



What is Colon hydrotherapy?

Colon hydrotherapy is the gentle rinsing of the colon with warm purified water to help release encrusted fecal matter, gas and mucus from the large intestine. This allows vital nutrients to be absorbed more easily and leaves you feeling rejuvenated and healthier. Colonics can also help restore and reshape the colon. It is also an accepted prep for colonoscopy.

What can I expect?

Colon hydrotherapy involves the safe, gentle infusion of warm water into the colon via the rectum, using a disposable rectal nozzle. The client's privacy is always maintained during the session. No chemicals or drugs are involved and the entire therapy can be both relaxing and effective. A healthy well-functioning bowel is essential for the maintenance of optimal health. This vital organ remains the most neglected in the human body. When the blood stream is overloaded with toxic waste, the body can function at a lower level.

Irrigating the colon hydrates it, softening and loosening dry impacted stool. This activation can help to improve natural peristalsis, which then may initiate bowel movements for greater cleansing of the large intestine.

These statements have not been evaluated by the Food and Drug Administration. They are not meant to diagnose, cure, treat or prevent any medical issue. Consult your healthcare provider.

I-ACT certified colon hydrotherapists use FDA registered equipment and follow high standards of practice as set forth by the International Association for Colon Hydrotherapy.