

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Treatment Centre with a Holistic Personal Approach.

Open: 8am-8pm Monday-Friday, 9am-6pm Saturday, by appointment.
2284 S. Ballenger Hwy, Suite F, Flint, MI. 48503. Ph: (810) 235-5181.

COLON HEALTH - The Basis of Many Disease Processes

Many of the foods and fluids we consume contain preservatives, toxic substances and chemicals, especially artificial colors and flavors, animal stimulating hormones and possibly residual parasites and pesticides. If these items are not eliminated, they can be lodged in pockets (diverticuli), stick or attach to the walls of the intestines and may enter the body, to create a toxic environment - "Autointoxification".

If these items are absorbed thru the intestinal lining, our body, if it is not already sick and weakened, especially the liver and kidney's, must work to detoxify and remove them. Once detoxified, if possible, they can hopefully be excreted through the kidneys, bowels, skin or lungs. If they can not be eliminated they will continue to create a toxic environment leading to death of the cells around them. We know that excretions from our body accumulate on the skin and can smell, become sticky and can cause damage to the skin and those we come in contact with. Seldom do we think about what is going on, on the inside, and the cleaning that the body needs to do daily. Many of us think our waste elimination system works just fine the way it is, but greasy food, heavy dairy products, fatty meats, saturated oils and many other 'foods', and ingested chemicals can leave toxins and toxic residues that build up on the inside and effect our health.

Residues, combined with secretions of the intestines can form layers of gluey waste, which can build up in any developed pressure pockets and may pile up along the entire length of the intestines, year after year. Constipation and the need for artificial stool softeners, becomes a normal lifestyle for many people. People have been known to carry in excess of 30 or more pounds of old waste matter in their intestines (remember the article about Elvis's and John Wayne's autopsy). Old dried waste matter does not pass out easily. It can form a resistant barrier, block the absorption of new nutrients, cause constipation and eventually possibly lead to colon cancer. Many of these items need special attention, beyond liquid/pill supplements, to dissolve the binding elements which binds or attaches it to the intestinal wall's. If this residue accumulates for more than a few days it can develop a condition called AUTOINTOXICATION, a self-poisoning condition from within the body itself. Holding fecal matter longer than 3 days is a contributor to this and many other colon/body conditions.

Absorbed residual toxins, new and old, can be carried by the blood stream to all parts of the body and end up effecting every cell, contributing to various forms of illnesses, disease and possibly cancer. The first signs of problems and possible autointoxication, are reduction in bowel movements frequency, sluggishness or lack of over all body energy, unexplained aches and pains (Fibromyalgia, skin conditions, warts, etc.), nausea, headaches (especially sick feeling), excessive gas and bloat, constipation, acid reflux and heartburn. If these conditions continue, eventually it can lead to a very sick body.

Even people with normal bowel movements can still hold an extra 3-5% of their body weight, in waste, in their intestine. Those who eat out a lot may also have parasites. An intestinal cleaning can have an life changing effect on quality of life.

To help the digestive, waste and elimination system, we need to look at, and possible assist each area.
Intake:

What are you eating?, When are you eating it?, How much are you eating?, What food combination is it?, What body type are you?, What are you drinking?, When and how much? Do you have digestive problems? Do you produce the needed acids for digestion? Etc, etc.

Digestion:

First stages: Mouth and Esophagus.

Second stage: Stomach, Small intestines, Liver, Gallbladder, Pancreas, Appendix.

Third stage: Large intestines and Colon.

All these areas need to be addressed, if we are to truly eliminate toxins and waste from our body.

What is the Intestine?

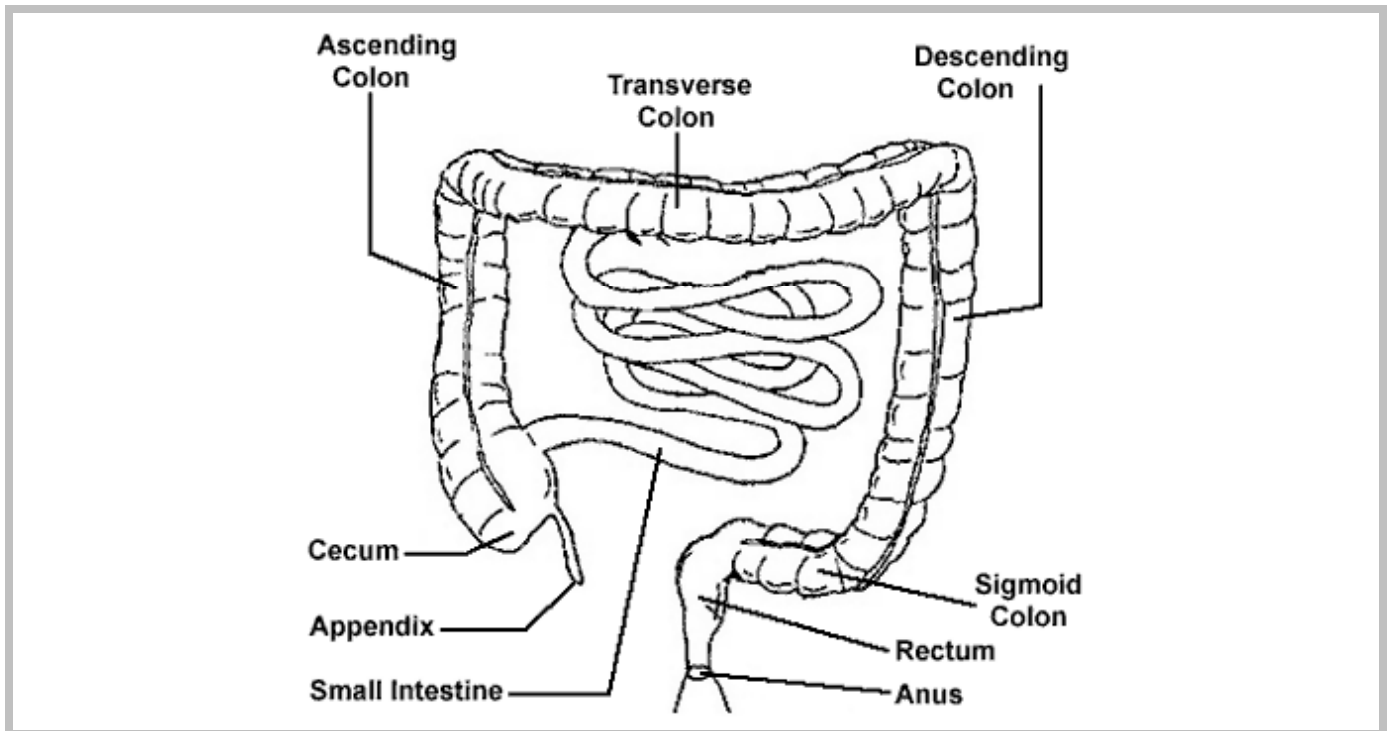
The intestine is the portion of the digestive tract between the stomach and the anus. It is divided into two major sections: small intestine and large intestine.

The small intestine is about 6 meters (20 feet) long. It is coiled in the center of the abdominal cavity. The lining of the small intestine secretes a hormone called secretin, which stimulates the pancreas to produce digestive enzymes and insulin. The liver connects to the small intestines through the gallbladder. The small intestine ends where it attaches to the large intestine and where the appendix is located.

The large intestine has a larger width but is only 1.5 meters (5 feet) long. The large intestine is labeled into 6 parts: cecum, ascending colon, transverse colon, descending colon, sigmoid colon, and rectum.

Major function of Intestines?

