



Colonic description------(brief)

Colon hydrotherapy can soften fecal matter that can accumulate and harden in the colon. This buildup of fecal matter may negatively affect health. This build-ups can make preventing water and nutrient absorption, that can lead to constipation, dehydration, disrupt sleep, poor concentration, allow harmful colon bacteria and yeast to grow, can cause stagnant toxins to be absorbed into the bloodstream through the colon wall (called autointoxication).

- Stress, lack of fiber, excess sugar, and a diet high in red meat are believed to contribute to the problem.

What to Expect from Your Treatment

Usually lasting 45 minutes to an hour, a typical colonic begins with the client completing a health history form and consulting with the colon hydrotherapist.

A colonic is the infusion of water into the rectum by a colon therapist to cleanse and flush out the colon. It is also called colonic hydrotherapy or colon irrigation.

Some key differences between a colonic and an enema. Colonics and enemas both aim to cleanse the colon by introducing water by way of the rectum. Although the treatments are similar in approach and in their supposed health benefits, there are some key differences between colonics and enemas.

For example, enemas involve a one-time infusion of water into the colon, Colonics also known as colon hydrotherapy or colon irrigation or deep enema, colonics involve multiple infusions of water into the colon. Enemas address the descending colon, while colonics can address the descending, transverse and ascending colon.

What Is a Typical Colonic Like?

- After completing a health history form and consulting with the Colon Hydrotherapist, the client is asked to change into a cotton comfortable shirt or gown and lie face up on a treatment table.
- A disposable pencil-like speculum is inserted into the anus. The speculum is connected to a flexible disposable plastic tube connected to the colon hydrotherapy unit.
- Warm, controlled- temperature , triple –filtered water is slowly released into the colon. The water causes the muscles of the colon to contract, called peristalsis. Peristalsis "pushes" feces out through the hose to be disposed of in a closed waste system.
- The Colon Hydrotherapist will also show you how simply you can control the temperature through a twisting knob, conveniently located on your left.
- The client and the colon therapist do not smell the feces. The therapist usually looks at the feces through the clear hose, and may comment on the color.
- After the session, the therapist leaves the room, and the client may sit on a toilet to pass any residual water and stools.
- A typical session lasts 45 minutes to one hour.
- Then we give you charcoal for gas prevention. If you have any probiotic that you want to take or stomach soothing or electrolyte, please do so.
- We have available---Shaklee probiotic (2 pearl) , Hydrate- low carb electrolyte (2 scoops-lime or orange) , stomach soothing complex (4 tablets -peppermint ginger- can be use as tea) if you like –for \$12.

For any questions, please contact our office EWC-HOCL at 425-741-4444.

Thank you for our trust!

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