

All you need to know about...

# COLONIC HYDROTHERAPY

*Blushes aside, colonic hydrotherapy could help ease your digestive problems.*

By Louisa Wilkins.

Colonic hydrotherapy is one of those unmentionables — after all, it's not ladylike to talk about bowel movements and gas. But if you can shrug off your shawl of propriety, there are many benefits to be gleaned from this slightly embarrassing treatment.

## WHAT DOES IT INVOLVE?

In a colonic hydrotherapy session, a steady flow of water is fed into your colon, also known as the large intestine, through a tube inserted into the anus. The water flushes into the colon and then back out, taking with it any faeces, fecal matter or anything else lingering in the colon. The waste feeds out through the same tube.

## WHAT DOES IT TREAT?

Digestive health issues are diverse, ranging from the symptomatic, such as excessive gas or diarrhoea; to chronic disorders, such as Irritable Bowel Syndrome. Problems with digestion can have detrimental effects on the body's ability to absorb nutrients; skin and hair; energy levels; the quality of sleep; the immune system; and general physical and emotional health.

Kay Vosloo, certified colon hydrotherapist at Synergy Integrated Medical Centre, says, "The main digestive issues I see in Dubai are Irritable Bowel Syndrome, bloating, gas, colitis, dysbiosis (bacterial imbalances) constipation, diarrhoea, acid

reflux and haemorrhoids. I also see patients who have issues stemming from laxative abuse and fat blocker tablets."

## HOW DOES IT WORK?

Enthusiasts claim colon hydrotherapy works on various levels. Firstly, they say it cleanses the colon of harmful bacteria, which can flourish in the gut, for example after a course of antibiotics or a severe case of food poisoning.

It can also help encourage regular bowel movements by stimulating and massaging the muscle tone of the colon.

Additionally, colonics can assist by rehydrating your body. Vosloo says, "If a patient is very dehydrated, I won't see a release coming through for 30 or 40 minutes. Then I know the body is constipated, possibly due to the dehydration, and drinking up water from the inside out."

According to Vosloo, cleansing the colon can help take some strain off the liver, too. She says, "Toxins can be absorbed from the colon by a series of veins, and transported to the liver to be excreted. If your digestive system is sluggish, your liver is likely to get overloaded."

## WHEN IS IT NOT GOOD

There are certain conditions and situations when colonic hydrotherapy is strictly prohibited. These include patients with colitis, Crohn's Disease, diverticulosis, polyps and during pregnancy.



## DIETARY SUPPORT

Colonic hydrotherapy is very closely linked with nutrition. Typical advice might include chewing food more; taking time over eating meals; eating more fibre; or avoiding citrusy, spicy or yeasty items. Another dietary recommendation might be to aim for a better acid/alkaline balance, whereby 80 per cent of the diet is made up of fruits and vegetables and 20 per cent from the acidic forming group, which includes rice, pasta, meat, fish, refined sugars and dairy.

## EMOTIONAL LINK

Ninety per cent of our 'happy' hormone, serotonin, is produced in the bowel, where some therapists believe stress is also held. According to Vosloo, by flushing out build up in the colon, we can release emotional stress and upheaval.

## COLONIC CAUTIONS

There are certain risks involved with colonic hydrotherapy, such as damage to the colon and the body's own digestive system becoming lazy.

So, make sure your therapist has the right credentials and is well experienced.

Also, check whether your therapist is using sterile, disposable equipment to prevent infection.

After your treatment, have a probiotic drink to stock up on healthy gut bacteria.

## TRY IT YOURSELF

Until the end of June, enjoy 20 per cent off colon hydrotherapy packages when booked on a Sunday or a Monday. For details, call 04-3485452 or visit [www.synergycrtrdubai.com](http://www.synergycrtrdubai.com).