

A-Z Health: Colon Hydrotherapy

Colonic Hydrotherapy/Irrigation is a completely natural, age-tested, deep cleansing treatment that can leave you feeling rejuvenated, lighter and ready to engage in a healthier course of living. It may help you with specific problems, ranging from digestive disorders to general systemic imbalances.

In the 24-48 hours prior to your Colonic session it is highly recommended that you eat fairly lightly using the foods listed below. Drinking approx 1.5 to 2 litres of water (filtered or mineral) as this assists in the cleansing process and can really support weight loss.

Best foods: Fresh stemmed vegetables, homemade soups, oily fishes, green leafy vegetables, salads or raw vegetables, brown rice, quinoa, avocado and cold pressed flax oil. **Ideal beverages:** Filtered water, vegetable juices or soup broths, chamomile, peppermint, fennel, redbush

Before and after treatment:

Foods and beverages to avoid directly before or after your session: Alcohol, caffeine, carbonated drinks, chocolate, dairy produce, fried foods, flour products, ice cream, processed /junk food, sugar, wheat products

Limit Gas producing foods: Beans/pulses, onions, peppers, mushrooms, soya products the days before.

On the day of your session allow approx 2 hours or more of a gap after eating before your colonic session. You may eat as normal or as suggested that same day. One can anticipate feeling more peaceful, lighter, cleaner and more energized, the abdomen will start to feel better and skin visually improves.

At the close of your session, the movement of the colon muscles and the resulting releases may leave you feeling empty and relaxed or maybe like you could release more. Often it might be 2-3 days before your first bowel movement that is normal if the elimination has been very deep. If a large amount of toxins have been released from the Liver into the Colon for removal in the following days you may experience headaches or nausea. Drink as much water as you can and have an early night, the feelings will pass in a day or two leaving you feeling much better than before. In some cases you may feel a little bloated for a few hours after the colonic as the trapped gas makes its way through for proper elimination. If this is the case have a cup of Peppermint or Fennel tea and lie down with a hot water bottle for a while. If your digestive system feels sensitive try to follow dietary recommendations, drink water regularly and abstain from alcohol or foods you know trigger bloating and abdominal discomforts.

Some water is absorbed through the colon wall during a treatment and you may notice an increased need to urinate for a few hours afterwards. This beneficial effect of deep hydration and flushing the kidney's may also be enhanced by drinking a few glasses of water, especially if adding the juice of half a lemon.

A colonic has a profound cleansing effect on the body, and many people feel so good afterwards they want to increase their activities. This is fine if it is light to moderate exercise, but any strenuous exercise should be avoided 24 hours after the treatment. Alcohol also needs to be avoided 24 hours after your treatment.

A light diet routine of vegetables, salads, soups, fish, brown rice, pulses, avocado and fruit should be followed, for nutritional value and their alkalising effects; there will be discussion on all of this with supporting handouts. Take care to avoid anything that causes gas and bloating e.g. avoid carbonated drinks, excessive wheat, or too much fruit mixed with other foods. Also most important is portion awareness and chewing of food to help optimise and aid the digestive processes. (You don't need to feel full after each meal these are just habits we assume, further discussion on these habitual areas is covered with helpful tips and solutions offered).

Rich or heavy food, flour products, spices and alcohol should all be avoided for optimising the treatment. Also caffeine drinks including chocolate and products with refined 'white' sugar as these foods are all congesting and very harsh on the bodily systems. It is helpful to take Probiotics to maintain a healthy bacterial balance and support the gut lining if you have been particularly run down or on antibiotics. 'Yeo Valley' plain yogurt would be the best choice of probiotic yogurt and even better are high dose, good quality Probiotic capsules.

It is often advised to have a few of colonics initially for a certain level of cleansing and gut rehabilitation; this will depend on the individual and the conditions present and will be discussed. To achieve the desired improvements some people may initially need one, three or sometimes more treatments. Treatments can be spread over a few months before going into a more settled maintenance program. Maintenance is for the prevention of uncomfortable symptoms and to aid long-term health, these can take place around twice a year but it is by far the best, as clients so often report, taken every three or four months, around the natural cycle of the seasons. Most people seem to know when they need to come again though as you become more in touch with your body's needs.

Please work with suggested dietary advice if considering a series of colonic treatment to get the most out of your treatments and seek doctor's supervision if you have any current health concerns with regard to contraindications.

