

Complaints after & during Colonics

PLEASE NOTE:

If you have any discomfort before, during or after a colonic please let me know right away. Any pain or discomfort is not normal for a colon and must be addressed immediately. Healthy colons do not get irritated from colonics, all you should feel is pressure and release, pressure and release. The more information you give me the better I can help.:)

There is only about 4 reasons for a crampy or uncomfortable colonic and they are as follows:

1. Eating foods that irritate your colon.
2. Parasites, Candida albicans or Viruses in your colon.
3. Low gut flora.
4. Low Magnesium or Calcium levels in your body.
5. Low Bile Flow.

In order to avoid having problems with colonics, you must do the following:

1. Stop eating what is irritating you. Ie. Gluten, Dairy etc. In general, do NOT eat wheat, dairy, red meat, or anything heavy 2 days before a colonic.
2. Use herbs & homeopathic remedies that are compatible with you to help clear out the Parasites, Candida albicans or Viruses.

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3. Increase your consumption of fermented foods as well as take an appropriate amount of a good probiotic.
4. Take Magnesium citrate before bed and in the morning on a regular basis to improve bowel movements as well as improve the comfort of the colonic. Usual dose is 4 capsules before bed and 2 in the morning. Adjust if you get a loose stool...ie. remove 1 capsule and that will usually take care of it.
5. If you get crampy after a colonic, please take a Calcium Magnesium supplement. Usually, 1 to 2 tablets or capsules of a good quality supplement will suffice. I typically use the CalMag liquid or a vegetable based one in the office.
6. Take bile flow stimulating herbs to help increase bowel movements by lubricating the colon not irritating it. These formulas are really individual and do require that I test you to get the formula just right.
7. Consider adding on a 1/2 hour to your next colonic so that you can be tested for the above. Especially if you have not had any auricular testing to determine the causes of your discomfort. Every person has individual problems and these must be addressed individually to get the best results. If you have had testing done before and I notice that you have some signs of parasites during the colonic for instance, I can quickly check which formula you need at no extra charge.