



Colonic Irrigation

Colonic Irrigation, Colonics, Colon Hydrotherapy, Lavage or high enemas are all methods of cleansing the colon (bowel) by gently infusing filtered water via a disposable rectal tube to soften and expel faecal waste and impacted solids that may have accumulated over time. Once the impacted material is removed, your colon can begin to work as it was meant to, removing waste more efficiently and completely.

The Process:

1. **Cleanse the Colon.** Toxic material is broken down so it can no longer harm your body or inhibit assimilation and elimination.
2. **Exercise the Colon Muscles.** The build-up of old toxic faecal matter weakens the colon and impairs its functioning. The gentle filling and emptying of the colon strengthens and improves peristalsis (muscular contraction).
3. **Reshapes the colon.** When problem conditions exist in the colon they tend to alter its shape, which can cause more complications. The gentle action of the water helps to eliminate bulging pockets of waste and narrowed spastic constrictions allowing the colon to resume to its natural shape.
4. **Hydrates your entire body.** Our body is made of 60- 70% water. Using pure water for the colonic, cells are hydrated so that they function at a higher rate as well as dilute toxins that may be in the body.
5. **Stimulates Reflex Points.** The colon connects to every system and organ of the body by reflex points. The colonic stimulates these points thereby affecting corresponding body parts in a beneficial way.

After your treatment, you will notice the other organs of elimination like the lungs, kidneys, liver and skin will start to function more efficiently helping to eliminate problems such as eczema, psoriasis and acne. You will notice clearer brighter eyes and a clear mind and head!

A clean body promotes a clear mind and clear thoughts!!

Stress is alleviated and we are able to function as nature intended- with a healthy immune function and a long healthy life.

Holistic Cleansing and Detoxification

We believe there is no greater gift that you can give yourself than the gift of health, energy and vitality. Your health profoundly impacts everything you think, do, enjoy, create and experience. The result is that you will not only feel better and experience greater energy, but you will help to restore the body to its natural state of balance.

By taking time to thoroughly cleanse our bodies with Colonic Irrigation, Colonic Hydrotherapy and the right nutritional support, we are able to break poor food habits that lead to an acidic lifestyle.



FREQUENTLY ASKED QUESTIONS ABOUT COLONIC IRRIGATION & HYDROTHERAPY

Before your first session

We recommend that no food be consumed 2 hours before your treatment, however, plenty of water or raw vegetable juices are great for hydrating and softening faecal matter.

If possible, avoid processed food, breads, alcohol, caffeine and refined sugars for a couple of days leading up to your colonic treatment.

If you like, bring your favourite CD or ipod or choose a DVD from our library to watch on the screen in your treatment room.

Wear a comfy T shirt or use ours.

After your Treatment:

We will give you a high potency Practitioner only probiotic and electrolyte drink to help re-establish the good bacteria. Most people experience a feeling of lightness and more energy after their treatment. Remember to continue drinking lots of water- at least 2-3 litres and continue with your usual exercise routine. You will soon start to feel a difference.

What can I expect from colon hydrotherapy?

Colon hydrotherapy is not a cure all, but a valuable treatment used to assist the body in a wide variety of different colon related conditions. By removing the old putrefied waste and retoning the bowel, this may improve the functions of the bowel. In doing this, the entire body should be able to function more efficiently.

What is a healthy, proper functioning bowel?

Provided you have a good diet (lots of fresh, whole, live fruits and vegetables) we should eliminate approximately one hour after every meal. Elimination should be quick and painless and should feel complete. Stool should be medium to light brown, have very little odour and will break up in water.

Does a colonic hurt?

Colonics are painless. However, some discomfort may occur due to gas blockages, constipation, an obstruction or spasticity. Some form of cramping can occur when old debris and toxins are released.

Is colon hydrotherapy embarrassing?

No mess, no fuss, no odour- in fact a very relaxing experience. You gently insert the tube 2 inches into your bottom privately. You are completely covered during the entire procedure.

