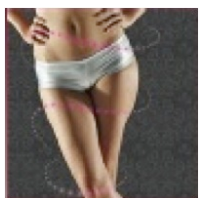


Colon Hydrotherapy  
A Forgotten Key to Health

Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454





Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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## **Introduction**

More and more of us are choosing to recognize our self-responsibility for health and well-being. This has led to a renewal of interest in natural, holistic methods of living and healing the body. One of these methods, as old as man's civilization, is cleansing the colon. Originally it was accomplished by squatting in a stream and drawing water up into the colon, then expelling it. In ancient Egypt, a ram's horn or gourd was hollowed out and utilized as the first primitive colonic irrigation machine. Later, enema pots and plants (reeds) shaped in the form of tubing were constructed. Sophisticated colonic irrigation equipment was perfected at the turn of the 20<sup>th</sup> C.

## **Purpose and format of the booklet**

The format of the following booklet is question and answer and the questions are those most commonly asked. An attempt has been made to answer the questions in a way that presents the viewpoint of the majority, if not all, professional colon therapist. This booklet does not diagnose any ailments nor does it offer treatments for such ailments. Your health is your responsibility, so ask questions and get involved! All healing comes from within and the purpose is to awaken your consciousness to the forces within your body that may aid in healing.

## **Common Questions and Answers**

How great! I keep hearing about colonics and how great they are, but I've never been able to find out much about them. Maybe for starters, I should ask what is colon hydrotherapy?

- Colon hydrotherapy is also known as a 'colonic', 'colon lavage', colonic irrigation' or 'high colonic'. Colonics are a safe and effective method for cleansing the colon of waste material by repeated, gentle flushing with water.

The colon – what is that again?

- The colon, or large intestine, is the end portion of the human digestive tract (food carrying passageway extending from the mouth to the anus). The colon is approximately 5 feet long and 2 inches in diameter. Its major functions are to eliminate waste and conserve water. Also, there are bacteria living in the colon which synthesize valuable nutrients such as vitamin k and portions of the b complex.

What is the purpose of having a colonic?

- The primary purpose is to remove waste in the colon to feel better and function more optimally. Waste material, especially that which has remained in the colon for some time (i.e. impacted feces, dead cellular tissue, accumulated mucous, parasites, worms etc.) pose several problems. First, this material is quite toxic. These toxins can reenter and circulate in the bloodstream making us feel ill, tired or weak. Second, impacted materials impair the colon's ability to assimilate minerals



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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and bacteria-producing vitamins. Finally, a build up of material on the colon wall can inhibit muscular action causing sluggish bowel movements, constipation and the result of these disorders. If you have ever eaten junk food, fried food, processed food, sweets, preserved food, too much food or in fact anything that modern culture deems edible, you will benefit from colon hydrotherapy. Also, if you have ever been upset, under pressure, depressed, confused, greatly disappointed or stressed out, your colon will benefit from hydrotherapy.

Why would someone want a colonic?

- People find themselves wanting to cleanse their colon for many reasons, some of which include but are not limited to, wanting to do a seasonal detox for preventative maintenance, supporting long-term lifestyle changes, recovering from toxic accumulations of overeating, stress, drug abuse, or lethargy, relieving constipation and preparing for surgery or a colonoscopy.

Are there contraindications for colon hydrotherapy?

Yes, colon hydrotherapy is not advised when the following conditions exist:

- Abdominal Hernia
- Abdominal Surgery
- Acute Abdominal Pain
- Acute Crohn's Disease
- Cancer of the Colon or Gastro Intestinal (GI) Tract
- Carcinoma of the Rectum
- Congestive Heart Failure
- Diverticulitis
- Fissures or Fistulas
- History of Seizures
- Intestinal Perforations
- Pregnancy
- Recent Colon or Rectal Bleeding
- Renal Insufficiency
- Severe Hemorrhoids
- Ulcerative Colitis
- Uncontrolled Hypertension

How can I tell if I have toxic material in my colon?

