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Specialized kinesiology (muscle testing) to:

- Increase energy and alertness
- Relieve pain
- Release stress and toxins
- Maximize digestion and immune function

The Benefits of Colon Therapy

Colon therapy is a restoring, relaxing treatment which is both pleasant and effective. Most people report positive results after the very first treatment. Vitality and energy levels are restored. Colon therapy has an antiseptic and solvent action on the intestines, whereby putrefactive material, impacted fecal matter, excess mucus and even pus and infected tissue are removed from the colon. This leaves a cleaner, healthier colon, resulting in a healthier body.

Colon therapy increases the water level and diuretic action of the body. Water is absorbed into the body which increases the volume of the blood. Circulation is increased, resulting in greater bathing of the individual cells, thus diluting toxins and flushing them out, relieving uremia and toxemia and increasing elimination both through kidneys and skin as well as the bowels. All this generally assists the cardiovascular and circulatory systems to be more efficient.

During a colon cleansing, both warm and cool water may be used. Warm water supplies heat to the body. The cleansing action, along with the warmth is excellent for relieving colds and flu. Probably the greatest benefit of bathing the colon in warm water is relief from tension and irritability. X-rays following treatment demonstrate that spastic colons are more relaxed from irritation and inflammation of tissues which accompany this problem.

The effects of cool water can also be beneficial. Any time there is a fever, cool water will aid in reducing it. Swollen tissues can be alleviated and a loose or elongated colon can also be improved. A colon lacking tone, accompanied by gas and constipation, will benefit greatly by the stimulation of the cleansing which induces peristalsis.

Many colon x-rays show the pressure of constipation is exerted in the liver area, resulting in irritation to both liver and gall bladder as well as to the common bile duct. This delays and obstructs the normal draining of these organs – a condition which is often alleviated through colon therapy.

In some cases, pain in the heart area is also relieved. X-rays demonstrate that parts of the colon can be very high in the upper left quadrant causing irritation to the heart. Rapid heartbeat, hypertension and various chest pains may all be alleviated by proper intestinal cleansing.

The Healthy Colon

The colon is a hollow tube-like organ. It extends from the cecum, where the small intestine empties the undigested food and bodily metabolic waste. It is approximately five feet and ends at the rectum. The wall of the colon has several layers of muscular tissue which contract and propel the contents of the digestive tract slowly along. The inner lining is equipped with sensitive nerves and glands which aid in the final stages of digestion and water absorption and assimilation of food.

The colon's main function is to eliminate body wastes from the system. When the colon is clean and normal we experience health and well-being. When the colon is sluggish, body wastes accumulate and constipation results.

When the colon becomes constipated, it is usually packed or lined with accumulated feces that become hardened and lodged in the pockets of the wall. This hardened matter then obstructs the muscular contractions (peristaltic waves) and more feces build up thus inhibiting proper evacuation. This build-up may take many months or years and can result in 5-15 pounds of added weight, causing the colon to become distended, abnormally shaped and ineffective. The clogged colon then interferes with the final absorption and digestion of food and the body becomes deprived of nutrients. Also, the undigested food ferments and putrefies, creating abnormal gas and poisons which, when re-absorbed into the system, can provide the right environment for disease. Symptoms of a toxic colon can be headaches, indigestion, flatulence, aches and pains, foul breath, skin problems, and that tired old feeling, to name a few.

How to Maintain a Healthy Colon

Have a balanced diet of wholesome, nutritious, unadulterated foods. Avoid overeating and eat plenty of fiber. More information in this area is offered in a variety of personalized programs on diet and nutrition.

Respond to the "call of nature." Delaying or stopping the need to defecate will lessen the effectiveness of the normal stimulus. Respond immediately to the call of nature. It is necessary to respond not only to the call to eliminate, but also to the call to rest, drink, eat, etc. Listen to your body, but keep in mind that a body in a degenerative condition fails to talk to you as it should.

Get sufficient exercise for both the abdominal muscles and for the internal organs. When they sag, strain is placed on the entire system.

Remove stress which frequently puts tension on the digestive tract - "tying you in knots." When tension is held inward, the lower portion of the colon is greatly reduced in size, gastric juices are upset, digestion is inhibited, eliminations are restricted and cellular nutrients are depleted.