The small and large intestines perform different functions. The small intestine is where the most extensive part of digestion occurs. Most nutrients are absorbed in the small intestine. The large intestine is responsible for absorption of water and then the excretion of solid waste material. Food and waste material are moved along the length of the intestine by rhythmic contractions of intestinal muscles; these contractions are referred to as peristaltic movements. Waste becomes solid when most of the water and liquid is removed by the intestines. If the intestines are not working properly, Crohn's Disease, Constipation, IBS(Irritable Bowel syndrome) or Tapeworms may be present.



The intestines are normally populated by billions of beneficial bacteria which assist in detoxifying waste, synthesizing many vitamins and helping us guard against infection. These same bacteria make up some 70% of the dry weight of fecal material. The intestine and colon are smooth muscles (able to expand). The large intestines are broadly divided into four segments: the ascending, into which food and waste enters in a fluid state through the ileo-caecal valve, the transverse, where water, minerals and vitamins are absorbed and the descending, where mucus and toxins are secreted into the feces prior to elimination through the colon, rectum and anal sphincter. In normal system, bowel transit time from eating to elimination is about 24-36 hours depending on food intake (thus you should have at least one bowel movement every 1-1.5 days). In disease, poor digestion, yeast overgrowth, spastic colon, IBS, chronic constipation, etc, the retention of material can be accompanied by auto-intoxication, literally, "self poisoning" - where you re-absorption wastes and toxins back into the bloodstream - this places a burden upon the other eliminative organs of the body: the liver, kidneys, skin and lungs.

Chronic constipation can lead to further direct complications: diverticulitis, hemorrhoids, fissures, intestinal bleeds, atonicity, spasticity, prolapses, IBS, CFS, food allergies, colitis and even bowel cancer as well as chronic toxic conditions in the rest of the body, which effects the skin (e.g. acne and eczema), the cardio-vascular system (high blood pressure), the nervous system (shakes/tremors, headaches, etc.) and the liver (toxic liver conditions). Correct function of the intestine and colon is necessary for good health. It has been said that colon malfunction can lead to 80% of all diseased states. "Death begins in the colon." Vegetarian Times March, 1998.

COLON RELATED CONDITIONS

Obesity related disease costs the "health" (sick) care system \$2.78 Billion a year, 1998, just in colon cancer. Cleaning the insides of your colon and intestines is a smart move to help reduce your risk.

Cancer: It was Phillips, the first who described a vascular abnormality that caused bleeding from the large bowel in a letter to the London Medical Gazette in 1839. By the 1920's, neoplasm's were considered the major source of GI hemorrhage. Two decades later, in the 1940s and 1950s, diverticular disease was recognized as a major source of bleeding. By the year 1951, Smith described the active bleeding from a diverticulum's visualized through a sigmoidoscope.

Colon related illness range from bowel obstruction to constipation, parasites, IBS, bloating and other diseases of the bowel. Furthermore, serious illness may be developed from simple elimination problems, such as colon cancer, Crohns disease, diarrhea, diverticulitis, colitis pseudo-membranous colitis, polyposis, ulcerative colitis, and toxic megacolon, irritable bowel syndrome and Hirschsprung's disease.

Angiodysplasia (abnormal blood vessel development) represents a source of significant morbidity from bleeding. This colon related illness is a degenerative lesion of previously healthy blood vessels that are found most commonly, with 77% in the cecum and proximal ascending colon and it is non-palpable and small difficult to find.

IBS, irritable bowel syndrome, is a group of functional bowel disorders which are fairly common and make up 20 to 50 percent of visits to gastroenterologists. There are three forms of disorders, dependant on which symptom predominates: constipation-predominant (IBS-C), diarrhea-predominant (IBS-D) and IBS with alternating stool pattern (IBS-A). This may lead to chronic stress, chronic pelvic pain, fibromyalgia and various mental disorders.

COLON CANCER

The body is made up of many types of cells that normally grow, divide, and produce more specialized cells throughout life to keep the body healthy and functioning properly. However, sometimes the process goes wrong, due to many influences. Cells can become abnormal and form more cells in an uncontrolled way that form a mass of tissue, called a tumor.

Tumors can be benign, which means not cancerous, or malignant, which are not life threatening. Or cancerous, which is life threatening, colorectal cancer being an example.

These abnormal cells can break away from the tumor and enter the bloodstream or the lymphatic system, which transports white blood cells that fight infection, and from where the cells travel to other organs in the body spreading from its original location and attaching another part of the body, where they grow (metastasis).

If colorectal cancer spreads, it usually tends to spread to the liver or lungs. When colon cancer is detected in its early stages, it is up to 90 percent curable.

It is not known exactly what causes colorectal cancer, but many risk factors for the disease have been identified. Risk factor means anything that increases the chances of getting a disease. Studies have demonstrated that factors including age, diet, personal history, life style, polyps, family history, ulcerative colitis and one's intestinal health increase an individual's chances of developing intestinal cancer.

Colon cancer is more likely to occur as we get older. More common in women than in men over the age of 50. In rare cases, it can occur in adolescence. Most cancers in their early stages do not show any symptoms. This is the reason why it is important to have check-ups and colon cleanses on a routine basis.

When colon cancer first develops, there may be minimal symptoms of constant tiredness, a change in bowel habits, narrower than normal stools, blood in the stool, chronic diarrhea or constipation, gas, bloating, fullness, cramps, vomiting, unexplained anemia or weight loss, feeling that the bowel does not empty completely accompanied by abdominal discomfort.

The most effective prevention of colon cancer is keeping the colon clean.

Colonoscopy is a procedure whereby a physician inserts a long, flexible viewing tube into the rectum for the purpose of inspecting the inside of the entire colon and generally considered more accurate diagnose technique than barium enema x-rays in detecting small polyps. Treatment of colorectal cancer depends on the size, location and extent of cancer spread, as well as the age, clinical history and general health of the patient, although surgery is the most common treatment for this disease.

COLON HYDROTHERAPY/IRRIGATION:

Colon hydrotherapy and Water Enema's, have been used since 1500 BC by many cultures to help cleanse and detoxify the body. Renowned celebrities such as Mae West, John Lennon, Damon Wayans, Janet Jackson, James Coburn, and many other celebrities have used enemas cleansing methods and even declared how these therapies have helped them feel and perform better.

Water enemas and colon hydrotherapy uses clean, warm water, sometimes infused with ionic minerals, medicinal herbs or other safe materials, which is infused into the colon through the rectum using a small sterilized, disposable tube. This water is used to wash/evacuate the contents of the large intestine and colon.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC

Digestive system cont.

Enema's mainly wash the first 6 inches of the colon, where colon hydrotherapies can wash the entire 5 feet (60 inches) of the large intestines. Our therapist will gently fill your colon to your comfortable level with gravity feed warm water, then gently massages the colon and/or large intestine, to break loose any stuck material, and then have you releases the water to cleansing the large intestine/colon of released poisons, trapped gas, accumulated fecal matter, mucus deposits, parasites and other debris. This procedure is repeated several times in a session to flush out a particular area of the large intestine and/or colon (each section of the large intestine/colon takes usually 2-4 session to clean, depending on its location and accumulation of material to remove). The session is comfortable, relaxing and painless. Each session takes about 30-45 minutes. Covering sheets are provided, and you lay comfortably on your back throughout the procedure. This is a safe and simple method of irrigating the large intestine and colon, which can also be used before radiological or endoscope exams.

Benefits: Colon hydrotherapy helps clean out residual waste, toxic metals, parasites, stimulates the immune system to allow more passage of nutrients into the blood, helps restore pH balance to the body, helps prevents toxic absorption into healthy mucosa and strengthens natural muscular contractions in the colon along with stimulating colon reflex points.