- This condition is prevalent in all civilized societies, particularly in North America. Common signs include headaches, backaches, constipation, fatigue, bad breath, offensive body odor, irritability, confusion, coated tongue, shallow complexion, dark circles under the eyes, cold hands and feet, brittle nails and hair, indigestion, skin



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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blemishes, abdominal gas, bloating, diarrhea, sciatic pain and so forth. As you might imagine, intestinal toxicity is part of many people's everyday experiences.

Is intestinal toxicity a common condition?

- Yes it is, but toxicity is not limited to just the colon. Toxic material is found throughout the body, particularly in fat tissue, joints, arteries, muscles, the liver etc. Colonics effectively eliminate large quantities of toxic waste found in the colon, affecting the condition of the entire body.

But the colon isn't the only organ of elimination. What makes a colonic so important?

- While the lungs, skin, kidneys and liver also serve to eliminate toxins, people have experienced throughout history that when the colon is cleansed and healed, the well-being of the whole body is greatly enhanced. Colon hydrotherapy has been found to be the most effective process available to accomplish this work quickly and easily.

It appears to be important to cleanse the colon, but why not use enemas?

- Everything has its proper place, but an enema is used for emptying only the rectum, the lowest 8-12 inches of the colon, usually using only one or two quarts of water to do that. As stated by Dr. Norman Walker, one colonic is equivalent to 30 enemas.

What makes a colonic so special?

- In a 30-45 min session, as much as 20-35 gallons of water are used to gently flush the colon. Through the use of abdominal massage, pressure points, breathing techniques, suggestion etc., the colon therapist is able to work loose and eliminate far more toxic waste than any other short term technique. The second and subsequent colonics will remove more. How many you may wish to have will depend on your personal objectives.

What will colonics do to the colon?

Specifically, a colonic is used to accomplish the following:

- Cleanse the colon – toxic material is broken down so it can no longer harm your body or inhibit assimilation and elimination. Even debris built up over a long period is gently, but surely removed in the process of a series of irrigations. Once impacted material is removed, your colon can begin again to operate as it was meant to. In this sense, a colonic is a rejuvenation treatment.
- Exercises the colon muscles – the build up of toxic debris weakens the colon and impairs its functioning. The gentle filling and emptying of the colon improves



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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peristaltic (muscular contraction) activity by which the colon naturally moves material.

- Reshapes the colon – when problem conditions exist in the colon, they tend to alter its shape, which in turn causes more problems. The gentle action of the water, coupled with the massage helps to eliminate bulging pockets of water and narrowed, spastic constrictions finally enabling the colon to resume its natural state.
- Stimulates reflex points – every system and organ of the body is connected to the colon by reflex points. A colonic stimulates these points, thereby affecting the corresponding body parts in a beneficial way (similar to reflexology).

Are there any additional benefits I might expect from a colonic?

- Yes, there are several. When working with a therapist, a colonic can be a truly enlightening and educational process. You will learn to expand your awareness of your bodies functioning by listening to signals from your abdomen, skin, face and even from the most taboo of natural products – your eliminations. Also, the solar plexus is the emotional centre of the body and the transverse colon passes right through it. If an emotional event is left unaddressed, it often results in physical tension being stored in the solar plexus, which affects all organs of the area, including the colon. The ongoing tightening of the colon muscle results in diminished movement of fecal material through the colon, which is experienced as constipation. Not only do colonics alleviate the constipation, they can assist you in recognizing and releasing the stored emotion causing the problem. In effect, colonics assist you in creating a fully holistic view of your bodies functioning, leading to a better quality of life.

What are the characteristics of a healthy, well functioning colon?

- Healthy babies, animals and adults not subjected to the ‘refinements’ of civilization have bowel movements shortly after each meal is eaten. Assuming there is sufficient fiber and water available to the colon, one characteristic is a bowel movement shortly after a meal is eaten. Once the urge to eliminate is honored by a trip to the washroom, the elimination is easy and takes no more than 10 seconds. The stool will be long, large in diameter, light brown in color, without offensive odor and should float or sink slowly. When the toilet is flushed, the stool immediately begins breaking apart by the action of the water movement.

Is it embarrassing to get a colonic?

