

Preparing for Colon Hydrotherapy

What to expect during the Treatment

At Alkaline we used a closed colon hydrotherapy system operated by qualified naturopaths. Amongst other things, this means your therapist will remain in the room with you for the duration of the treatment and will perform a gentle abdominal massage to assist with relaxing the bowel and enhancing movement of contents and bowel peristalsis. If possible please wear a top that can be lifted up to expose your stomach (your bottom half is always draped with a towel for modesty).

You will be 'on the table' for 35-45 minutes but we allow an hour for your appointment to make sure you are comfortable and are not rushed.

Some clients find that a massage, sauna, Endermologie session or ion cleanse foot bath beforehand can also enhance the effectiveness of their colonic by relaxing the body and stimulating paths of detoxification.

Treatment protocol

We generally recommend a series of three to four treatments to start you off and allow a comprehensive cleansing of the entire bowel. This isn't to say a single treatment is of no value, please speak to your therapist and she will be able to assess your individual requirements.

Having a colonic is like giving your body a good internal cleanse. Why not give it a complete spring clean with supporting nutrients such as herbs, enzymes, vitamins and minerals? We have qualified naturopaths on staff who are waiting to meet with you and assist you with all of your health needs. Don't stop at detoxing...rejuvenate your body too so you can achieve optimum health!

Food & Drink to prepare your body

Avoid gas-forming foods for a couple of days before the treatment (if possible) with closer attention on the 24hrs before. Gas forming foods include: sugar, wheat products (bread, pasta, cakes etc) alcohol, fizzy drinks (especially Diet Coke!), non-vegetable based protein powder and meat. By avoiding these foods – or at least reducing the amounts - it will assist with an easier colonic.

Hydrate yourself – Drinking up to 3L of water a day for the week before your treatment will ensure excellent hydration levels, which will assist the treatment and your results. Don't drink too much just prior to your appointment though as the abdominal massage that relaxes the bowel may also stimulate the bladder!

Drink liquid chlorophyll – Chlorophyll is rich in magnesium which can assist in relaxing the bowel, reducing gas, helping combat sugar cravings (which can be a sign of magnesium deficiency), and enhancing hydration levels faster than drinking plain water. It also works as a bowel cleanser helping with easier and more complete releases. Recommended dosage is 60 ml x 2 day – adding 60ml/litre of water, this also ensures you are drinking a minimum of 2L of water.

Fresh vegetable juices – rich in nutrients they also assist in loosening up bowel contents; beetroot, carrot, ginger, celery and spinach is a great combination.

After your treatment - Planning the rest of your day

Bring something warm to wear in case you feel cold after your treatment.

In our therapists clinical experience, the greater percentage of people leave the treatment energised and revitalised so don't feel you need to 'clear the books' post treatment. Occasionally some people may feel a little fatigued due to release of trapped toxins and the liver kicking in to continue with that detox process. If this happens don't worry, just drink plenty of water, and have a light meal. Warm herbal tea can help too - either organic ginger, chamomile, peppermint or ayurvedic detox. Try some of our great tasting Clipper Organic teas.

After your treatment - The next couple of days

Your bowel habits may be a little different over the next couple of days. If this occurs don't worry, it's simply because we have flushed out your bowel somewhat faster than it may work by itself. It can also show you how long food is taking to pass through your system (the average person is 18 hours).

If during your colonic there was a lot of undigested food, mucous or bacteria; or you would like assistance regarding other aspects of your health, diet and lifestyle, just book in to see one of our naturopaths, they're here to help you!

After your treatment - Food & Drink

People often ask what's best to eat after their treatment - ideally, something light and healthy; fish, salads, soups, veggie juices, sushi. Remember ***you will be absorbing more nutrients more effectively so take advantage of it and give your body something it can use!***

Try to maintain the great hydration that you boosted in preparation, 2-3L/day is ideal. Optimally one glass of water every hour is ideal for hydration and ensures less stress on the kidneys. Keeping a litre bottle on your desk and sipping throughout the day can keep you on track. Adding some liquid chlorophyll or vitals greens to your water for added nutritional support doesn't hurt either!

Maintenance

After your initial series of treatments our general recommendation is to follow up with a colonic every 4-12 weeks. Every body is different and in some cases the more frequent monthly treatments are of greater benefit, whilst for others a treatment quarterly is sufficient.

Please speak to your therapist to determine the best plan for you.

Probiotics

It is essential that all clients take probiotics during a series of colonics to ensure healthy bowel flora is maintained throughout. When the bowel is flushed, you will lose some of the 'good guys' along with old faecal plaque, mucous, Candida, bacteria, toxins, trapped food etc. Probiotics provide your digestive system with good bacteria and these bacteria also assist with immune system function. Dr Gillian McKeith (Nutritionist from 'You Are What You Eat') recommends taking them for up to six months as diet, lifestyle and medication use (including oral contraceptive use) can all deplete the levels of good bacteria in our guts. You've cleansed your colon and given yourself a clean start but why stop half way and not continue to maintain a healthy gut even when you are not detoxing! At Alkaline we have a range of practitioner quality probiotics to suit different people and target different conditions. Make the right choice and ask your therapist which probiotic would best suit you.

<p>Notes and recommendations from your therapist:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