Removal of waste material, especially that which has remained in the colon for some time (i.e., impacted feces material, dead cellular tissue, accumulated mucous, parasites, worms, etc.), poses several problems. First, this material is quite toxic. Second, impacted materials impair the colon's ability to absorb new needed nutrients, minerals and bacteria-produced vitamins. Third, a buildup of materials on the colon wall can inhibit muscular action causing sluggish bowel movements and constipation. Colon hydrotherapy helps all of these conditions.

What can I expect during a colon hydrotherapy session?

In a private room, you will remove your lower outer clothing and put on a cloth gown. You will then get up on the treatment table and cover up with a sheet and blanket, if needed. Then with your therapist and up to one other individual, you have invited in and is agreed to by the therapist, the procedure will begin. Under the sheet you will insert a small disposable speculum slowly into your rectum. This speculum will be attached to disposable tubing which carries clean water into the colon and then releases the mild pressure and allows the water and waste out. Your body will stay covered during the entire session. You can either lay on your side or on your back, with your knees bent, during the procedure. There is no mess or odor. Most people are especially pleased with the sensation of feeling lighter, cleaner and more focused after their therapy session. Sometimes during a colonic due to the water, the colon muscles will contract suddenly expelling considerable amounts of liquid and waste into the disposable tubing. This may feel like gas pains or mild cramping, and may create a feeling of urgency to empty the bowels/rectum. If such episodes, begins, let the therapist know and the water pressure will be released and any pressure reduced. Usually this sensation does not re-occur again.

Why a Colonic? Why not use enemas, suppositories, a laxative or All-Bran to cleanse the colon?

Everything has its proper place, but those things really aren't substitutes for **colonics**. Enemas are useful for emptying the rectum, which are the lowest 8 to 10 inches of the colon. Usually, one or two quarts of water are used to do that. Suppositories are intended to accomplish the same task. Laxatives, particularly herbal laxatives are formulated for various purposes, such as, relief of temporary constipation, and to build up the tone of the colon muscle, etc. All-Bran is good roughage and should be eaten routinely. However, the best way to cleanse the colon without question is colon hydrotherapy.

What can cause constipation? Partly, it is not drinking enough water. Drinking soda, alcohol or coffee is all dehydrating to the body. Not eating enough vegetables and fruit that contain the fiber you need to stimulate the digestive tract. Not chewing food properly, and/or poor food combinations.

Stress affects the sympathetic nervous system so that it shuts down normal involuntary muscle contractions, called peristalsis that propels fecal waste through the colon. Constipation is very uncomfortable, it can cause you to bloat, and have a distended abdomen. Constipation can also cause you to strain which causes hemorrhoids.

The colon is a sewage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal, you digest better. Let it stagnate and it will distill the poisons of decay, fermentation, and putrefaction into the blood, poisoning the brain and nervous system so that you become mentally depressed and irritable; it will poison the heart so that you are weak and listless; poison the lungs so that the breath is foul; poison the digestive organs so you are distressed and bloated; and poison the blood so the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and you age prematurely; look and feel old, the joints are stiff and painful, neuritis, full eyes, and a sluggish brain overtake over and the pleasure of living is gone. This statement was made by Dr. Bernard Jensen, 1974.

What is diverticular disease?

Diverticular disease (also known as diverticulosis) is a condition of the large intestine whereby small sacs or pouches called diverticula form in the wall of the large intestine. These diverticula can become infected, leading to a condition known as diverticulitis. Colon hydrotherapy helps clean these out and allows the body to heal them.

What causes diverticular disease and who is at risk?

Diverticular disease is very common in elderly people, being present in up to 80 per cent of elderly individuals in Western countries. It is rare in people under 20 years of age and in developing countries. Diverticular disease is thought to be caused by long-standing constipation. The large intestine produces solid stool from the remains of food after all the nutrients have been absorbed in the small intestine. Constipation increases pressure within the intestine and over many years this forces small areas of the lining of the intestine to weaken to form the small sacs or pouches (diverticula).

What are the common symptoms and complications of diverticular disease?

Many people have diverticular disease without knowing, as it does not usually cause symptoms, though occasionally it is associated with abdominal cramps and flatulence. Diverticula are prone to becoming blocked and can then become infected (known as 'diverticulitis') or strangulated (ie.: their blood supply becomes constricted and so the bowel starts to die as it has no supply of oxygen or nutrients). When these complications occur the diverticulum may perforate, resulting in an abscess or a life-threatening infection in the abdomen. The symptoms of diverticulitis include abdominal pain, vomiting and diarrhea, with possibly fever.

What is the treatment for diverticular disease?

There is much that you can do to help prevent diverticular disease and its complications, simply by following a healthy diet and lifestyle. Many of these measures involve taking steps to prevent constipation:

- stick to a healthy high-fiber, low-fat diet containing plenty of fruit, vegetables, whole meal bread and whole grain cereals
- avoid foods with seeds that might plug diverticula, eg poppy seeds, sesame seeds and strawberry seeds
- drink at least ½ gallon (62 ounces) of water per day
- Regular daily exercise to prevent sluggish circulation.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC

Digestive system cont.

Medicines

Occasionally bulk-forming laxatives (eg: bran) are prescribed for people who are unable to take enough fiber in their diet. Other types of laxative are not helpful and may worsen the situation by causing abdominal cramps. Anti-spasm medicines may be prescribed for abdominal cramps. Colon hydrotherapy is a very good option to clean and clear the large intestine.

Surgery

Surgical treatment is only needed for strangulation or perforation of a diverticulum and involves cutting out the damaged part of the intestine and reconnecting what is remaining.

Other recommendations:

Personal Trainer,	Massage Therapy,	Mild Hyperbaric Therapy,
Diet/Nutrition Changes,	Global Wellness Therapy,	Ionic Cleanse Therapy,
Life style changes,	IntraMAX supplement,	Chiropractic Structural care.
Detox supplements.		

How many sessions will I need?

This all depends on your objective/goals. If you are a healthy person just looking for a colon cleanse to improve your overall health, then we recommend 9-12 sessions (2x/week) over a 4-6 week period with 201 and 202 small intestinal cleanse also added, and then 3 sessions every 6 months as maintenance therapy. If you are looking to overcome a battle with constipation, lazy bowels, bloating or other bowel and digestive related problems, we may recommend up to 18 sessions (2-3x/week) over two months, then a rest period of 3-4 weeks, then 9-12 sessions (2x/week) over 4-6 weeks, then 2-3 week rest period, then 3 sessions (1x/week) for 3 weeks, then move to the 6 month maintenance schedule, with changes in dietary and exercise habits to improve your over all health.

The unit we use:

We use the FDA approved LIBBE unit. This unit is self-contained, clean and relaxing. A soothing flow of warm water is instilled gently into the colon through a nozzle (rectal tube) self inserted into the rectum to irrigate, relax, and cleanse (evacuate) the contents of the colon. The system is designed to allow evacuation of the contents of the colon during the administration of the colonic irrigation. The pressure, temperature, and flow of water can all be regulated to your comfort level, throughout the session.

The **LIBBE**, FDA Registered (Class II) medical device.
Lower **I**ntestine **B**ottom **B**owel **E**vacuation System

This unit has continually exceeded the safety standards set by the FDA.

What is the cost?

Initial history & Consult: \$25, If accepted: 3 Therapies: \$65 each/40-45 minute/sessions. Total: \$220.

Most patients/client notice an improvement in their health within the first 3 sessions.