- No, you will fully maintain your personal dignity. You will be in a private room with only your therapist who fully appreciates the sensitivity of the colonic procedure and will help you feel at ease. Your emotions will be acknowledged and honored. After



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
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the gentle insertion of a small tube into the rectum, you are completely covered. Rubber tubing carries clean water in and waste out in a passive gravity system. The mess and odor sometimes present during an enema simply does not exist with a colonic.

Is there anything I need to do to get ready for a colonic?

- Consuming water and fiber as part of a healthy diet will encourage release of fecal matter. Since your abdomen will be massaged, it is a good idea to eat and drink lightly for two hours before your treatment. Also, emptying the rectum with a bowel movement, if possible, just prior to the colonic saves time and permits more to be accomplished.

What can I expect afterwards?

- Most likely, you will feel great. You will probably feel lighter and enjoy a greater sense of well-being. Someone getting their first colonic usually remarks that it was one of the most wonderful experiences in their life. Any activity you would normally do, such as work or exercise, is fine to do afterwards.

I have been told that to be beneficial, one needs to 'take a series' of colonics. What does that mean and is it true?

- It is important to be aware of your objective when working with a colon therapist. For example, if your objective is to quickly recover from the flu, or lower a fever, or eliminate a lower backache, very possibly one or two colonics may be all that is needed. However, perhaps your objective is to overcome a lifelong habit of constipation, to learn to create multiple bowel movements and to achieve better health. To do this may require, in addition to possible dietary changes, exercise and attitudinal changes, regular colonics for some time. How many depends on the condition of your body and how well it responds to the treatment. Having colonics regularly for awhile, such as daily, weekly or multiple times per week is referred to as a 'series'. Many colon therapists believe that to obtain results of a lasting nature, a series of colonics must be undertaken. Again, this can only be properly considered once an objective has been identified.

What does a typical colonic schedule look like?

Timing is important and relative to how and why you use colon hydrotherapy. A typical treatment schedule might be as follows:

- 4-6 colonics two times a year for preventative maintenance
- 8-14 colonics over a 2-6 month period for long-term lifestyle changes



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
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250.562.4454

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- 1-3 colonics over a 1 week period for constipation, preparing for surgery or a colonoscopy

If colonics are so good, why haven't I heard about them before?

- In a way, the answer to that is a commentary on our present day lifestyle. Historically, artifacts and records show that people have regularly purified their bodies including cleansing the colon. Around the turn of the 20<sup>th</sup> C, the present day colonic machine was developed, providing a significantly improved method of accomplishing colon cleansing. Up to the late 1920's, many medical doctors had colonic machines in their offices, and machines were found in hospitals as well. Articles dealing with colon health frequently appeared in prestigious medical and scientific journals until the early 1930's. At that time, modern man began a 50 year love affair with drugs and surgery. These seemed to offer relatively instant relief for body ailments, resulting in purification and prevention techniques becoming less attractive. Recently however, there has been a resurgence of interest in using natural approaches for healing the body, and colonics have rapidly been regaining the respectability they have already earned.

Are colonics dangerous in any way?

- Being an essentially natural process, there is virtually no danger with a colonic. Skilled therapists will exercise extra care with an elderly person who is severely constipated. Also, colonics are never performed on a pregnant woman, a person with currently active ulcerative colitis, or following recent colon surgery. Our intent is to provide a safe and healthy service so that you do not have to worry. Cleaning of the necessary equipment, the use of disposable instruments and clean linens are all normal procedure. Purified water free of chlorine and sediment is used as chlorine destroys good bacteria in the colon.

I am a woman, what if I am having my period?

- No problem. It is perfectly safe and beneficial to have a colonic during your period. In fact, some woman find having a colonic in the first or second day of their period reduces the amount of menstrual discomfort experienced. Also, many women have noticed that after completing a cleansing program, menstrual discomfort has been eliminated or substantially reduced from that time on.

I've heard that oxygenation colonics are the best. Is that so?

