

## Colon Hydrotherapy

The colon, or large intestine, is approximately 5 feet long and 2 ½ inches in diameter. It is the end portion of the human digestive tract (food carrying passageway extending from the mouth to the anus). Its major functions are to eliminate waste and to conserve water. The colon is also home for important bacteria that synthesize valuable nutrients such as Vitamin K and portions of the Vitamin B complex.

A person with a healthy colon has one to three bowel movements each day. Elimination should be easy and take no more than a few seconds. The stool will be long, large in diameter, light brown in color, without offensive odor and should float or sink very slowly. When the toilet is flushed, the stool immediately begins breaking apart by the action of water movement.

Waste material that remains in the colon for an extended time, (i.e. impacted feces, dead cellular tissue, accumulated mucous, parasites, worms, etc.), poses several problems. This waste material is quite toxic to the system. If these toxins are not excreted, they can be reabsorbed by the colon and circulated in the blood stream. These toxins deposit in fat tissue, joints, arteries, and muscles, making a person feel ill, tired or weak. A build up of waste in the colon impairs the colon's ability to assimilate minerals and bacteria-produced vitamins. Unexcreted waste material can also inhibit the muscular action of the colon, causing sluggish bowel movements and constipation.

Anyone eating a diet that is comprised of refined, processed foods that are low in fiber and high in saturated fats, sugar, white flour, or preservatives is at risk for colon related problems. Common signs of colon related problems include headaches, backaches, constipation, fatigue, bad breath, body odor, irritability, confusion, skin problems, abdominal gas, bloating, diarrhea, and sciatic pain

Colon hydrotherapy is a safe, effective method for cleansing the colon. It also exercises the colon muscles, stimulating reflex points and returning the colon muscles to their original shape. During a 45-minute session, the colon hydrotherapist uses abdominal massage and trigger points to loosen toxic waste, which is gently flushed away using temperature controlled, filtered water. The gentle action of the water, coupled with the massage techniques of the colon therapist helps to eliminate bulging pockets of waste and narrowed, spastic constrictions, finally enabling the colon to resume its natural state. This eliminates far more toxic waste than enemas or laxatives.

Colon hydrotherapy is beneficial for healthy people as well as people with medical conditions. Ozone can be added to the filtered water, increasing the therapeutic benefit of colon hydrotherapy. Aloe vera, chlorophyll or wheat grass can be implanted after your colonic, to further increase the benefit of this therapy. Dr. Cole and your colon hydrotherapist can help you decide what is best for you.

[Common questions about Colon Hydrotherapy](#)

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