Colon Therapy – One further method for revitalizing the colon is the colonic irrigation procedure whereby the lower colon is flushed with water. The apparatus is simple and operates with normal water and gravity pressure. The procedure is gentle, comfortable and painless. When the colon is cleaned, relief from various disturbances is often dramatic, and

you may experience an immediate sense of well-being. In many cases, it takes several treatments to remove sufficient build-up of accumulated tar-like substances. The amount of fecal matter carried around from day to day and not eliminated by natural evacuation is quite amazing.

The incidence of inflammatory bowel disease has reached almost epidemic proportions. In the last decade alone there has been a 300% rise in middle-aged patients with ileostomy and total colostomy was seen. Because of the tremendous increase in incidence, bowel disease can no longer be ignored. Chronic, debilitating, malfunctional bowel disorders afflict more than 20 million North Americans, and are some of the leading causes of hospitalization. Despite these facts, the digestive tract and its functions are viewed through veils of ignorance, taboo and inappropriate humour.

Auto-intoxication (toxic conditions set up by uneliminated bodily poisons) is the underlying cause of an exceptionally large group of symptoms: intestinal colitis, intestinal toxemia, fatigue, nervousness, gastritis, bloating, indigestion, malabsorption, endocrine disturbances, headaches, arthritis, low back pain, allergies, asthma, sinusitis, cardiac (heart) irregularity, pathological changes in breast, eyes, ears and nose problems.

Metchnikoff, a Russian microbiologist, concludes that there is a close relationship between health and the type of bacteria found in the lower bowel. The lower bowel is a great storehouse which generates a thousand times more toxins than the combined output of all other toxin-producing areas in the body. These "bad bacteria" coupled with impaction in the colon, high protein and junk-food diets, create the appropriate environment for the proliferation of disease and a whole host of common complaints which are absolutely needless.

Our bodies constantly produce acid waste products as they go through normal maintaining processes. Undigested foods, ingested poisons and pollution also contribute to toxic accumulations. If we can come to terms with the fact that there is only one disease, that of body toxicity, then we need only consider treating one disease. Purifying the body enables it, and every organ within, to do its job at optimal effectiveness. The jobs of the colon, liver, kidneys, lungs and skin are to keep the body pure, but they quickly become ineffective if the organs have an even greater job and thus begin to degenerate, starting with the weakest one. Because we continue to accept such a low standard of health and consider aggravating health problems as normal, we get further and further away from the truth. We fail to understand, as a nation, that disease is self-inflicted and that good health is a personal responsibility.

Many overweight patients have eliminated as much as 10-25 pounds by having their intestinal tract cleansed. Constipation is responsible for the accumulation of large amounts of fecal matter in that area as well as allowing the body wastes to build up at the cellular level. Proper colon cleansing aids greatly in eliminating unwanted and unsightly excess pounds - not to mention that dull, irritable feeling that is so prevalent. Unfortunately, weight gain comes upon people so gradually that they often do not realize what changes occur from year to year.

Various other results are often seen. Some patients report they have never been able to perspire until receiving colon therapy. Because of the removal of toxic wastes, the skin becomes strong and healthy and people look years younger. Memory is often improved. A

feeling of well-being hastens the removal of bowel contents (mucus, gas, parasites, undigested food particles, glandular and cellular debris, plus bacterial toxins.)

Abdominal massage during a colon cleansing helps release fecal impactions, moving the water around to help break up the solidified crust on the inner surface of the colon. It also stimulates peristalsis and helps return the colon to its normal shape, thus removing pressure on other organs (liver, gall bladder, stomach, heart, etc.)

On this subject, Dr. B. Jensen writes:

“Every person who desires the higher things in life must be aware of proper bowel management, what it is, how it works and what is required. In so doing, you will discover many secrets of life, develop a positive attitude toward yourself and become the master of body function.”

Colonic Preparation

For maximum results of your colonic irrigation, please take note that it is best to prepare for it. We suggest that you take light meals the day before each session, which would include fruit and vegetables. The evening meal on the day before should be especially light.

On the day of the irrigation, again eat very lightly until you receive your treatment and lightly after to avoid neutralizing the beneficial effects of your colonic. If you are beginning the seven-day cleansing program, you will be following the outline supplied, but bear the above-noted information in mind for the follow-up sessions in months to come.

On the night before your irrigation or preceding the cleanse, it is strongly suggested that you take a cleansing drink (psyllium powder and bentonite) and a mild laxative. This will help prepare the colon for an easier release.

Like many people, you may be unaware of the vital role your colon plays in maintaining your good health. Next to heart disease, cancer of the colon is the highest cause of premature death, and doctors are rediscovering natural methods for restoring and maintaining colon health that have been known in the past.

Happy cleansing!