- There are respected authorities taking both sides of this question. We believe that it is actually a false statement. First, the primary purpose of a colonic is to eliminate long held waste. Oxygen has nothing to do with that. Second, while there are certain harmful bacteria in the colon that cannot live in the presence of oxygen, they are physically washed out with the flushing action of the water anyway, regardless



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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of whether it is oxygenated or not. Finally, while it is undoubtedly helpful to oxygenate body tissue, there are other, more natural ways of accomplishing this. Deep breathing and aerobic exercises are good examples.

What is the difference between the "open" and "closed" systems?

- There are two colon therapy systems: a closed tube or closed system and an open basin or open system. I use a closed system. My answer to this question is that both systems are effective and neither should be considered better than the other, rather knowing how they are different allows you to make a choice that best suits your needs. That being said, with the 'closed' system waste and water being eliminated from your colon enters directly into the sewer 'enclosed' in the clear viewing tube. The practitioner is by your side during the entire procedure controlling the flow of water in and out. With the open system, you lie down on a special table and self-insert a thin flexible tube into the rectum. The elimination takes place around the tubing into a basin that you are lying above, hence called the open basin system. The waste is taken out to the sewer through your droppings into the basin. With this system, the practitioner does not control the flow of water.

I am worried that I could become dependant on colonics. If I get too many, the colon may stop functioning on its own. Are colonics habit forming?

- The colonic is a tool intended to be used to create a clean and healthy colon. A colon therapist who is dedicated to your health will encourage you to set a goal of having a well functioning colon. Our fulfillment comes from assisting you in healing your colon. Actually a colonic is used to tone the colon muscle so that the colon does not perform so sluggishly. It may take days for bowel movements to return after a good colonic. This is when people think they are becoming dependant on colonics. One good colonic is worth 20-30 regular bowel movements, so it may take some time for fecal matter to build up in the colon once again if one has a sluggish colon. When the colon is sluggish and bowel movements do not return for a few days after one colonic, it is an indication that colon work is needed to remove the debris that the bowel has built up over the years. This build up of fecal matter has decreased the muscular action in the colon. Once a series of colonics is completed, the colon will begin to function more like mother nature intended.

Will a colonic make me constipated or give me diarrhea?

- The most frequent post colonic experience is to have a slight delay in bowel movements and then a resumption of a somewhat larger, easier to move stool. Sometimes, if the colon is sluggish and weak, there may be no bowel movements for several days following a colonic. However, this is not due to the colonic, but rather to the weakness of the colon, and should be interpreted as an indication that the colon requires strengthening and healing. Very infrequently, diarrhea or loose bowels may be experienced. This could be due to the extra water introduced into



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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the colon or to the stirring up of toxic waste. If this should occur, it is usually of very short duration. However, since severe diarrhea dehydrates the body, it must be carefully monitored.

Suppose I have been suffering from constipation for a long time, will colonics help?

- We want to state that constipation can be successfully treated with natural, harmless techniques, including the use of colonics. Constipation is one of what may be termed 'civilized man's diseases'. While a typical Canadian has 5 - 7 bowel movements per week, it is not unusual for a rural African to have 3/day. There are four factors involved in having a well functioning colon – fiber, water, exercise and attitude. All four must be in balance for the colon to function well. Often however, because the colon has been sluggish for so long, it has become severely weakened due to being constantly bathed in toxic waste, stretched from holding excessive stool, and frequently, constricted by chronic tension in the colon. The process of colonic irrigation is excellent for cleansing and healing the colon sufficiently so that changes in diet, exercise and attitude are then able to produce their effects. Many people find that the relief provided by colonics stimulates motivation and enthusiasm to institute positive changes in their lifestyle.

I've heard that I shouldn't get colonics because it upsets the electrolyte balance, what's that all about?