How do I know if I need Colon hydrotherapy?

Constipation is one of the major reasons people seek colonics. Colon problems such as colitis, irritable bowel syndrome and diverticulitis affect conservatively two million people in this country. These problems can be treated effectively by colon hydrotherapy. Anyone who experiences abdominal distension, gas pains, stomachaches, or someone who feels filled very quickly after eating may be a candidate for colon hydrotherapy.

The list of disorders that can be affected by colonics includes: acne, psoriasis, eczema, arthritis, pre-menstrual syndrome, painful menstruation, fertility problems, depression, back pain, bad breath, colds/flu, fatigue, headaches, allergies, hay fever, asthma, hay fever, asthma, sinus problems and intestinal parasites and worms.

Does colon hydrotherapy wash away all the bacteria, even the good?

If your bowel is toxic you have little or no good intestinal flora to begin with. As in gardening, if you do not prepare the soil and fertilize the ground, plants will not live. The helpful bacteria can only live in an acidic environment, whereas the harmful ones thrive in an alkaline environment. Most people, due to years of improper eating, lack of exercise and poor elimination, have an alkaline colon. The great benefit of a cleansing program is to change the environment from alkaline to acid. If we make conditions favourable in the colon for bifidophilus and acidophilus- the good bacteria- they will populate. Repopulating good bacteria can be accomplished by oral supplementation after your colonic treatment- this is included with all sessions.

Why is colon hydrotherapy better than taking laxatives?

First of all, laxatives are irritants to the body. The body identifies it and quickly tries to evacuate it out of the body



producing a thin watery stool and leaves behind impacted faeces and waste on the walls of the colon. Sounds stressful doesn't it! Well it is and the body tells you this with effects like cramping and diarrhoea. A colonic is a gentle way to evacuate the old putrefied debris, gas and mucous. By using body temperature, purified water to flush the colon clean, you will provide hydration unlike with laxatives that can dehydrate.

What happens during a colon hydrotherapy session?

A colonic consists of infusing filtered, fresh body temperature water via the rectum. An open colonic instrument is used as well as a very small disposable rectal tube. A state-of-the art colon hydrotherapy unit has a multi stage water purification system and a lighted viewing tube. These open systems are designed so debris is transported into the drain without offensive odour and without compromising the dignity of the individual. The unit is thoroughly cleansed and disinfected after each session.

During a treatment, you will experience several fills and releases of water. Like the tide of the ocean, ebbs and flows, the water gently removes debris, gas and mucus. A light massage may be applied to the abdomen to help dislodge toxic waste material adhering to the walls of the colon. The debris is gently washed away through the system's waste disposal drain line.

Each treatment lasts approximately 45 minutes and you should allow at least one hour per visit.

During a typical colonic, approximately 30 litres of water will be transported into and out of the colon. A good colonic can yield about 10 regular bowel movements worth of material. Further treatments can produce even more substantial release of old, hardened and impacted faeces that have been released from the colon wall. These pieces can live inside your colon for MONTHS, even YEARS!!

Frequency of sessions

The number of sessions varies from person to person depending on your goals, medical and intestinal background, and current lifestyle and intestinal state. I review the Health Questionnaire with you, answer your questions, give you the session and offer my feedback. You choose your course of sessions. For a general detox, expect to take between 3-6 sessions initially. It is highly recommended to have follow ups at monthly intervals.

After my colonic?

Most people feel a significant change. Some people feel an immediate relief and experience a feeling of alertness, a feeling of being lighter, increases senses (sight, taste, smell and feeling), better mobility, and relief of emotional dysfunction, regular bowel movements and improvement of the digestive system.

What do I eat before, during, and after a cleanse?

Increase your intake of raw, fresh, whole fruits and vegetables before and after a cleanse. You may also juice these. It makes sense to reduce the intake of red meat and dairy and try using fish and tofu for protein instead. Avoid refined foods and "white" grains as they can slow digestion and form mucus. Try spelt, corn, oats and brown rice. Don't be overwhelmed by this information, it is only a suggestion. If you just had colonics and didn't change your diet, you would still benefit tremendously.

