

Colon Therapy Regime

What is Colon Therapy?

A series of 12 to 36 (or as needed) treatments aimed at cleansing and revitalizing the colon and its function. In order to re-establish a rhythm, it is important to have one to two treatments per week for the duration of the series

Each treatment takes about an hour.

Supplements:

1. Cleansing Tea: an herbal tea which stimulates peristalsis and cleanse blood and lymph tissue. The tea may loosen the bowels as it cleans. If cramping occurs, you may dilute the tea more or decrease the original amount. The recommended amount is one cup in the morning and one cup in the evening. Or you may receive capsules instead.

2. Bulk Agent:

Keeps the stool light and soft and gives the colon bulk to work on. In order to act as a bulk and not plug the system, re-hydration is necessary. To do this, put one level teaspoon in one cup of liquid for at least fifteen minutes or overnight, then add enough liquid to make it drinkable (another cup.) Mixing it with juices is tasty or mixing it in a blender makes it creamy. Take twice daily. Please refer to the additional hand out "How to take a Fiber Drink."

3. Normal Bacteria: are called lactobacillus, acidophilus and bifidus. Because the colon washings remove the normal flora (bacteria) from the colon, it is necessary to replace them, since the flora helps to break down food matter in the gut. Take one capsule with each meal until the end of the treatments or take it in the morning all at once, just refer to your specific regime on your "suggestion" sheet.

4. Alfalfa: in the form of alfalfa tablets, is the greatest thing to help the bowel and the inactivity of its inherent weakness, poor tone or stagnant condition in any part of the bowel. These are made up of the fibre or the bulk of the leaf of the alfalfa. Alfalfa gives the weakened bowel tissue something to exercise on so that the bowel gradually becomes stronger. It is good food and has nourishing qualities so the result that you get from it is a building one. The chlorophyll found in alfalfa tablets helps to develop the friendly bacteria, getting rid of odorous gasses. We suggest five tablets on an average to each person for each meal. Crack them once before swallowing. Take them right along with your meal, in between bites of food as desired.

Patient's Reactions to Treatments:

Some people feel very hungry, weak or thirsty after a treatment. This is normal, as the colon has done a lot of work in a short period of time. If you feel weak afterward, try having a cup of herbal tea with honey to increase blood sugar and stimulate the body. Or please eat a vegetable or fruit snack after treatments. Prevention is the best and you can eat a snack of vegetables or fruit right before treatments to avoid being hungry after.

Regular bowel function is interrupted and may even cease temporarily. This is usually only 1 to 2 days and should not be longer than that. If it takes longer than this then additional herbs are given to get the bile flow of the liver going. Please make sure to let us know if this occurs.

Some people feel “bloated” for a few treatments. This may be a result of old stool and waste matter being re-hydrated or it may be from lack of muscle tone in the colon. This is temporary, so “be patient.” Some hints to help you reduce this bloating:

- avoid lentils and beans
- avoid too many heavy grains
- avoid drinking while eating
- sip liquids – do not gulp them
- exercise like jogging, walking, pulling knees up to chest
- abdominal massage
- drink chamomile or comfrey tea
- eat simple combinations of food

Elimination:

“In natural bowel movements, the squatting position is assumed. In this position, the pressure of the thighs upon the abdomen compresses the bowel. As the same time, the diaphragm is forced downward by a deep prolonged breath and the abdominal muscles are voluntarily contracted.”¹ Our modern toilet seat has lost this thigh pressure on the abdomen. It can be remedied by putting a stool or box in front of the toilet seat. In order to retrain the colon, it is helpful to sit on the toilet, without straining, for 10 minutes two or three times per day after each meal...as well as answering all urges. At first, there may be no results, but in time the body responds to habit.

Some common reasons for constipation are: emotional stress; sedentary life-style; loss of sleep; fear; laziness; drugs; laxative and mineral oil; excessive intake of food; improper diet; eating foods too hot or cold; eating without hunger when nervous, tired or hurried; ignoring the “call” of nature; drinking with meals; weakened, atonic, flabby intestines; lack of normal flora in the colon; excessive sexual relations; stimulants like alcohol, tobacco, coffee, tea and chocolate; shallow breathing; improper diet.

Besides colon therapy, we must deal with the underlying problems that have caused this constipation, otherwise the symptoms return later. The following abdominal massage and exercises may help to improve muscle tone in the colon and therefore regain normal function.

