

Colonics/Colon Hydrotherapy, Frequently Asked Questions

1. *What is a Colonic anyway?*

It is a gentle washing out of the large intestine with ultra-purified water.

2. *What is the purpose of a Colonic?*

To gently release the toxins out of the body, to exercise and reshape the colon, and finally to stimulate reflex points.

- a) Toxins contained in the colon can be from; preservatives, devitalized foods like white flour products, white sugar, white rice (I call it the 'White Plague. '), junk foods, heavy metals, drugs etc.
- b) When there is low or no fiber in the diet, the colon loses its shape. (Refer to Dr. Bernard Jensen's book.) 'No fiber' foods stick to the inside of the colon wall. After years, the build-up becomes greater stretching the colon out of shape. By the way, constipation does not mean lack of a daily bowel movement. (Called BM from now on.) It can mean that, but the actual word means 'compact feces'. Some people who are having a BM daily don't think they are constipated, but this is not usually the case. Compact feces can build up on the inside of the colon wall leaving a little hole in the middle to allow a bit of fecal matter to pass, which could be the daily BM people are identifying with. The mis-shaped colon causes more problems like; painful gas, a hard, swollen abdomen, or an abdomen that is sensitive to the touch.
- c) A colonic will stimulate reflex points very similar to reflexology. Every part of the body is reflected in the large intestine, so when you have a treatment, the water massages these points giving vitality and energy to the corresponding body part. When a person has rid himself or herself of all the old fecal matter, having a colonic can still be a very profitable exercise because of this reflex action.

3. *Can a person become dependent on Colonics?*

No, they cannot. Colonics strengthen the colon by giving it a workout. The colon must push the water out of you; it does not just run out of you. The colon is a muscular tube and requires a workout to keep in shape. The better shape it is in the easier you can have a BM. Thus, BM's just keep getting better and better. (Though during the transition phase, a person may go through alternating periods of normal BMs to constipation until they **adjust their diet and rid their body of all the old fecal matter.**)

4. *How many Colonics does a person need to have?*

This varies greatly from person to person because there are so many factors involved. Ie. Age, inherited predispositions, level of toxicity, the way

a person handles stress, handles anger and emotions in general, diet, drugs, has the person had any serious illnesses, has the person done any cleansing prior to this, etc. Generally, I try to encourage people to do 3 colonics in about 10 to 14 days when they first start. I say this because the first one just gets everything going and the 2nd and 3rd one help to release more and more toxins and feces. Some literature suggests you must do 12 or more over some months, but this is not the case for everyone. It is an individual matter.

I also suggest to people to let me muscle test them and see what herbs, and other oral agents they come up for to increase their elimination at home, so the water can get to the colon wall. Once the colon is empty, the water can really work on the colon wall. This is how you receive the reflex action, plus it is very soothing and relaxing.

5. Will a Colonic be painful or embarrassing?

No, it is not painful or embarrassing. The small tube, called a proctoscope, is only inserted about 2 inches into the rectum. (I encourage people to insert it themselves, to gain a feeling of more control.) The lower half of your body is fully covered by a large bath towel and the only time your back-end is exposed is during the insertion and removal of this tube. You will feel the proctoscope, but it will not be painful. To put any hygiene concerns to rest, I use a non-carcinogenic virucide/bactericide to soak all tubing and proctoscopes. I also practice heat sterilization. (I have connections for disposable proctoscopes for those who prefer these.)

Recommended Reading:

1. "Tissue Cleansing through Bowel Management" by Dr. Bernard Jensen.
2. "The Colon Health Handbook" by Robert Gray.
3. "Colon Health" by Norman Walker.

Monica Hirai is a Certified Herbalist/Holistic Practitioner, using Pulse and Tongue and Bio-Energy Therapy for assessing what the body needs to heal. Cranial Bodywork, ABO nutritional counseling, are also used along with any herbs, aromatherapy, Bach flower remedies and Homeopathic remedies as needed.

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