Increase your water intake to 2-3 litres.

Can you become dependant on it? Could the colon stop functioning on its own?

Colon hydrotherapy retrains the muscle of the bowel to regain strength. The bowel muscle is forced to work against the water, providing resistance much like a weight provides resistance against a muscle in body building. After the bowel has regained strength, it works better on its own. Colonic's are like "colon aerobics".

I have my period; can I still have a colonic?

Absolutely! Your body is already blessed with this ability to cleanse.. In fact many women choose this time to help eliminate bloating and congestion.

Is the procedure safe?

We use high-tech disposable equipment. The system is "made new" every treatment. There is total hygienic safety, superior even to sterilization. We only use TGA approved germicides.



What are the contraindications for Colon therapy?

Severe Anorexia, Extreme High Blood Pressure, Severe Arteriosclerosis, Undiagnosed Abdominal Pain, current Nausea and Vomiting, Colon Cancer, Severe Haemorrhoids, Crohn's Disease, severe ulcerations, Stricture of the anus and weakening of the bowel wall.

Please inform your therapist of any serious health challenges when booking.

Far Infrared Sauna

Far Infrared (FIR) heat produces heat waves that vibrate the ion bonds of the atoms which are holding together the molecules of water. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released. Scientists in Japan report that in the far infrared wave treatment of clogged capillary vessels, a similar process occurs: heat expands the capillaries and then initiates the start of a process to dissolve hidden toxins.

All humans send and receive far infrared waves. The range of far infrared waves generated by the human body is 6 to 20 microns. The optimal micron output range is between 7 and 14 microns which is very close to the resonant frequency of a water molecule. This similarity makes sense since our bodies are almost 70% water. This range, sometimes called "Vital Rays" appears to have special regenerative effects on the body.

Health Benefits of Far-Infrared Heat

- **Detoxification.** The human body is a bio accumulator. This means that toxins within it that are not immediately expelled are stored within the cells. These toxins can accumulate and block circulation and cellular energy- resulting in physical pain and disease. FIR heat therapy may assist in removing mercury, lead, cadmium, cholesterol, industrial chemicals, nicotine, alcohol and other substances.
- **Pain Management.** Heat has been shown to reduce pain sensation by direct action on both free-nerve endings in tissue and on peripheral nerves. Studies show that FIR heat therapy is an effective treatment for chronic pain, arthritis and fibromyalgia.
- **Skin Purification.** Heat therapy increases blood flow throughout the body to the skin. This can greatly assist in the treatment of conditions such as psoriasis, eczema and scarring.
- **Stress relief.** FIR heat therapy has a relaxing effect on the body's motor neurological and circulatory systems that become overworked during times of stress. Studies show increased energy levels in chronic fatigue patients during and after FIR Sauna therapy.

Weight Loss. The passive cardiovascular conditioning of FIR heat therapy increases heart rate, metabolism and caloric burn. Studies show that FIR heat lowers blood sugar, cholesterol and triglyceride levels. During one thirty minute treatment, blood flow doubles and up to 300 calories are expended



PACKAGES & PRICES

Colon Hydrotherapy

- Colon Hydrotherapy \$84
- 3 x Colon Hydrotherapy \$240
- 6 x Colon Hydrotherapy \$450

Your initial Colon Irrigation Session appointment takes approx.1 hour and includes a full health consultation. Follow up sessions take approx 45mins.

*All Colon Hydrotherapy treatments include electrolyte drink and high potency practitioner only probiotics.

Far Infrared Sauna

- 40 mins \$35
- 3 x 40 mins \$90
- 6 x 40 mins \$150

*Booking Policy

Purity offers a personal approach. If for some reason you need to reschedule your appointment we require a full 24 business hours notice or you will be charged \$40.

All packages strictly valid 3 months

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