Colonic Hydrotherapy Contraindications:

- Pregnancy
- Abdominal Hernia
- Aneurysm
- Cancer
- Carcinoma of the Colon
- Cirrhosis
- Fissures/fistulas
- GI Haemorrhage/perforation
- Recent Colon Surgery
- Renal Insufficiency
- Severe Anaemia
- Severe Cardiac disease- Uncontrolled Hypertension / Congestive Heart Failure
- Severe Haemorrhoids

Colon Hydrotherapy is shown to be beneficial for the following conditions: Abdominal Distension, Acute Faecal Impaction, Acne, Atonic Colon, Balance bowel flora of large intestine, Clear Barium enema due to investigation, Candida, Constipation, Colitis, Crohn's disease (under physicians referral), Diarrhoea, Diverticulitis (under physicians referral), Eczema, Gas problems, Hyper/hypothermia, Haemorrhoids- mild to moderate, Intestinal Toxemia, Mucous Colitis, Paraplegics & Quadriplegics – bowel training, Prevention of bowel problems, Preparation for hospital investigation, Psoriasis, Spastic Colon- cramping, Skin problems, Ulcerative Colitis – blood/mucous stools (under physicians referral).

Handouts you will receive after treatment include:

A-Z Health: Digestive tips, principles of healthy nutrition and recommended diet Page 1 and 2.

A-Z Health: Staple foods for supporting good digestion and elimination.

A-Z Health: Simple quick reference shop list.

A-Z Health: Breakfast recipes and eating advice.

Date of treatment:

A-Z Health: Digestive tips, principles of healthy nutrition and recommended dietary guidance

Try the Breakfast recipes – These provide vital nutrients, gentle roughage and nutritional diversity to help soothe and revitalise the colon, with the gentle roughage - a much preferable alternative to the traditionally recommended bran/wheat cereals these recipes both stimulate the Colons 'friendly bacteria' and promote healthier bowel movements.

Utilising Brown Rice (wash and soak prior to cooking) this has to be a Colonic Therapists favourite healing food! It has so many health benefits and can help clients manage without wheat on a daily basis, whether long or short-term. Using Brown rice regularly offers a natural alternative to many wheat foods that fill our day. Brown rice is a more gentle whole grain than wheat and is far less congesting and bloating for our body. Reducing wheat should not mean buying lots tasteless 'wheat free' products, or leave us feeling deprived instead it is about using lots more varied whole foods. The soaked **Oats recipe** is also another alternative to give the body a rest from the usual, highly processed, cereals, breads and snacks most of which are wheat based and contain processed sugars and hidden preservatives.

Reason for the breakfast recipe suggestions: The body needs gentle bulk and a good morning regime to enable proper, daily bowel movements. Without this routine in place we usually miss a good, healthy bowel routine. The body needs something decent to work with and most definitely prefers a consistent, gentle and in most cases 'reduced wheat' approach!

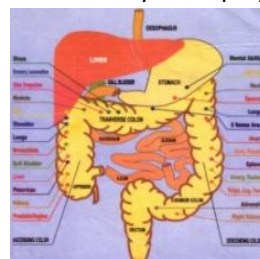
Note: The chance to regulate, and improve our type of bowel movements are all too easily missed. The natural and optimal time the body will desire a complete movement is in the morning (usually around 7-9pm). If you are a breakfast skipper and just do not feel either inclined or able to make the time for breakfast you will need to see this as a worthwhile, if not essential health investment, just build up to a regular breakfast by recreating a morning routine. It is highly recommended as over eating later in the day, especially in the evenings, is often a result of skipping previous meals. This can create sluggish digestion, bloating and generally poor metabolism.

Allowing time for yourself in the morning to develop an appetite for breakfast might well be necessary, maybe include a little light movement, like some simple stretches in your bedroom or somewhere relaxing for 10 minutes. Otherwise give yourself a brief abdominal massage in bed to stimulate your morning appetite. Even a light bite for breakfast such as fresh fruit, soaked dried fruits, stewed apple / berries with plain yogurt or a raw fresh juice would be helpful. Just an extra 20-30 minutes in the morning would allow you to gain many benefits both physically and mentally for your overall wellbeing. This applies whether you go to the gym first thing or are early morning commuting, or if you are office bound or on the go all day. We have got a full day of rushing around! A little time in the morning is essential to our daily health and a little organising initially to gain improvements is well worth it.