Initial consult: \$25 then,

Prepaid:	3 regular sessions: \$60 each-save \$5/session): \$180, (\$205)
	6 regular sessions: \$58 each-save \$7/session): \$348, (\$373)
	12 regular sessions: \$56 each-save \$9/session): \$672, (\$697)
	24 regular sessions: \$55 each- save \$10/session): (24) \$1320 (\$1345).

6 month maintenance (series of 3 - once every 6-12 months): \$60 each (save \$5/session): \$180.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Diagnostic, Treatment and Research Centre with a Holistic Personal Approach.

Open: 8am-8pm: Monday-Friday, 8am-6pm: Saturday, by appt.
2284 S. Ballenger Hwy, Suite F, Flint, MI. 48503. Ph: (810) 235-5181.

COLON HEALTH - The Basis of Many Diseases

Summary

Many of the foods we eat on a daily basis may contain un-digestible items, preservatives and possibly toxic substances, especially artificial colors and flavors, animal hormones and residual pesticides. If these items are not eliminated, they can be lodged in pockets (diverticuli) or stick to the walls of the intestines and then absorbed into the body, creating a toxic and possibly deadly environment in the body.

Food and other residues, combined with secretions of the intestines can form layers of gluey waste, which can build up in any developed pockets and may pile up along the entire length of the colon, large intestines and even part of the small intestines, year after year.

People have been known to carry in excess of 30 or more pounds of old waste matter in their intestines. Old waste matter does not pass out easily. It can form a resistant barrier in the large intestine, block the absorption of new nutrients, cause constipation and may need special attention to dissolve the binding elements which binds it to the intestinal wall.

If this residue accumulates for long time, you can develop a condition called AUTOINTOXICATION, a self-poisoning condition from within the body itself. Holding fecal matter longer than 3 days can contribute to this condition.

Residual toxins, new and old, can be carried by the blood stream to all parts of the body and end up affecting every cell, contributing to various forms of illnesses, disease and possible cancer. The first signs of problems in the elimination system and possible autointoxication, are reduction in bowel movements to less than one time per day, sluggishness or lack of over all body energy, unexplained aches and pains (Fibromyalgia), nausea, headaches (especially sick feeling), non-food related gas and bloat, constipation, acid reflux and heartburn. If these condition continues, it can lead to colon cancer.

Chronic constipation can lead to further direct complications: diverticulitis, hemorrhoids, fissures, atonicity, spasticity, prolapses, IBS, CFS, food allergies, colitis and even bowel cancer as well as chronic toxic conditions in the rest of the body, which effects the skin (e.g. acne and eczema), the cardio-vascular system (blood pressure), the nervous system and the liver. Correct function of the large intestine and colon is necessary for health. It has been said that colon malfunction can lead to 80% of all diseased states. "Death begins in the colon." Vegetarian Times March, 1998.

Obesity related disease costs the "health" (sick) care system over \$4 billion a year.

Cleaning the insides of your colon and intestines is a smart move to help reduce your risk and costs.

COLON HYDROTHERAPY/IRRIGATION:

Colon hydrotherapy and Water Enema's, have been used since 1500 BC by many cultures to help cleanse and detoxify the body. Water enemas and colon hydrotherapy uses clean, warm water, sometimes infused with ionic minerals, medicinal herbs or other safe materials, which is infused into the colon through the rectum using a small sterilized, disposable tube. This water is used to wash/evacuate the contents of the large intestine and colon.

Benefits: Colon hydrotherapy helps clean out residual waste, toxic metals, parasites, stimulates the immune system to allow more passage of nutrients into the blood, helps restore pH balance to the body,

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
COLON HEALTH - The Basis of Many Diseases

Summary cont.

helps clean intestinal mucosa and strengthens natural muscular contractions in the colon along with stimulating colon reflex points. All this benefit's the bodies other systems in restoring health.

Removal of waste material, especially that which has remained for the colon for some time (i.e., impacted feces, dead cellular tissue, accumulated mucous, parasites, worms, etc.), poses several problems. First, this material is quite toxic. Second, impacted materials impair the colon's ability to assimilate new needed nutrients, minerals and bacteria-produced vitamins. Third, a buildup of materials on the colon wall can inhibit muscular action causing sluggish bowel movements and constipation. Colon hydrotherapy helps all these conditions.

Why a Colonic? Why not use enemas, suppositories, a laxative or All-Bran to cleanse the colon?

Everything has its proper place, but those things really aren't substitutes for **colonics**. Enemas are useful for emptying the rectum, which are the lowest 8 to 10 inches of the colon. Suppositories are intended to accomplish the same task. Laxatives, particularly herbal laxatives are formulated for various purposes, such as, relief of temporary constipation, and to build up the tone of the colon muscle, etc. All-Bran is good roughage and should be eaten routinely. However, the best way to cleanse the colon without question is colon hydrotherapy.

How many sessions will I need?

This all depends on your objective/goals. If you are a healthy person just looking for a good colon cleanse, then we recommend 9-12 sessions over a 4-6 week period and then 3 sessions every 6 months as maintenance therapy. If you are looking to overcome a battle with constipation, lazy bowels, bloating or other bowel and digestive related problems, we may recommend up to 18 sessions (2-3x/week) over 2 months, then 4 week rest period, then 9-12 sessions (2x/week) over 4-6 weeks, then a 3 week rest period, then 3 sessions (1x/week) for 3 weeks, then move to the 6 month (3 session) maintenance schedule, with changes in dietary and exercise habits to improve your over all health.

The unit we use:

We use the FDA approved LIBBE unit. This unit is self-contained, clean and relaxing. A soothing flow of warm water is instilled gently into the colon through a nozzle (rectal tube) self inserted into the rectum to irrigate, relax, and cleanse (evacuate) the contents of the lower colon. The system is designed to allow evacuation of the contents of the colon (and bladder), during the administration of the colonic irrigation. The pressure, temperature, and flow of water can all be regulated throughout the session.

The **LIBBE**, FDA Registered (Class II) medical device.

Lower **I**ntestine **B**ottom **B**owel **E**vacuation System

This unit has continually exceeded the safety standards set by the FDA.

What is the cost? (Time: Consultation: 15-30 minutes, Regular Sessions: 40-45 minute)

Initial history & Consult: \$25, If accepted as a client, then: initial 3 Sessions: \$65 each. (pp)

Prepaid (pp): Initial consult: \$25 then:

Prepaid sessions: 3 sessions: \$60 each-save \$5/session): \$180 (\$205),
 6 sessions: \$58 each-save \$7/session): \$348 (\$373),
 12 sessions: \$56 each-save \$9/session): \$672 (\$697),
 >24 sessions: \$55 each-save \$10/session): (24) \$1320 (\$1345).

6 month maintenance (series of 3 sessions - once every 6 months-12 months): \$180 (save \$5/session).

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Treatment Centre with a Holistic Personal Approach.

Open: 8am-8pm: Monday-Friday, 8am-6pm: Saturday, by appt.
2284 S. Ballenger Hwy, Suite F, Flint, MI. 48503. Ph: (810) 235-5181.

COLON HEALTH - The Basis of Many Diseases Conditions

Colon hydrotherapy (also know as a high colonic, colon irrigation, colonic therapy, colon cleansing, or colon detoxification) is a safe, effective method for cleansing the colon of waste material by repeated, gentle flushing with warm purified water.

