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Description of a colon hydrotherapy session

“A colonic is best described as a gentle internal bath. Colonics are similar to enemas in some respects, but different in others. They are similar in that water is introduced through the rectum for the purpose of hydrating and cleansing, but different in that you don't have a large volume of solution all introduced at one time which you must struggle to retain. Enemas are normally self-administered, whereas colonics are performed by trained professionals.

Treatment begins



When you receive a colonic irrigation the therapist first gently lubricates your rectal area and then carefully inserts or helps you insert the lubricated speculum. Although the speculum feels a bit strange the first few times, there is generally no discomfort upon insertion.

The filling

Next the therapist opens the water flow of the colonic device and allows purified warm water to flow slowly into the colon. Before the pressure builds to the point where you would begin to feel discomfort, the therapist reverses the flow of water, and gases and wastes are gently removed while you are lying on the couch. There is no straining to hold in the solution, you just lay back and relax and the therapist and the machine do all the work.

The flow is then again reversed and another pint or two of water is introduced. This alternating process of solution introduction and waste withdrawal continues for about 45 minutes on the average.

Treatment comfort depends on the condition of your bowels

If you have been keeping your colon in good shape, you probably will have reached a point prior to that time where a clear flow has been achieved. In other words, your colon is now completely hydrated along its entire length, from the rectum to the caecum, and major waste deposits are removed.

On the other hand, if you have been neglecting the care of this vital organ, it is likely that at the end of your session some waste will still remain in the colon and will have to be removed by subsequent treatments.

People's reaction to colonics

During their first colonic most people are amazed at the amount of gas and the volume of waste removed. They are also very surprised at how much the colon therapist can tell from the outflow about their dietary habits and the condition of their overall health...

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Most people who have had colonic irrigations consider them to be a pleasant and sometimes even relaxing experience... You know how brushing your teeth in the morning picks you up and starts to make you begin feeling ready to go for the day, and I'm sure you can relate to the fresh clean external feeling you experience after stepping out of the bathtub or shower.

Most common comments

Well, that's the best way to describe how many people feel after an internal cleansing by colonic irrigation. Some typical comments I hear over and over after patients finish their treatment are:

- *That was a lot easier than I expected. (A typical comment from a first time colonic recipient)*
- *I feel 5 pounds lighter.*
- *I really can't believe all of that came out of me.*
- *I feel light and airy. It's so nice not to feel a load down there.*
- *I feel so clean inside.*
- *I only wish I had come in sooner instead of putting it off.*
- *I felt so comfortable and relaxed I didn't want it to end.*

I encourage you to learn more about the potential benefits of colon hydrotherapy, and then consider giving it a try yourself.”

General comments on the colonic irrigation procedure

During the colonic irrigation procedure, water circulates throughout the colon, removing its contents, while the client lies on a treatment couch.

Water temperature and pressure are closely monitored and regulated during a series of fills and releases to encourage the peristaltic action of the colon. The waste materials are removed without the unpleasant odours or discomfort usually associated with enemas.

During the fill, the client may experience a ‘bizarre’ sensation or cramps as the wastes and the water move towards the anus for evacuation. As the treatment progresses, a longer section of the bowel will be cleared of the residual waste and more water will be put in without causing discomfort, enabling the treatment to clear out a large section of the bowel.

Sometimes, depending on the initial condition of the client’s intestines, water filling can make the person quite uncomfortable at the start. In his situation, it is advisable to use lower water pressure, warmer and shorter fills, and, if necessary, invite the client to use the toilet before continuing with the treatment.

However, most times the treatment is not comfortable and, in many ways, quite liberating.