



## Why Colon Hydrotherapy?

In modern society, the most complained about problems are disease and functional disturbances of the digestive organs. Approximately 90% of all visits to the emergency room deal with digestive issues. IBS (Irritable Bowel Syndrome) is the #1 cause of being out of work and school, behind the common cold.

Colon cancer is the #2 leading cause of cancer death in the United States.

Studies of large groups of people have shown an association between a typical Western diet and an increased risk of colon cancer. A typical Western diet is high in fat and low in fiber.

When people move from areas where the typical diet is low in fat and high in fiber to areas where the typical Western diet is most common, the risk of colon cancer in these people increases significantly. It's not clear why this occurs, but researchers are studying whether a high-fat\*, low-fiber diet affects the microbes that live in the colon or causes underlying inflammation that may contribute to cancer risk. This is an area of active investigation and research is ongoing.

\*References to "fat" are meant to describe saturated fats.

## Risk Factors for Colon Cancer

- **Older age:** The great majority of people diagnosed with colon cancer are older than 50. Colon cancer can occur in younger people, but it occurs much less frequently.
- **African-American Race:** African-Americans have a greater risk of colon cancer than do people of other races.
- **A personal history of colorectal cancer or polyps:** If you've already had colon cancer or adenomatous polyps, you have a greater risk of colon cancer in the future.
- **Inflammatory intestinal conditions:** Chronic inflammatory diseases of the colon, such as ulcerative colitis and Crohn's disease, can increase your risk of colon cancer.

- **Inherited syndromes that increase colon cancer risk:** Genetic syndromes passed through generations of your family can increase your risk of colon cancer. These syndromes include familial adenomatous polyposis and hereditary nonpolyposis colorectal cancer, which is also known as Lynch syndrome.
- **Family history of colon cancer:** You're more likely to develop colon cancer if you have a parent, sibling or child with the disease. If more than one family member has colon cancer or rectal cancer, your risk is even greater.
- **Low-fiber, high-fat diet:** Colon cancer and rectal cancer may be associated with a diet low in fiber and high in fat and calories. Research in this area has had mixed results. Some studies have found an increased risk of colon cancer in people who eat diets high in red meat and processed meat.
- **Diabetes:** People with diabetes and insulin resistance may have an increased risk of colon cancer.
- **Obesity:** People who are obese have an increased risk of colon cancer and an increased risk of dying of colon cancer when compared with people considered normal weight.
- **Smoking:** People who smoke may have an increased risk of colon cancer.
- **Alcohol:** Heavy use of alcohol may increase your risk of colon cancer.
- **Radiation therapy for cancer:** Radiation therapy directed at the abdomen to treat previous cancers may increase the risk of colon cancer.

(Risk factor information from Mayo Clinic Website)

A conclusion that can be drawn regarding some of these risk factors is that unhealthy diets and lack of exercise can contribute to an increased risk of getting colon cancer. People with poor diets often have a compromised digestive system, often with either slow transit times for bowel movements, constipation, Irritable Bowel Syndrome, diarrhea, excessive gas and/or the use of laxatives, the nerves in the colon become desensitized and normal functioning slows, causing slower transit of the removal of bodily wastes. A toxic cycle can then occur, where the liver takes on the additional task of drawing toxins away from the reabsorption of liquid that is sitting in the large intestine.

Colon hydrotherapy uses a gravity fed infusion of warm, purified water to hydrate the large intestine. The warm water loosens fecal impactions, helping the client to release old, toxic fecal matter. Through hydration, the colon becomes reactivated to perform normal peristaltic action, helping to improve bowel movements. The loosening and removal of waste leaves room in the colon to increase transit times, which draws toxins out of the body, instead of letting them get reabsorbed.

Colon hydrotherapy is only the start of a regimen to help the digestive system (and overall health) of the body. Taking probiotics to help beneficial flora thrive in the intestines, eating a healthy diet full of fiber, increasing water intake, and adding exercise will give your body essential components to help maintain a healthy homeostasis. You are what you eat, and what you eat must come out (in a timely manner). When the human body is functioning at peak levels, it is healthy and thrives. When you feel great and are regenerating healthy cells in the optimum way, you can focus on Living Well and Everything Else. Things to think about.

## Reasons to Get Colonics

- You will be getting a colonoscopy
- You have constipation, occasional or chronic
- You don't have bowel movements about 20-30 minutes after each meal
- You want to improve your overall health
- You are doing a liver & gallbladder cleanse
- You take a lot of medications
- You have finished a cancer treatment and are in remission
- Help in removing parasites, intestinal gas and cellular debris
- Colon hydrotherapy hydrates the colon which can improve the lymphatic system
- Colon hydrotherapy improves muscle tone of the large intestine
- Minimized absorption of toxic waste
- Weight Loss associated with the removal of excess waste in the colon

Many people have reported an improved function of their digestive system after about four colonics received within a one month period. Some people require a few more sessions before feeling a marked improvement. General results include an increase in energy, better sleep, improved digestive functions and stronger immune system.