



## Frequently Asked Questions

### How does the process work?

Colon hydrotherapy is a simple process. A lubricated speculum connected to a water and a waste tube is inserted into the patient's rectum while they are lying on their side. The patient then turns onto their back and the therapist opens the flow of warm, filtered water into the colon. This water is used to flush the colon and stimulate the release of waste. After the session the speculum is removed and the client uses the bathroom to release any remaining water/waste.

### How does Colon Hydrotherapy make a difference to my well-being?

Colon hydrotherapy helps you to help your body by naturally and safely flushing out waste, toxins, mucous, parasites, irritants and allergy triggers that often lead to discomfort and, long term, disease.

Removing stagnant putrefied matter from the colon aids general detoxification of the whole body and creates a powerful stimulus for the body to heal itself.

### What are the benefits of Colon Hydrotherapy?

The benefits of Colon Hydrotherapy are endless! Your system cannot function optimally if it has a build-up of toxins and waste. The immediate benefits are relief from constipation, bloating and abdominal discomfort. Long-term, Colon Hydrotherapy will help you to heal your body and maintain your overall health.

### Is Colon Hydrotherapy safe if I am menstruating?

Colon Hydrotherapy is perfectly safe during this time, and may help to alleviate pain from the cramps and bloating accompanying menstruation.

### Will Colon Hydrotherapy damage my colon?

Not at all! In fact, the procedure serves to strengthen the colon muscles which aids the peristaltic movements of the colon.

### What do I need to do before the treatment?

There is no special preparation needed before the session, we just ask clients to avoid a heavy meal before they come. You can take any medications that you have been prescribed as per normal and exercise as per normal.

### Is the procedure painful?

Colon Hydrotherapy is not a painful procedure. You may simply experience cramps similar to those you experience when you have the urge to use the bathroom.



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## **How many sessions will I need?**

The number of sessions varies depending on your condition and your goal. When you arrive, a therapist will discuss with you what it is you are trying to achieve and will guide you accordingly.

## **What happens after the treatment?**

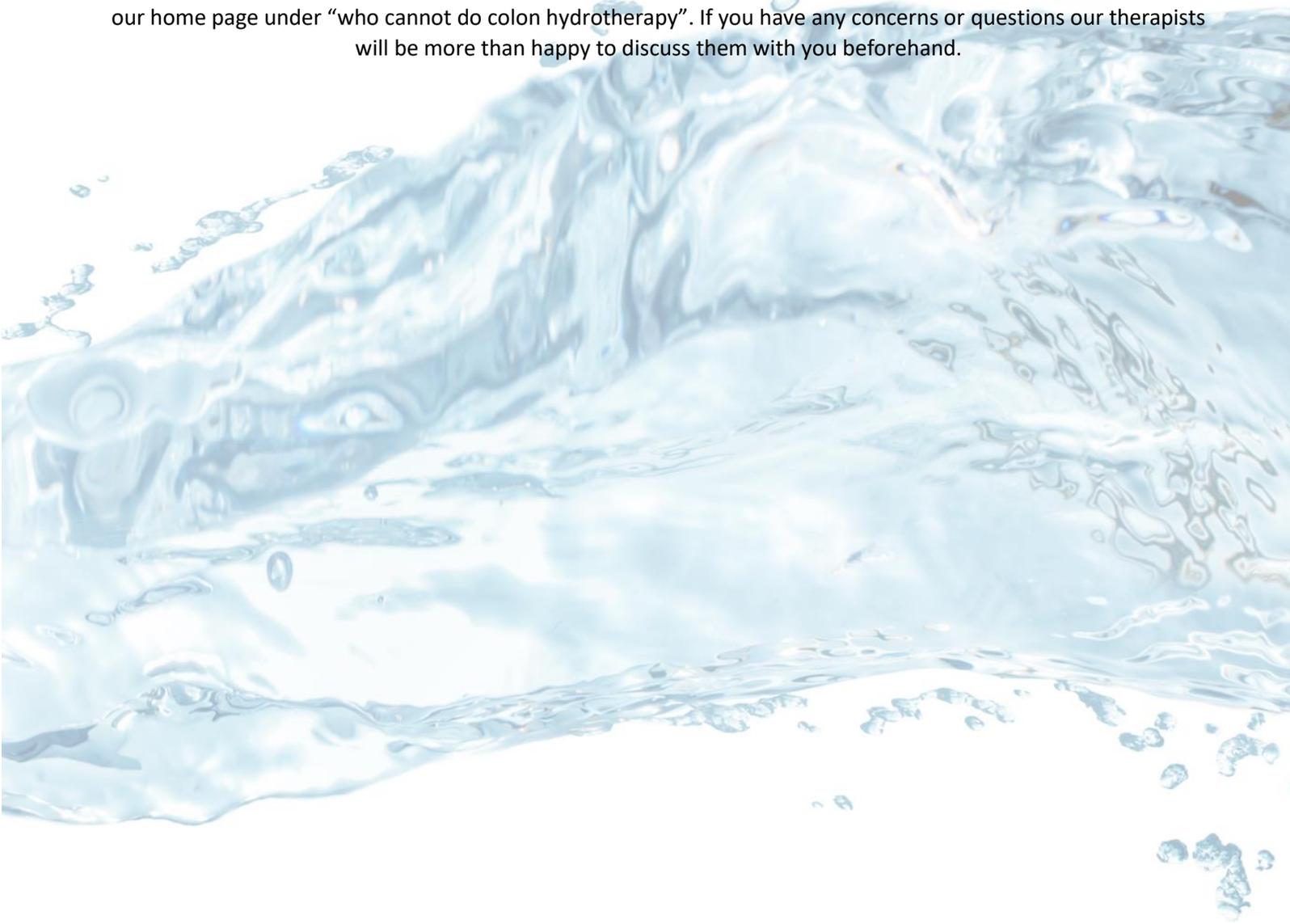
You will be able to carry on with your day as normal. Some clients feel slightly tired or get a mild headache from the detox, but most feel lighter and less bloated. You can eat and drink if you want to and do some light exercise if desired.

## **How long does a session take?**

Each appointment is an hour long.

## **Are there any contraindications to Colon Hydrotherapy?**

There are a few contraindications to keep in mind when considering Colon Hydrotherapy. These can be found on our home page under “who cannot do colon hydrotherapy”. If you have any concerns or questions our therapists will be more than happy to discuss them with you beforehand.



Monday - Friday: 8am - 5pm

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