

# Frequently Asked Questions about Colon hydrotherapy?

## 1. What is the difference between a colonic, colon hydrotherapy and colonic irrigation?

All of these terms describe the cleansing of the colon. We use the terms interchangeably but most often say “colonics”. To learn more, please read on.

## 2. How many colonic sessions does one need?

Having one colonic is the first step towards renewed health and vitality. Although it will relieve constipation, the industry standard recommends a MINIMUM of 3 (within a 5 day period) to feel significant results.

Unless you grew up on organic, uncooked fruits and vegetables and have NEVER eaten: meat, dairy, gluten, alcohol, or consumed pharmaceuticals, you most likely need 10-20 colonics to get back to baseline. It's unrealistic to think we can undo YEARS of build up and damage in 1 or 2 sessions.

After one has had 10-20 colonics, in a 20-30 day period, only after returning back to homeostasis and can you begin to evaluate how many you need on a regular basis. The number of colonics you need depends on your intestinal health, dietary habits and lifestyle choices including stress.

## 3. How often should I have a colonic?

Everyone has different needs based on their diet and lifestyle. Generally speaking, the more fresh, uncooked fruits and vegetables you eat, the less you'll need because you tend to release. As a bare minimum, regular cleansing and getting colonics once a month, is part of regular healthy lifestyle.

We generally recommend at least doing 3 colonics close together in order to properly hydrate your colon and soften any hard, impacted material. After that, we strongly recommend a series of colonics (10-20) to appreciate what colonics can do for your body and to thoroughly cleanse your colon. Remember, the goal is to soften hardened, built up accumulated matter that is YEARS old. Regular clients may have maintenance colonics from once a week to once a month. After a vacation is also a great time to get them.

## 4. Do I need to fast before a colonic?

It isn't necessary. If you are familiar with fasting, you may know it is a good thing to do in conjunction with colonics. If you've never fasted before, we recommend having a colonic first and learning more about your body's needs before jumping into a fast.

Regardless of how you eat prior to your session, we strongly recommend to not eat or drink for at least 2 hours prior to each visit.

## 5. Is colon hydrotherapy painful?

No, it isn't! There should never, EVER be any pain. Many people say the sessions are easier and more relaxing than they thought they might be.

## 6. How long does a colonic take?

The colonic itself can last anywhere from 40-50 minutes. Afterwards and during your session, we provide a general assessment and give you an opportunity to ask any further questions. We offer individualized recommendations based on your session, diet and lifestyle. How many more colonics or what kind of program you might need can be discussed at this time.

#### 7. What can I expect afterwards?

Clients generally report a feeling of lightness and sometimes even increased mental clarity. After a series of colonics, some report weight loss, motivation to eat better, better digestion, decrease or ELIMINATION in menstrual pain, decrease in back pain, clearer skin and more.

#### 8. After a colonic, will I need to be close to the toilet all day?

No. Usually clients release everything while they are in our office as there is time to finish on the toilet before you go. There can be exceptions to this of course, but most clients continue their day without urgency to eliminate.

#### 9. Can I have a colonic if I'm on my period?

Yes. Your body is already in cleansing mode so it's actually an OPTIMAL time to have a colonic. We are prepared to accommodate women on their period and we do not recommend wearing a tampon during the colonic.

#### 10. Can I have a colonic if I am pregnant?

Yes, if you are between 3-6 months pregnant (second trimester). The chances of a miscarriage are highest during the first trimester, so it is best to play safe. As the pregnancy progresses, increased progesterone may slow peristalsis so constipation may ensue. Colonics may help with this. However, after 6 months colonics may induce premature labor and too much fluid in the membranes surrounding the fetus may put pressure on the diaphragm and cause extreme discomfort. Please discuss this with your therapist if you have any concerns! If you are pregnant and looking to have a colonic, we do require that you bring us a note from your doctor.

#### 11. How soon after the childbirth can I have a colonic? Can I have one while I am nursing?

Wait at least 6 weeks to heal and recover from childbirth before having a colonic. You can have a colonic while you are nursing. If you are coming in because of constipation, a colonic is much better than a laxative. Laxatives are very harsh on your intestines. Additionally, you don't want your baby to feel the effects of a laxative; everything you consume orally will pass through the breast milk. Again, we ask that if you have recently given birth that you bring us a note from your doctor.

#### 12. What can I eat and not eat? Should I fast before a colonic?

We recommend no food or drink 2 hours prior to each session in order to increase the efficiency as well as comfort for your hydrotherapy session. EATING for YOUR COLONIC will save you money! When you "eat for your colonic" by consuming lots of fresh, RAW, fruits and vegetables, limiting or eliminating meat,

dairy, gluten a few days or even a week before your session, you will have a more productive session, thus **SPEND LESS MONEY** on colonics because you're releasing **MORE** during each session. If you come in eating your regular diet of cooked food and possibly meat and dairy, your colonic session will be spending more time **HYDRATING** the colon, before it can begin to soften and release.

