

Why do people have Colonics?

For many people, talking about the Colon or even reading about it may be embarrassing but colon care and cleansing are essential to healing and knowing your body and how to keep it healthy.

A clean colon is one free of toxins, waste material and unhealthy organisms that accumulate on the walls, preventing food from being properly absorbed. Most people have 2-3 kg of old impacted faeces in their colon even if they have a bowel movement everyday. When this is removed, the body is free to absorb the essential vitamins that a healthy diet provides.

Caring for our Colons

Many practitioners believe that keeping your bowels healthy is the most important step in caring for your overall health and wellbeing. The life we live is not necessarily good for our bowels. We live in a chemical soup, sit on western style toilets to eliminate waste which we are simply not designed to do, our food is contaminated with chemical residues (as is our water) and many people eat a poor diet.

For those experiencing bowel issues no doubt you are already aware of just how little assistance is available from your GP. The hand out prescriptions for laxatives, peppermint oil capsules and that's about it. The usual format is to issue a prescription and then to refer the patient for a colonoscopy before telling them to live with it.

Reasons to seek out Colonics

- Many receive treatment during a period of life style change or as a preventative measure
- Another group has signs of intestinal distress- constipation (sometimes from prescription drugs), gas, bloating IBS, carbohydrate/protein indigestion, parasites, haemorrhoids and more.
- Others with skin or immune – psoriasis, shingles, eczema etc
- Another group is motivated by pain, abdominal pain, headaches and migraines, back or shoulder pain, gout etc.
- Another group come immune compromised- lupus, MS, rheumatoid arthritis, cancer, chronic fatigue, Candida, infection, cold & flu.
- Colon hydrotherapy can be used for medical reasons- pre and post surgery or barium x-ray or geriatric care.
- A number come in during a fast, cleansing program, a raw food diet, a liver or gallbladder flush.
- Some are working on emotional issues that they feel are rooted in their intestines (the letting go process).
- Athletes use colonics to improve metabolic efficiency and for hydration.

How will I know how many sessions I need?

It all depends on you condition and on the results of you first colonic. If a condition has been building up for years, it is unlikely to disappear after 45minutes of cleansing, but most people feel improvements after the first session. If you have never had colonics before and have some health challenges that you are working on, any where between 3-12 sessions would be required. This can then be maintained on a monthly basis. Others prefer to do 3-4 Colonics with the change of season.

Ita all a personal choice 😊

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