Abdominal Massage:

If there is poor blood supply to the intestines, there is likely to be a weakness therein. The peristalsis or muscular power of the bowels cannot be normal when circulation is poor to them. Abdominal massage brings more blood, more nourishment and creates a greater flow of lymph, thereby promoting freer elimination of waste matter with added muscle tone. Abdominal massage aids the removal of abnormal deposits of fat and promotes the absorption of fluids. Also, massage increases peristaltic action, dislodges foreign bodies and impactions of fecal matter along the intestinal wall and “irons out the kinks.”

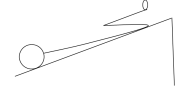
1. Gently punch the whole abdomen for a few seconds.
2. Go over the abdomen with a grasping motion with finger tips to bring blood to skin and other muscles.
3. Press deeper and knead the whole abdomen to loosen and break up contents.
4. With flat surface of hand, work towards the rectum with long strokes starting the left side and working back to the right. On the right side, lift the colon.²

During the massage, breathe deeply and try to relax.

Exercises

Slant-board Exercises

While holding onto the sides of the board, bring the knees up to the chest. This forces all the abdominal organs upwards. In this position, twist the head in all directions to force blood to congested areas.



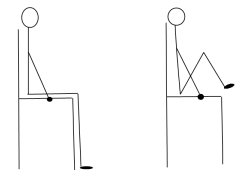
Rubber ball Exercises

While lying down, rub a tennis ball or hand ball around the abdomen, from right to left, in a circle 25 times.



Chest-Leg Pull Up Exercise

While sitting on the edge of a chair with shoulders almost touching the back of the chair and heels almost touching the floor, grasp the sides of the chair. Lift knees to chest, straighten out the legs, bring the legs back and forth two or three times – up to 15 times, as you are capable.



Alley Cat Exercise

While standing, lift one leg, bending the knee and bringing it in front of the other leg up to the abdomen. Repeat 10 to 15 times.



We need a minimum of ten minutes of exercise daily to maintain health. Therefore, one should have some form of exercise which pleases the spirit as well as strengthens the body. At least walk around your block, if nothing else.

Skin Brushing

Another of our eliminative organs, the skin, is constantly being renewed. Skin brushing helps to eliminate uric acid crystals, mucous and other acids in the body. By brushing the skin, we remove old, dead tissue which stimulates the underlying skin, slowing down the aging process of wrinkling and regenerating the body. This is especially helpful while doing heavy elimination, as in colon therapy or fasting. Brushing the skin is best done with a natural bristle brush and using long strokes. When done before or after bathing, it loosens old skin which can be washed off.

What to Eat

“Remember that vegetables can also be detoxifying. The greatest vegetables for use in bowel problems are summer squash, zucchini and yellow crooked-neck squash. All fruits and vegetables that are yellow are laxative. So take care of the bowel first with green and yellow foods.”³

“Be sure that you eliminate unnatural and constipating foods from your diet such as white bread, white sugar, spaghetti, macaroni, biscuits, dumplings, refined cereals, pastries and all other white flour products. Eat as little starches as possible. Eat ample amounts of salads and other raw foods which are palatable; also, steamed or baked vegetables, dates, figs, prunes, raisins and a moderate amount of protein.”²

“Green vegetables contain much cellulose (the indigestible part in vegetables) – the element which can increase the bulk of the feces. Bran (re-hydrated), ground; flax seeds, chia seeds, and psyllium seeds and agar-agar are also good forms of cellulose and can be utilized in the daily diet. In cases of constipation, bulk is required in every meal.”¹

It is important to eat when hungry, take time for meals and chew thoroughly in a relaxed atmosphere because proper digestion requires these conditions. Also, peristaltic action is four times as vigorous during eating as at other times.

Healing Crisis

A true healing crisis is a healing in which the body temporarily re-experiences disease symptoms. (A “false” healing crisis occurs when you are doing a cleanse and the colon is not emptying properly, then skin rashes, headaches, or “flu” like symptoms can occur. If your bowel is not emptying 3x per day on a cleanse, then contact us right away so adjustments to your program can be made.)

A true healing crisis occurs only when the body is ready and has enough stored energy. Colon therapy often forces a greater healing in the body. Dr. Hering, a homeopath, observed the “Law of Cure:”

The body cures:

- from within outward
- from head to toe
- in reverse order as disease has developed

When the body starts to feel 'wonderful' or 'terrific,' it may want to do deeper healing – thus, a healing crisis.

This information is necessary for maintenance of a healthy colon. It is up to the individual to incorporate it into daily life to assure the health of the whole body. It is advisable to at least do a cleanse 2x per year in the spring & the fall with a minimum of 3 colonics each time.

Remember: Health is Earned!

1. Itinerary of a Breakfast, Kellogg.
2. Banish Constipation and Colitis, Graves.
3. Doctor-Patient Handbook, Jensen