### 13. Will I lose weight?

You will lose waste and thus can lose pounds. The colon holds 5-10 lbs of feces for every foot, and the colon is as long as you are tall. The body also holds on to toxins in fat cells, as a protective measure. When you detox, you will also lose weight. This **MUST** be done in **CONJUNCTION** with diet change. Ridding the body of excess waste helps your body to metabolize more efficiently. You will become more conscious of what foods you are putting into your body and how your body processes those foods. I have seen many clients improve their diet and exercise regime when they start having colonics. Our Certified Holistic Nutrition Specialist at [Absolute Health Solutions-Lift Center](#), can help guide you on your weight loss and health journey.

### 14. Is colon hydrotherapy dangerous in any way?

Colon hydrotherapy is a safe, effective way of cleansing the large intestine. Colon irrigation has been done since Egyptian times and even enemas were standard back in the 1900s. We use triple filtered water, prepackaged, disposable speculums and tubing as well as medical grade cleaners to ensure that entire room and machines are thoroughly sanitized before and after each client session. I have trained under therapists that have practiced 20-30 years and have only heard stories of people getting better, healing and improving health.

### 15. Are there any contraindications to having a colonic?

Yes, the contraindications include: Severe cardiac disease (uncontrolled hypertension or congestive heart failure), aneurysm, severe anemia, GI hemorrhage, severe hemorrhoids, severe diverticulitis, ulcerative colitis, Crohn's disease, cirrhosis, intestinal fissures/fistulas, advanced pregnancy, abdominal hernia, recent colon surgery and renal insufficiency.

### 16. What can I eat after a colonic?

We encourage you to eat healthy, easy to digest, plant based food such as nourishing soups, salads, smoothies, organic juice or steamed vegetables. Avoid spicy dishes, beans, dairy, meat and especially sweets.

### 17. Are colonics covered by my medical insurance, HAS, or FSA?

Unfortunately we do not accept insurance, although it is a long term goal. Some flex HSA/FSA go through and some do not. It depends on the provider.

### 18. Why is colon cleansing so crucial?

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply and through the use of pharmaceutical drugs. In addition, we are eating more sugar, meat, processed foods than ever before in human history and regularly abuse our bodies with

various stimulants and sedatives. Since 75-80% of your immune system, and 90% of serotonin production lies in the gut (colon), disease manifests in many ways from acne to headaches to cancer. By cleaning the colon, you are decreasing the general toxicity of your body and supporting your liver, immune system and even your mood to function more efficiently and properly. It's like changing the oil in your car on a regular basis. Some think of a colonic as a shower for your internal body.

#### 19. Why not just use enemas, suppositories or laxatives instead?

Enemas aren't as thorough as a colonic as they are only able to cleanse out the recto-sigmoid region (due to the limiting amount of water) while a colonic has the ability to cleanse the entire length of the colon which is 5 – 5 ½ feet in length at least and as long as you are tall. Suppositories and laxatives can both be irritating and damaging to your colon, even if you are taking an herbal form. Synthetic Laxatives cause long term damage to the colon and whole body. Colonics are more natural in that they stimulate peristalsis of the colon muscles and help to establish regularity.

#### 20. Do you recommend supplements after a colonic session?

Each client has different needs and after a session we may suggest supplements that we think will help you and your colon. Products we strongly recommend include Fiber, probiotics and digestive enzymes. If you are on a cleanse or have specific constipation issues, we may suggest temporarily using herbs like Intestinal Movement to support movement.

#### 21. Will a colonic make me constipated or give me diarrhea?

NO. Sometimes if there is a full release during your session, you may not have a bowel movement the next day, as we have emptied the lower portion of your color of most solid waste, and it takes some time for the older, more impacted material to work it's way down towards the recto-sigmoid region. This doesn't mean that you are constipated. On the other hand, if you do not fully release during a session there may be residual water in your color that you may release later in the day. But if you have actual uncontrollable diarrhea, this has more to do with your colon health and diet than the colonic itself.

#### 22. I'm worried that I could become dependent on colonics. If I have too many, will the colon stop functioning on its own? Are colonics habit forming?

NO. They stimulate the colon muscles and remind them how to work, much like a muscle. Physically, colonics are not habit forming. Your body will not become reliant on them to eliminate. Because your colon is a muscle, receiving a colonic is like taking your colon to the gym. Thus colonics can actually help your colon become more independent and function properly on it's own. This must be combined with a healthy, whole foods, plant rich diet and balanced lifestyle.

#### 23. Can I get colonics while pregnant?

YES. Colonics are safe during the 2<sup>nd</sup> trimester. During the 1<sup>st</sup> trimester when the fetus is developing, there is risk of miscarriage. During the 3<sup>rd</sup> trimester, there is risk of inducing labor.