By eating breakfast for consecutive days the body's metabolism will gently start to kick in and the desire for breakfast will increase as you persist, so too will the desire for decent bowel movements - if enough of the right foods are included in your diet. Note: a piece or two of Fruit in the morning is often not enough to create consistent morning or daily bowel movements (see Breakfast recipes and recommended foods), especially if suffering from chronic constipation as a little gentle bulk is needed. On occasion it is fine to have the odd cup of fresh Coffee in the morning or a cup of traditional tea but don't make them habits, they should be treats for you as they often cause other cravings. Try Rooibus, Jasmine, Green or White Tea (these two contain a little caffeine). Eating healthily foods with more regularity and balance over each day will increase feelings of wellbeing and motivate you to continue the good work as a general way of life.

Fruit and Snacks: (see 'Snacks' on food list) Fruit is light and refreshing, try eating approx 20 minutes before a meal or a couple of hours after, this is so as not to create excess gas and fermentation due to digesting fruit on top of more complex, heavier meals. Fermentation and gas will also be kept to a minimum if fruit is not eaten in too much of a mixture of types e.g. Orange, Apple and Banana. This might sound a healthy regime alongside lunch but it is too much of an unsuitable mix of fruit and would leave many people later with trapped gas and bloating, especially if Candida is present. Ironically fruit can be constipating if over consumed. Regarding Candida all sweet or fermented

foods and beverages, even if natural, aggravate Candida, especially troublesome is alcohol. Prevention saves distressing symptoms and trapped gas is the most stubborn and painful of things so watch fruit, keep an eye on portion size and maybe employ some 'Food Combining' principles.



Lunch & Dinner: These can be variations of the basic whole foods as discussed in treatment time - good quality grains- such as Brown rice (a super food), Quinoa (best with a squeeze of fresh Lemon and Olive oil), Pearl Barley (with soups or in a mix with Brown rice) or Buckwheat (this is not wheat). These grains would all help replace, excess consumption of wheat e.g breads, cereals, pastas, pastries etc and are also alternatives to starchy potatoes. These grains are far less congesting and help reduce fatigue, bloating and cholesterol problems. All the alternative grains are ideal with vegetables (raw, stemmed or stir fried), all kinds of salads, avocados and natural cold pressed oils are great and of course fish (see food list for more details). Poultry is best selected as free range or organic – as they will not have the added chemicals and be a much more hydrated meat if organically reared. Pulses / Peas /Beans or Quorn can be used if you are well suited to them and able to tolerate without bloating and trapped gas (tip don't use too much onion or garlic with them). These plant proteins are personal to individual constitution and digestive suitability - as are all foods! A natural daily diet with diverse inclusion of the above foods (and others listed) will physically clean up and revitalise the blood and therefore directly supporting all the vital organs. The improved nutrients will be circulated and help reduce toxins and harmful molecules otherwise stored in blood and tissue. Brown rice in particular helps mop up and therefore eliminate toxins held in the body. Often these toxins are dumped in the GI tract but can be stored anywhere in the body for long periods of time. Preventative health is the key to good health and all the advised foods help prevent many uncomfortable symptoms and long-term diseases.

Simple foods wonderful effects!

- **Vegetables, Salads - no need to get too fussy here! But yes organic, seasonal and the green colours are all best.**
- **Brown Rice - helps rehabilitate the colon, super for mopping up toxins and assisting healthy bowel movements**
- **Fruit - in moderate helpings, dependant on individual and digestive problems. Eat away from heavy foods.**

Protein can be eaten with Brown Rice or Quinoa and are ideal with Vegetables. Oily fishes are great sources of protein and the easiest forms of protein to digest. Use any nuts or seeds in moderate helpings and ensure you chew them well, not recommended in cases of Diverticulitis as the seeds and nuts are not always well digested and may cause problems.

Sardines, Mackerel, Pilchards, Salmon... using the tinned variety of oily fish in olive oil is often ideal, very handy for the day time and a nice portion size for digestion. White fishes are also great, the fresher and more local the better! Note: Don't overdo Soya products, and remember there is more calcium in a portion of sardines than in a normal helping of milk! Also remember taste buds change as our health changes and so even people that never liked fish start to feel like trying fish and making new discoveries. Taste buds can change!

