaning out wastes that have accumulated in the colon, the body's toxic burden is alleviated, and the digestive system is able to function more effectively. Reported benefits of colonic hydrotherapy include:

- ✓ Improved digestive function
- ✓ Increased energy
- ✓ Glowing skin and clear eyes
- ✓ Easier weight management
- ✓ Positive and relaxed mental state
- ✓ Improved circulation
- ✓ Enhanced immunity

Colonic hydrotherapy may also protect against colon cancer, which is the second most common cancer diagnosed in Australia.

The procedure helps to flush out debris, toxins and parasites, but also serves to exercise the bowel. During the procedure the patient feels water filling the colon, then will naturally get the urge to expel it. This contraction of the muscles of the colon is repeated many times during the 45 minute session, which helps to strengthen and improve the tone of the bowel. After a colonic hydrotherapy session, both electrolytes and the good bacteria are replenished, hence the procedure involves both cleaning, exercising and "feeding" the bowel, all of which contributes to the long term health of the colon.



At Brunswick Holistic Health we use a state of the art, TGA approved medical facility that ensures patient dignity is preserved. Sessions are held in private, the patient is covered at all times, and the rectal tube is self inserted. It is a single-use, soft plastic tube, about the width of a pencil that

is inserted about 5cm into the rectum. Lubricant and disposable gloves are provided, and no pain is experienced.

The patient lies down during the treatment, and reading matter is provided. Some patients find the treatment quite soothing and relaxing.

There is an exhaust fan incorporated into the treatment bed and all wastes are promptly flushed away, so odours are kept to a minimum. Beside the treatment bed is an illuminated viewing tube, which can be quite fascinating, often reinforcing your decision to have colonic hydrotherapy!

Initial sessions commence with introductory information, and a brief discussion of your medical history. You are then left in private for most of the hydrotherapy, though the practitioner can be called at any stage by pressing a buzzer. At the end of the session the practitioner returns to turn off the machine, and ensure all is well. You are then again left in privacy to wash and dress. Normal daily activities can then be resumed.

The response to colonic hydrotherapy varies depending on the individual, though most report feeling relaxed and enlivened.

The procedure is entirely safe, and all materials used are disposable. The machine is chemically cleaned in between appointments, so there is no risk of infection or cross contamination.

Colonic hydrotherapy should be considered as a treatment for digestive disorders, for detoxification and improved general health.



Hardwick Building
22 Tripovich St (cnr Ballarat St)
Brunswick
Victoria 3056

p. 03 9388 2422 f. 03 9388 2622

e. jess@brunswickholistichealth.com.au

w. www.brunswickholistichealth.com.au