From the signal stage of history surrounding ancient Egypt, practices of colon hydrotherapy in their most basic form – enemas or clysters – have provided people with internal cleansings adjunctive to their personal external hygiene. The Ebers Papyrus, from the 14th century B.C. prescribes internal cleansing for no less than twenty stomach and intestinal complaints.¹

But in the modern era it fell to J. H. Kellogg, MD, of Battle Creek, Michigan, famous for his invention of corn flakes and various techniques of good hygiene, to popularize colon hydrotherapy. This happened from Dr. Kellogg's publication of his article in the Journal of the American Medical Association praising the procedure's efficacy for saving a dysfunctional large bowel.²

That descriptive article was the impetus for advancement of a highly beneficial therapeutic method which has since flourished and found medical recognition among enlightened health professionals in Europe, Asia, Australia, New Zealand, and North America. Enthusiastic expressions of approval for colon hydrotherapy are undeniable medical endorsements for this significant complementary treatment which removes metabolic waste from the large bowel without applying toxic agents of any kind.

Board Certified Gastrointestinal Surgeon Dr. Leonard Smith Endorses Colon Hydrotherapy

Thirty years ago, Leonard Smith, M.D., of Gainsville, Florida graduated from medical school and eventually became board certified in general surgery by the American College of Surgery. For more than 25 years Dr. Smith has practiced as a specialist in gastrointestinal surgery. He has dealt with all types of colon difficulties, including operations for colon cancer, colon diverticulitis, appendicitis, hemorrhoids, and numbers of other internal organ problems.

Dr. Smith states: "I am very well acquainted with the colon's functions, and my true belief is that colon hydrotherapy is the perfect cleansing medium for preparing the patient for colonoscopy. It's a much better way of getting the human colon ready for an operation than having a patient swallow a gallon of presurgery solution known as 'Colon-Go-Lytely.' Instead, colon hydrotherapy allows the patient to avoid this solution's noxious side effects of vomiting, diarrhea, abdominal cramping, and other troubles."

"Moreover, seriously ill patients tend to be chronically constipated which results in generalized toxemia. It turns out that colon hydrotherapy is the gentlest and most effective treatment for a constipation problem. My recommendation for cancer patients is that they should undergo frequent colon hydrotherapy procedures to make sure the colon's toxic burden is being kept at a minimum while their bodies are trying to heal." "While not a substitute for eating a high fiber diet, those cancer patients who take colon hydrotherapy often experience the elimination of their aches and pains, improvement of appetite, and they tolerate a tough healing process better.

"I also believe that normally healthy people will find it valuable to take colon hydrotherapy every couple of months in order to experience how well one feels when the colon is truly empty. It's a fact that most people fail to fully evacuate the colon, something they don't realize. People undergoing colon hydrotherapy on a prevention basis, are quite surprised at how much waste is removed by the procedure."

“Without reservation, my wish is to see it become an established procedure for many kinds of gastrointestinal problems. If medical centers, hospitals, and clinics installed colon hydrotherapy departments, they would find such departments just as efficacious for patients as their present treatment areas which are devoted to physiotherapy,” states Leonard Smith, MD.

Colon Hydrotherapy Corrects Constipation

“One of my more significant cases was Tommy, an eight-year-old boy with the most awful constipation anyone could imagine,” says former general surgeon and emergency medicine specialist Paul Flashner, MD, of Wellesley, Massachusetts. Observing their superior results for his patients, Dr. Flashner has recently adapted his treatment techniques almost completely to complementary and alternative medicine (CAM). He has most definitely incorporated colon hydrotherapy as a regular CAM technique.

“Tommy’s constipation was really bad. He never had a bowel movement for a week at a time. Recognizing the dangers of physiological toxicity, his parents took their son for consultation with numerous gastroenterologists. The child had been subjected to colonoscopy a dozen times, but nothing could be found as the source of his blockage. Laxatives hardly helped at all. There was no diagnosis except that he suffered severely from constipation,” confirms Dr. Flashner. “Then the parents found their way to me so that the boy might undergo examination and treatment one more time.

“I improved the child’s diet and removed all junk foods. Then I instigated an exercise program, had him drink lots of water, balanced his colonic flora, and added fiber food supplements. But most vital for Tommy’s welfare is that he took colon hydrotherapy under my prescription. The beneficial effect was dramatic, for within six months he was experiencing a natural and normal bowel movement every day. No laxatives were involved in his progress,” states Dr. Flashner. “Now the child does not need to consult me anymore; he still continues his colon hydrotherapy. He did this once a month for six months, and currently he undergoes the cleansing just four times a year. It’s now two years and Tommy remains in excellent physical condition.

“Colon hydrotherapy is the perfect specific procedure to eliminate constipation and restore normal bowel function. My approach to medical practice is to balance the GI tract using stool testing. I find various pathologies relating to bacteria, yeast, parasites, and other organisms of this nature.

A lot of disease comes from imbalances in the colon, as manifested by inflammatory bowel disease, ulcerative colitis, autoimmune diseases, allergies, multiple sclerosis, and certainly constipation. Such imbalances can be corrected by means of colon hydrotherapy, herbal supplements, and diet,” says Dr. Paul Flashner. “There is no question about the huge difference a health professional can bring to the patient by utilizing colon hydrotherapy plus other complementary and alternative methods of healing.”

Giving Colon Hydrotherapy is Standard Procedure for Sharda Sharma, MD

Located in Millburn, New Jersey, as a primary care physician for nearly 26 years, Sharda Sharma, M.D., dispenses medical care of a multi-disciplinary nature to her patients. Dr. Sharma employs colon hydrotherapy, chelation therapy, massage therapy, acupuncture, Reiki manipulative therapy, and much more. She treats the body as a whole (holistically).

“I have trained and certified colon hydrotherapists working as part of my staff. Under my supervision for the past year-and-a-half they have been treating constipation, abdominal cramps, allergies, and a variety of other conditions, including ten patients with hepatitis C. These hepatitis patients respond to colon hydrotherapy and do well,” assures Dr. Sharma. “For instance, Felicia, a 42 year-old high school teacher, had suffered with constipation – no bowel movements for six days at a stretch. She was bloated, fatigued, lethargic, headachy, and crampy.

My treatment choice for her was enzyme supplements and colon hydrotherapy twice weekly for thirteen weeks. These treatments solved the constipation problem for Felicia.

“Colon hydrotherapy is excellent as a treatment for the yeast syndrome. A very anxious 50 year-old female, Sara Audrey, consulted me because she was running to the toilet every two hours with either diarrhea or attempting to find relief from constipation. She was diagnosed with IBS complicated by candidiasis. During the administration of colon hydrotherapy, I observed that she was loaded with *Candida albicans*. I recognized the white yeast organisms floating through the transparent tube of the colon flushing device,” says Dr. Sharma. “But the patient is now in fine shape – much relieved. She has good bowel movements twice daily with no gas. This is typical of almost all patients undergoing colon hydrotherapy.”

Dr. Michael Gerber Uses Colon Hydrotherapy Routinely

“I’ve had a colon hydrotherapy device in my office for 25 years,” states Michael Gerber, MD, of Reno, Nevada. “My present staff person who dispenses colon hydrotherapy under my jurisdiction uses it for all types of patient difficulties. The basic concepts of the science have not changed much in the last 25 years; however, the colon hydrotherapy equipment has improved immensely. How the equipment works so effectively is nothing short of astounding. Registered with the FDA, current colon hydrotherapy equipment is safe. It contains temperature-controlled water mixing and back flow prevention valves, plus pressure and temperature sensors, and built-in chemical sanitizing units. Water purification units frequently are installed as well. Disposable single-use rectal tubes, and/or speculae are used for sterility.