Dairy and 'Good Bacteria': If you want to take a probiotic yogurts use a Plain Bio-Live one, don't bother with the Actimels' etc, or even better take a good quality powder supplement daily at certain times of the year.

Natural Plant Oils, Avocados and Oily fish: We trained Nutritionist know natural 'unprocessed' fats/oils are not fattening, so maybe you didn't realise you can eat fats and not get fat, just eat the right fats! Plant oils and butters, fish oils and avocados are all excellent sources of EFA '**Essential fatty Acids**' - with many medicinal properties supporting hormones, brain function, muscles, joints and cellular and organ tissue. Provided these foods/oils have been stored properly and manufacturing has been kept minimal, as should be the case with these natural products. Certainly the wrong fats are bad for you such as the 'hydrogenated fats' but these are nothing like these EFA 'good fats'. Less obvious 'bad fats' though are other food products mistakenly brands 'low fat' diet foods or 'low cholesterol' healthy margarine spread. These are the end result of a good fat turned into a highly damaged product due to the manufacturing process. (Excessive heat treatment creates 'Hydrogenated fat' no matter what oil it started out as). The vast range of synthetic 'diet foods' are the worst of all, with no natural oils/fat in but instead many synthetic bulking agents, sugars and sweeteners.

Whole foods and cold-pressed oils are by far the healthiest oils / fats because they have not been heat treated, damaged and misleadingly labelled. Forget all these confusing 'diet' labels and go for simple whole food products that the body naturally recognises. Keeping it simple and natural is a large part of the success of healthy eating! Avoid margarines and go for traditional butter, you will naturally eat less of these natural oils as they are tastier, richer in nutrients and much more sustaining throughout the day. Try cold-pressed oils such as Flax for salads and on Brown rice, whilst using 'Virgin' Olive Oil for stir fry's, salads dressings etc. And always use traditional butter for toast or baking. Coconut oil is being used recently for many medicinal and weight loss purposes and of course don't forget our trusted Avocado's with all its natural healing properties, these naturally oil foods prevent cravings and fat/fluid retention.

A-Z Health

Simple quick reference shop list: Staple foods for supporting good digestion and elimination:

Fruits: Kiwis (Super fruit, nice and easy to digest and great for daily use. Good with most digestive conditions, Apples (best peeled), Peaches, Nectarines and Pears usually suit most people. The other fruits a person needs to use moderately such as Bananas and Melon and try using the various Berries seasonally, frozen are good and you can stew these as you can apple. Citrus, Grapes and Tropical Fruits should be much more occasional these are quiet strong and often can aggravate certain conditions, as can most fruits to some degree. Fruit is great but use it moderately!

Salads: Rocket, Watercress, all variety of Lettuce leaves, Chard, Radishes, , Mange tout, Asparagus and Avocado (I often question tomatoes, peppers, sometimes onions and certainly mushrooms for many clients health problems).

Oils: (Virgin) Olive oil for salads and grains or heating, (Cold pressed) Flax oil or Carotene oil and Butter

Vegetables: Carrots, Leafy greens, Broccoli, Peas, Green beans... Cauliflower, Beetroot, Kale, Sprouts...

Proteins: 'Oily fish' in Olive oil (tins are fine) and fresh varieties of White Fish (try a squeeze of lemon/lime or dash of sea salt and fresh herbs) Avoid too much Tuna go for Mackerel, Sardines, Pilchard, Salmon. Peas, beans, pulses, houmous and avocado are all good protein sources.

Grains: Brown Rice, Quineo, Pearl Barley, Oats (Wash and soak all grains as mentioned. These will all help replace the carbohydrates that are overly starchy and high in gluten)

Natural Sweet foods: Take a visit to the Health food shop or Waitrose for 'St Dalfour' jams (all varieties) or 'Super Jam' both of which have only natural fruit pectin's and no sugar or sweeteners. Also purchase some Organic / Non-sulphured dried fruits e.g. Figs, Apricots, Dates, Raisins, Banana, Papaya, Mango always rinse and soak. These could all be used if you do not suffer Candida. Do not forget in soaking any dried fruits in adequate water you will create sweet syrup you can also use. Locally grown Honey or 'Manuka' are the best honey's to use, 100% Maple syrup is also good.