- Electrolytes are the minerals in the body (mainly sodium and potassium salts) which maintain the proper electrical charge and pH balance in the various organs and tissues of the body. Each one of these tissues, organs and body cavities has a certain proportion and balance of minerals to maintain the necessary pH balance. For example, the stomach should maintain an acid pH and the duodenum (the first part of the small intestine) should be alkaline in order for the proper digestion to occur. If this balance is interrupted, then digestion will be impaired. The pH electrical balance in the colon is very neutral, ideally being slightly acidic. A strong acid or alkaline environment is not necessary because digestion does not take place in the colon. Rather, a major function of the colon is to re-absorb the fluid from the formed stool, which is passed into it from the small intestine. After the fluid is re-absorbed and stool formed, the colon moves the stool into the rectum and out of the body. The majority of material released during a colonic is formed stool that has already had the fluid and electrolytes removed from it. So the amount lost is very minimal and easily replaced by the body from the food and fluid we ingest.

Some people say that colonics wash our intestinal flora and valuable nutrients. Is this so?

- The truth is that washing out of putrefied material in the large intestine during a colonic increases the good intestinal flora. Good bacteria can only breed in a clean environment, which has been washed free of putrefaction and its accompanying harmful bacteria. That is why the intestines of a newborn baby immediately begin



Cherie Strong  
[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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to grow good intestinal flora. Each time you clean out the putrefying garbage and make a better environment for the flora, they start to multiply immediately in their natural media. It also stands to reason that valuable nutrients can better be absorbed in a clean environment than in a putrefied one.

What effect does colonics have on our immune system?

- The removal of stagnant waste material and hardened, impacted toxic residue could rejuvenate the immune tissue that resides in the intestines. Therefore this type of therapy could influence such immune deficiency diseases such as cancer and AIDS. Colonics are not a cure all, but an important adjunctive therapy in the overall health care of the patient.

What will be ok to eat after having a colonic?

- What we suggest is that you eat a moderate amount of whatever seems gentle and nourishing to you. Just as it does not make sense to get your car washed then immediately drive it through the mud, eating a meal known to cause you trouble in your abdomen directly after having a colonic is not an intelligent choice. Salads, vegetable soups and broths, fruits and vegetables either juiced or whole are the best choices.

Will one colonic completely empty the colon?

- Almost never. First of all, many of us have considerable amounts of impacted feces in our colons. Substantial work must be done to remove it. Second, there is a substantial learning process involved in receiving colonics. As you become more aware of what is going on in your abdomen, and as your body learns to allow the cleansing experience, you are better able to enter into that process, and therefore more material is released. One colonic will remove some of the stagnant waste in the colon. The second and subsequent colonics will remove more. How many you wish to have will depend upon your personal objectives.

How will I know when the colon is empty?

- It will probably never be empty, as it is an organ in continuous use. As more of the old, impacted material is released, you will actually feel the water enter higher regions of the colon without any sense of obstruction. The objective ought not to be an empty colon, but rather a well functioning colon.

Will a colonic clear up my skin?

- Your skin actually 'breathes' and it is an important organ of elimination of waste material. Sometimes if the colon, liver or kidneys are functioning poorly, the skin will be required to make up the difference. Surface eruptions on the skin of various sorts may occur due to toxins being released. Cleansing and healing the colon



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[www.stronghealth.ca](http://www.stronghealth.ca)  
info@stronghealth.ca  
250.562.4454

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diminishes the burden placed upon the skin as well as on the other organs of elimination – the lungs, liver and kidneys. As elimination is accomplished through its proper channels, the skin will very often clear up. Often people remark at how much their skin complexion has improved and is now shining.

What about having a colonic as part of a fasting/cleansing program?

- Whenever you do anything that increases the rate at which toxins are released into the bloodstream, it is essential that you eliminate whatever you can through the colon. If you don't, you may unnecessarily experience increased discomforts of toxemia. Instead of being expelled from your body, toxins may merely re-circulate and settle elsewhere in organs, muscles or tissues. Whether you use colonics or some other elimination aid, you must do something daily. You may find it beneficial to schedule a colonic at the beginning of your fast/cleansing program and ask the therapist to comment upon your plan.

### **Conclusion**

Should you have any questions regarding colon hydrotherapy, or would like to book an appointment, please feel free to reach me, Cherie at:

The Zen Garden Relaxation Centre  
Unit 230, 100 Tabor Blvd. S.  
Prince George, BC  
250.562.4454  
info@stronghealth.ca

Congratulations for taking steps towards your health and many wishes for a vibrant life!