“Undergoing a session of colon hydrotherapy allows comfort and cleansing with no toxicity. Techniques utilized allow a small amount of water to flow into the colon gently stimulating the colon’s natural peristaltic action to release softened waste,” Dr. Gerber advises. “The inflow of a small amount of water and the release of waste may be repeated again and again. The removal of such waste encourages better colon function and elimination. “The benefits of colon hydrotherapy extend all the way from psychiatric improvement to constipation elimination,” Dr. Michael Gerber affirms.

Colon Hydrotherapy Reduces Benign Prostatic Hyperplasia

Joshua Heinermann, the 66 year-old chief executive officer for Virginia Chemicals Corporation of Chesapeake, Virginia, had been suffering severely from prostate gland enlargement (benign prostatic hyperplasia or BPH). For four years his symptoms had been building steadily, and now they were affecting his ability to function in his administrative position. The executive’s night-time urinary urgency (nocturia) came with such frequency, Mr. Heinermann found himself perpetually fatigued during daytime business meetings. To confront the problem, the CEO finally consulted an urologist located in his city.

In practice for over 60 years as a specialist in urological problems for both men and women, Emil S. Sayegh, M.D., of Chesapeake, Virginia is 88 years of age. Over the six decades of his medical practice, Dr. Sayegh has been consulted by a particularly large number of male clientele who have sought his help in correcting BPH and prostatitis.

“These two common medical difficulties are closely associated with having weak abdominal muscles,” explains the board certified urologist. “Those men possessing flaccid and weak abdominal muscles experience enormous pressures on their bladders which never let up. The supportive muscles and other erectile tissues surrounding the bladder fail to do the jobs required. The pressure of the bladder’s rectal sigmoid is so severe that any amount of stool in that area is going to make urine passage very difficult. Whether urine is present or not, the need for these men to void becomes overwhelming.”

During the past 15 years Dr. Sayegh has made use of colon hydrotherapy which solves his patients' prostate pathologies almost every time. "Cleaning the colon markedly assists the functioning of the male bladder and prostate organs. Colon hydrotherapy given to men at two-week intervals for three times to start and then maintained every four weeks reduced prostatitis and benign prostatic hyperplasia," states Emil S. Sayegh, MD. "From my files, I can offer up several hundred case studies which testify to that fact."

Cancer Patients Improve from Receiving Colon Treatment

"I have found over the years that cancer patients who are not doing well usually are toxic and not being cleansed. They certainly are in need of colon hydrotherapy," advises oncologist and homeopath Douglas Brodie, MD, of Reno, Nevada. Dr. Brodie has developed CAM methods for treating cancer and other degenerative diseases aimed at strengthening the immune system. He emphasizes natural approaches to these conditions with colon hydrotherapy being among them.

"I do recommend that most of my cancer patients take colon hydrotherapy or 'colonic irrigations' because they often improve by having such treatment. Liver cancer in particular shows benefit from colon hydrotherapy, but any internal tumors show effectual change too," Dr. Brodie says. "It's better than an enema, which is merely a lower bowel cleanse, as opposed to a colonic which is a thorough cleanse of the entire bowel. It's similar to comparing the diagnostic efficacy of a sigmoidoscopy of the short end of the bowel to a colonoscopy which takes in the whole bowel. An enema only goes so far. Colon hydrotherapy is the best cleansing and detoxifier for the gastrointestinal tract that anybody would want. I do promote its use."

Conditions Responding to Colon Hydrotherapy Cited by Rheumatologist Arthur E. Brawer, MD

"Colon hydrotherapy eliminates from the bowel the accumulated waste material which may get absorbed. If this absorption takes place, it overwhelms the other purification organs such as the liver, the kidneys, the skin, and the lungs. The toxin deposition which becomes lodged throughout the body's tissues and cells becomes capable of triggering a variety of illnesses,"

"There are lots of them." Some disease indications for colon hydrotherapy are:

Allergies	Arthritis	Asthma
Acne	Attention Deficit Disorder	Body Odor
Memory Lapses	Hypertension	Brittle Hair/Nails
Chronic Fatigue	Cold Hands & Feet	Colitis
Spastic Colon	Constipation	Fibromyalgia
Headaches	Irritable Bowel	Mouth Sores
Multiple Sclerosis	Nausea	Peripheral Neuropathies
Peptic Ulcer	Seizures	Muscle Pain
Skin Rashes	Joint Aches	Toxic Environmental Exposure

Conditions for Which Colon Hydrotherapy is Effective

Maintaining a rheumatology practice for the past 24 years in Long Branch, New Jersey, Arthur E. Brawer, MD, is an enthusiastic proponent of colon hydrotherapy for a variety of health problems. He cites this treatment in his recently published book: *Holistic Harmony*.

"Silicone breast implant exposure which results in disease symptoms responds very well to colon hydrotherapy. I am in the center of this silicone breast implant controversy by having consulted with over 500 women from around the world for the toxic exposure caused by such implantation.

I've given testimony as an expert witness before the United States Congress on this issue along with advising the Department of Health and Human Services, the FDA, and consultants to the President, the Vice-president, the Director of Women's Health at the White House, and the United Nations. I use colon hydrotherapy for the treatment of such silicone toxicity, since it does work to chelate silicone out of the body," states Dr. Brawer. "Let me explain.

"From day one of implantation, silicone micro molecules disperse throughout the body because the pore size (the porosity) of the envelope or shell enclosing the implant is larger than most of the silicone molecules contained inside. Thus, the disease symptoms derived from silicone toxicity is not dependent on envelope rupture. Symptoms begin immediately! In other words, the molecules of silicone travel through the membrane osmotically and become micro dispersed throughout the body by means of the lymphatic system," explains Dr. Brawer.

"Now realize that the connective tissue or collagen in each person's body collects silicone as an essential component in order to provide the body with proper architectural structure such as for tendons, ligaments, nerve sheaths, and everything else. Silicone can become like glue which holds the skin together, gives substance to the organs, act as regulators, signal transmitters, and so forth. It functions as an integral part of metabolism and physiology. Thus, all tissues can become dependent on silicone as an essential ingredient," Dr. Brawer says. "But given in excess as a leaking silicone breast implant, there is only one place the excess may be dumped or stored by the body – into its connective tissue. When that happens a whole litany of complaints occur: joint pains, dry eyes, fatigue, memory lapses, skin rashes and pigmentations, chest pain, muscle aches, drug intolerance, odor and smell sensitivity to hair sprays, room fresheners, deodorants, and more (see sidebar).

"So the silicone molecules become stuck in the body's glue, and they cannot be removed by use of medications or supplemental nutrients or diet. Only certain techniques may be applied to detoxify the body: colon hydrotherapy is perhaps the best way and also working as detoxifiers are Ayurvedic medicine, hyperthermia, steam baths, saunas, oxygen therapy, and the energy-based therapies such as Reiki and Qigong. Any dietary approach has to be more an exclusionary basis – take the patient off of processed foods and have them eat organic," confirms Dr. Brawer. "But of all the treatments for symptoms coming from silicone breast implants, I find colon hydrotherapy to be one of the mainstays that offer relief."

Colon Hydrotherapy is like Cleaning Baked Lasagna from a Pan

According to Pamela Whitney, ND, baked lasagna may be used as a metaphor for colon cleansing. Dr. Whitney, educational director for the New England Health Institute, is a naturopathic physician who practices her profession in two locations, Braintree, Massachusetts and Stowe, Vermont. Here is how she describes the physical action of colon hydrotherapy: "If ever you've baked lasagna and then attempted to sanitize the messy, left-over lasagna pan, you know the difficulty with getting it clean. For sponging such a food-caked pan it's usual for cooks to soak the pan overnight. Then they find that swabbing it the next day is easy. Colon hydrotherapy accomplishes the same ease of cleansing on the inside of one's bowel. Using hydrotherapy, the colon's walls constantly get flushed with clear fluid, which serves to remove mucous plus some of their longstanding, caked-on fecal matter which contains hidden bacteria, parasites, Candida albicans-filled pockets, and other such pathological materials."

From its home office located in San Antonio, Texas, literature furnished by the International Association for Colon Hydrotherapy or I-ACT defines colon hydrotherapy as a safe, effective method of removing waste from the large intestine, without the use of drugs. By introducing pure, filtered and temperature-

regulated water into the colon, the human waste is softened and loosened, resulting in evacuation through natural peristalsis. This flushing process usually is repeated a few times during a therapeutic session.

Colon hydrotherapy is best used in combination with adequate nutrient and fluid intake as well as with exercise. The modern and sophisticated technology applied today, manufactured through compliance with strict FDA guidelines, and promotes both safety and sanitation of the procedure.

Dr. Pamela Whitney advises that her healing program for almost any condition frequently involves prescribing colon hydrotherapy. "I almost always refer my patient to undertake colon cleansing as the first part of my treatment. I do this for purposes of detoxification, since most people possess toxic bowels which may result in either constipation or diarrhea – both coming from the same sources of toxicity," she says. "The patients' toxins tend to kick back to their bloodstreams to perpetuate numerous pathologies such as candidiasis, allergies, chronic fatigue, and other symptoms coming from a recirculation of accumulated physiological poisons.

"I use the services of at least three skilled colon hydrotherapists who practice near to my two offices. I don't know of any patient receiving colon hydrotherapy who has not benefited from it. Certainly the treatment will get a sluggish bowel refunctioning again. In my judgment, the action of just one colon hydrotherapy is an experience equivalent to someone undergoing 20 coffee enemas," says Dr. Whitney. "What we eat, the processed foods such as breads, pastas, sugars, and refined desserts hit the gastrointestinal tract like a glue which becomes nearly indigestible. A prime source of allergies to wheat and other flour products is this flour made into a kind of mucilage by being mixed with saliva. This glue-like substance sticks on the walls of the GI tract and slows down the metabolic rate. Thereafter, constipation with inflammation can develop, but colon hydrotherapy solves such a problem."

A Gastroenterologist Prescribes Colon Hydrotherapy

Board certified as a gastroenterologist since 1972, Robert Charm, MD, of Walnut Creek, California, a clinical professor of medicine at the University of California, combines conventional allopathic medicine with CAM in his practice. He also continues to make house calls.

"I prescribe colon hydrotherapy by calling upon a superbly trained practitioner of the art in the San Francisco Bay area. She is certified by I-ACT. Also, I'm very impressed by the sophisticated technology as illustrated by the colon hydrotherapy equipment. From my observation, it's engineered quite well," affirms the gastroenterologist.

"Frequently while performing colonoscopy, I see that the patient is cleaned out from above but below the diverticular still contain fecaliths, those small fecal matters remaining in pockets formed on the gut mucosa. They indicate the presence of an unhealthy colon, and over 50% of Americans possess diverticulosis colae. When inflamed, gastroenterologists called them diverticulitis colae, which can be serious by creating fistulas. Some people then will evacuate through their bladders," Dr. Charm says.

"With patients for whom I perform colonoscopy, about one third of them over the age of fifty who are otherwise cleaned above, still show residual stools sitting in these gut mucosa pockets. Some have held onto the stool pockets for decades. A toxic dumpsite like this is dangerous for them by the elevated concentration of poisons stored in the dumpsite. Cancer can develop! "A good cleanout by use of colon hydrotherapy is excellent treatment. I recommend that people undertake colon hydrotherapy for themselves. Clean out the body's pipes," Dr. Robert Charm suggests.

"And by all means, I prefer my patients undergo colon hydrotherapy the morning of a colonoscopy. It's a safe way to cleanse the gut.

It's a healing technique for the relief of irritable bowel syndrome with gas and bloating, chronic constipation, abdominal discomfort, and many other GI tract problems.

“My patient, Fran Wilson, a former model, age 41, the mother of two, was just too busy to go to the bathroom. She didn't celebrate having a good bowel movement, which is the thinking in our society. For her, defecation was an annoyance. Fran labored under the mistaken illusion that having a bowel movement every three days was normal, and she came to me complaining of feeling logy, fatigued, bloated and abdominally cramped. None of the various drug laxatives had been doing the job for her,” explains Dr. Charm. “Rather, these drug-like laxatives were depleting Fran of her potassium. The psyllium seed, fiber, and other natural agents did not work either. Therefore I recommended that she undertake a series of colon hydrotherapies and start drinking more water. This cleared up her discomfort remarkably fast despite her lifetime of bad habits. “The lesson to learn is that when one gets the urge to move, you must do so. Being too busy in our society to give in to the need to defecate is unhealthy. Find a way,” advises Dr. Robert Charm.

Frank Shallenberger, MD, Supports Colon Hydrotherapy Usage

Frank Shallenberger, MD, HMD, of Carson City, Nevada, declares: “I support the use of colon hydrotherapy and do occasionally refer my patients to undertake this treatment. It may be the best way to detoxify them.”

Christopher J. Hussar, DO, DDS, Took Colon Hydrotherapy

From his medical/surgical practice in Reno, Nevada, osteopathic physician and dental cavitation specialist Christopher J. Hussar, DO, DDS, offers the following personal statement, “I myself have enjoyed two colon hydrotherapeutic treatments when I was experiencing partial bowel obstruction. Each colon hydrotherapy session had me feeling better. It's my belief that this treatment should be recommended for any person who is having chronic constipation.

Then, the local colon hydrotherapist can become a main factor in keeping that individual comfortable. I maintain that one should do whatever it takes to keep up with regular bowel movements. Colon hydrotherapy is a safe and natural laxative which works better than any other type.

“In Reno, I refer my patients who are in need of bowel cleansing to a colon hydrotherapist. The only reason that I don't refer people on a regular basis is because most of them come to see me from out of town. Therefore, I tell them to use the services of a skilled colon hydrotherapist located in their area so that they can go for treatment often,” says Dr. Christopher J. Hussar.

Colon Hydrotherapy is Usual for the Patients of W. John Diamond, MD

For W. John Diamond, MD, medical director of the Triad Medical Center in Reno, Nevada and coauthor of An Alternative Medicine Definitive Guide to Cancer, colon hydrotherapy or high colonic irrigations are usual modalities to which he refers his patients. “For some patients with chronic constipation or extensive yeast problems, colon hydrotherapy works advantageously to get rid of the physical load of pathology in the gastrointestinal tract. This treatment stimulates the liver and gets rid of the debris that's sticking to the mucosa. The last time I referred a patient to take colon hydrotherapy was just yesterday. There's hardly a week that goes by which does not see me utilize this treatment for one or more patients. The colon hydrotherapist in Reno is skilled and does a fine job.

“Let me describe a particular patient of mine, Constance Overmacher, who benefited from colon hydrotherapy,” says Dr. Diamond. “This woman at age 46 has a long history of antibiotic usage for chronic sinusitis.

She is a sugarholic to the extent that her diet is totally carbohydrates with hardly any protein or fat. She exhibits a variety of symptoms including extreme fatigue, migraine headaches, irregular menses, chronic constipation, abdominal pain, and yeast growing in the bowel upon testing by EAV [electroacupuncture according to Voll]. Presence of the yeast was confirmed by stool culture and blood tests for yeast antibodies and skin testing.

“For such a complicated case, I tried every kind of treatment that was appropriate, but nothing did any good. The only program that gave Mrs. Overmacher relief was colon hydrotherapy prescribed for her three times a week. It took a month to get my patient stable, but finally the treatment’s effect kicked in. The lady did get her bowel cleaned up; she’s now experiencing normal stools and I have her following a restrictive protein diet. Her energy has returned, and she has been having normal menses for the last two months. Her migraines disappeared,” Dr. John Diamond affirms. “It merely meant that I needed to get her back to normal bowel function, off antibiotics, and onto probiotics all the time. Now she takes colon hydrotherapy on a regular once-a-month schedule. Mrs. Overmacher will likely need to stay on her therapeutic program indefinitely.”

Janet Beaty, ND, Took Training in Colon Hydrotherapy

“My original training in colon hydrotherapy was when I administered it 25 years ago as part of my massage therapy program and that training went a lot deeper when I attended Bastyr University. I was one of several instructors in colon hydrotherapy at that naturopathic college,” says Janet Beaty, ND, whose practice is in West Concord, Massachusetts. “Now I don’t own the physical facilities for doing it in my office but I regularly refer patients to a competent nearby colon hydrotherapist.

“My experience with the treatment is totally positive. I refer people to it when they are constipated because their colons are not fully emptying and bringing on GI discomforts of some kind. My sense is that the patient must empty out old waste products so that there is no interference with healing modalities,” states Dr. Beaty. “I am using colon hydrotherapy as my beginning treatment for detoxification, particularly for patients with congested bowels.

While I focus on the gastrointestinal aspects of colon hydrotherapy, I also prescribe it for the treatment of allergies, arthritis, and other health difficulties. “If I had my druthers, I would get all patients with any health problems on colon hydrotherapy. Why I don’t is because it entails the payment of cash-out-of-pocket and some people find the concept too ‘kinky’ even to imagine doing it,” Dr. Beaty says. “Yet, probably most patients should receive at least one colon hydrotherapy during the course of any health care. It is a very helpful tool for nearly any patient in order to get the bowel peristalsis to work. An effective technique for stimulating such peristalsis is to start out with giving colon hydrotherapy using warm water and gradually decreasing the water temperature as treatment continues. This lower temperature tends to stimulate the bowel muscles. The cool temperatures cause good peristaltic action for a retraining of the bowel“. “The ideal treatment program I follow is that from four to eight weeks the patient receives colon hydrotherapy. This time frame is necessary for unloading a bunch of toxins from the liver.

Colon Hydrotherapy Used by James P. Carter, MD, DrPH

“After conducting a comprehensive digestive stool analysis on any patient suspected of having dysbiosis (poor intestinal hygiene), I attempt to clean the bowel by prescribing colon hydrotherapy once a week times three. In my medical practice, I employ a registered nurse on staff to administer this treatment,” says James P. Carter, MD, DrPH, MS, of Mandeville, Louisiana. Dr. Carter is Professor and Head of the Nutrition Section at Tulane University School of Medicine.

“Also I use colon hydrotherapy as part of an overall detoxification program, and it may be combined with treatment such as drinking Epsom salts, but both are not taken on the same day,” he advises. “It promotes the second stage of liver detoxification to cause dissolved poisons to come out in the bile as a solvent. The patient’s washout at least once a week from below is adjunctive with the Epsom salts. “Colon hydrotherapy is an excellent detoxifier for the overindulgence of alcohol and drug addictions of all kinds. Residues of drugs and other agents in the tissues are eliminated with colon hydrotherapy,” states Dr. James P. Carter. “It takes away any desire to use drugs or imbibe alcoholic beverages. Colon hydrotherapy should be part of nearly any addict’s therapeutic regimen.”

References

1. Bettman, O.L. A Pictorial History of Medicine. (Springfield, Illinois: Charles C. Thomas, 1956), p. 6.
2. Kellogg, J.H. Should the colon be sacrificed or may it be reformed? JAMA LXVIII (26): 1957-1959, June 30, 1917.

WHAT WILL COLON HYDROTHERAPY DO?

Colon hydrotherapy is not a cure, but it is a valuable procedure for a variety of colon conditions. A toxic bowel is the source of many health problems. Colon hydrotherapy may help rejuvenate the cells of the body. A colonic session cleanses and hydrates the colon, exercises the colon muscles and may reshape the colon. In addition it helps to release toxins, cleanse the blood, empower the immune system and restore the PH balance in the body, as well as re-hydrate the whole body.

Consider that \$400-\$600 million dollars are spent annually on laxatives in the United States. Every year 126,000 Americans are diagnosed as having colorectal cancer. Of this population, 44% will die as a result of the disease. At least two million Americans suffer from colitis, ileitis, diverticulitis and 100,000 Americans have a colostomy each year.

Periodic cleansing of the colon could prevent stagnation and minimize the exposure to potential cancer causing agents to the colon wall.

Laxatives are the method of colon cleansing that is most popularly used today. They are considered to be an irritant and stimulant to the body. They simply draw water from the body and produce a thin watery substance that clears only the most recently digested waste from the colon leaving behind bad eating habits, and accumulated toxins and mucus in the small intestines, stomach, and colon. They don't promote bowel health. Enemas are fine to clean out the lower part of the rectum and colon, but miss about four to five feet of colon.

Colon Hydrotherapy.

1. **Exercises the Colon Muscles:** The build up of toxic debris weakens the colon and impairs its functioning over time. The gentle filling and emptying of the colon may improve muscular contraction activity by which the colon naturally moves material outward.
2. **Cleanse the Colon:** Toxic material is broken down so it can no longer harm your body or inhibit assimilation and elimination. Even debris built up over years is gently, but surely removed in the process of a series of colon hydrotherapy treatments. Once impacted material is removed, your colon may once again begin to cooperate as Mother Nature so intended.
3. **Stimulates Reflex Points:** Every system and organ of the body is connected to the colon by reflex points. Colon hydrotherapy stimulates these points, thereby affecting the corresponding body parts in a beneficial way.

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC

Colon cont.

4. Reshapes the Colon: When problematic conditions exist in the colon, they tend to alter its shape which over time may cause more problems. The gentle action of the colon hydrotherapy session in combination with the massage techniques by the colon therapist may help to eliminate bulging pockets of waste and narrowed, spastic constrictions finally enabling the colon to resume its natural state.

Our Centre only employs therapist that are trained, certified and members in good standing with the:
INTERNATIONAL ASSOCIATION of COLON THERAPIST

What is the cost? (Time: Consultation: 15-30 minutes, Regular Sessions: 40-45 minute)

Initial history & Consult: \$25, If accepted as a client, then: initial 3 Sessions: \$65 each. (pp)

Prepaid (pp): Initial consult: \$25 then if cleared and accepted as a client:

Prepaid sessions: 3 sessions: \$60 each-save \$5/session): \$180 (\$205),
 6 sessions: \$58 each-save \$7/session): \$348 (\$373),
 12 sessions: \$56 each-save \$9/session): \$672 (\$697),
 24+ sessions: \$55 each-save \$10/session): (24) \$1320 (\$1345).

6 month maintenance (series of 3 sessions - once every 6 months-12 months): \$180 (save \$5/session).

Recommended supplements to aid colon cleansing and replenish normal bacterium:

Detox 201 and 202, EDTA, Probiotics, Vitalzym,
Cayenne (Capsicum), Garlic, IntraMax Argenix.

(For further information about these recommended products, see individual handouts from the office.)