Dairy: 'Yeo Valley' or similar Plain Yoguurt, traditional Butter or Cream (Not Fat Free!). Add your own fruits (fresh or frozen) or some of the St Dalfour jam to a Plain Yoguurt rather than buying pre-flavoured 'Bio-live' Yoguarts. Good quality cheese could be a real treat!

Condiments: Himalayan salt, Sea salt, Herbamare, Garden, fresh or dried herbs, cayenne (black) pepper.

Drinks: 1.5 – 2 litres Water daily. Additional beverages: Natural homemade or fresh juices, 'Rooibus' Red bush - an antioxidant, caffeine free tea, or other herbal teas including Jasmine or Green tea - both of these have a little caffeine. Occasional fresh coffee or breakfast tea can be taken. Any excess caffeine or alcohol should be offset by taking increased water before and most definitely afterwards.

Snacks: 'Nairn' Oat cakes, Rice Cakes, Corn cakes, Waitrose or Sainsbury's plain Tortilla chips, 'Riceworks' Brown rice chips or Vegetable Crisps, 'Sharwoods' Poppadoms or Waitrose 'mini' Poppadums you can add either Humous, Cottage cheese, homemade Guacamole or simply Butter for spreads and dips. Also waitrose sell Brown rice Sushi now. For Sweet flavours try either 'St Dalfour' jams, Maple syrup, 'Manuka' Honey or similar and combine with a little plain Yoguurt, Tahini or Homous to help balance their sweetness. The 'Sunnyvale' organic sprouted wheat loaf including dates are nice on occasion. Otherwise have some fun by crumbling up either Oat cakes, Rice cakes, Corn cakes or Tortilla crisps in a cereal bowl, maybe add a little Himalayan salt and pour on a little water or milk and eat like a cereal. This playful mix is a nice combination of crunchy, comforting and savoury flavours and can be a real winter warmer if you using kettle warmed water or additional Brown rice and nourishing flax oil. (All the suggested snacks and sweet bars are stocked in Health shops and Waitrose).

Sweet bars: 'Sunita' Honey and Sesame bars, 'Oskri' Coconut Bars, Hemp Bars (Carob or Plain). All the foods mentioned previously are interchangeable foods, in the sense of lunches, dinners and breakfast foods and in their adaption from winter warmers to summer refreshers.

Treats: Occasional good quality Red, Rose or White Wine, or go for Vodka and Cranberry. 'Green & Blacks' or other organic Dark Chocolate, and the occasional packet of 'Kettles' sea salted or cracked pepper crisps, also see snacks.

A-Z Health

Simple quick reference shop list.

Fruits: Kiwis (The Super fruit), Apples, Nectarines, Pears ... Bananas

Salads: Rocket, Watercress, lambs lettuce, Chard, Radishes, Lettuce, Avocado, Mange tout

Oils: Flax Oil, Olive Oil for salads and grains, Fats for heating: Olive Oil, Butter

Vegetables: Leafy greens, Carrots, Broccoli, Peas, Green beans...

Proteins: Oily fish in Olive Oil (tinned), fresh White Fish.

Grains: Brown Rice, Quineo, Pearl Barley, Oats (Jumbo or milled).

Dairy: Yeo Valley Plain Bio-live Yoguurt, Organic full fat (Not Fat Free!) butter or creams.

Condiments: Himalayan salt, Sea salt, Herbamare, organic fresh herbs or natural spices, black pepper.

Drinks: 1 1/2 – 2 litres water daily, organic juices, 'Rooibus' Red bush or other herbal teas. (Occasional Fresh Coffee).

Treats: Occasional good quality Red Wine or Dark chocolate 'Green & Blacks' or other organic chocolate.

Snacks: 'Nairn' organic Oat cakes, Rice Cakes, Corn cakes, Waitrose or Sainsbury's plain Tortilla chips

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If you find the restrictions too much try to do the '5 day rest approach' e.g. if you want wheat e.g. breads, cereals, pasta dishes, biscuits, chips etc or alcohol, red meats and spicy dishes then after a day or so or however long your 'blip' is - usually most build up of these heavier foods takes place around 4 or 5 days - give yourself 'a 5 day rest' from these foods. Use the simple cleansing foods (as outlined previously) for 5 consecutive days after excessively heavy foods or feelings of congestion, this allows the body to clear the more congesting foods out of the body and deal with any possible immune intolerance that these foods may have caused. If food intolerances are suspected usually a 4 - 6 week break from the offending foods are necessary.

Notes

Supplements: