



Wellbeing Now

17 North Town Road Maidenhead Berks SL6 7JQ

Tel: 01628 - 670 - 970

Web: www.wellbeingnow.co.uk Email: request@wellbeingnow.co.uk

PLEASE KEEP THIS PAGE FOR YOUR REFERENCE

COLONIC IRRIGATION (COLON HYDROTHERAPY) ADVICE AND CONSULTATION FORM

Colonic irrigation is also known as **hydrotherapy** of the colon, high Colonic, entero-lavage, or simply colonic. It is the process of cleansing the colon by passing several gallons of water through it with the use of special equipment. It is similar to an enema but treats the whole colon, not just the lower bowel. This has the effect of flushing out impacted faecal matter, toxins, mucous, and even parasites, that often build up over the passage of time. It is a procedure that should only be undertaken by a qualified practitioner.

Origins: Cleansing the colon with the use of hydrotherapy is not a new concept. Forms of colonic irrigation have been used successfully for decades to relieve chronic toxicity and even acute cases of toxemia.

Alternative practitioners advise that we probably should have one bowel movement for every meal that we eat. If not, then we are not eliminating wastes completely, and if input exceeds output, then we will surely suffer the consequences at some point.

Normally, several treatments will be required to achieve desired results regarding the elimination of impacted matter, and restoration of bowel regularity. Initially only gas and recent faecal matter may be expelled. Impacted faecal matter can cause an imbalance of the natural organisms that normally populate the bowel, causing what is known as dysbiosis. Decomposing matter can cause a toxic condition and may lead to many health problems, as **constipation** causes backed up pollution of the body cells. The process of repair and elimination of wastes enters a downward spiral which at best will cause fatigue, lack of energy and premature ageing, and, at worst, can cause degenerative diseases, among them allergies, and even cancer and Alzheimer's disease.

Removing large amounts of toxic matter relieves the patient and can lead to the alleviation of symptoms such as arthritis, chronic fatigue syndrome, candidiasis, diverticulitis, Crohn's disease, leaky gut syndrome, heart problems, migraine, allergies, bad breath, acne and other skin problems such as psoriasis, asthma, chronic fatigue syndrome, cancer, particularly of the bowel, a host of other illnesses. Colonic irrigation can help restore normal peristaltic action to a sluggish bowel, thus reducing the need for more hydrotherapy treatments over time. In addition, removing the layer of faecal matter which coats the intestines in many individuals allows improved assimilation of the nutrients from foods and can alleviate symptoms of vitamin and other nutrient deficiencies.

The treatment: During colonic irrigation, a small speculum is passed into the patient's bowel through the rectum. This is attached to a tube, which leads to a tank or machine that pumps temperature-controlled filtered water into the colon at a controlled rate (to be controlled by either the practitioner or the patient). The temperature of the water should ideally be kept as close to body temperature as possible. The patient will temporarily be filled with water up to the level of the entire colon. This process, although sometimes uncomfortable, is not painful. It triggers peristaltic action and the patient will begin to expel the water along with faecal matter back through the tube. The faecal matter is flushed out via a transparent pipe or viewing tube, so that what is eliminated may be monitored. During the treatment, the therapist will gently **massage** the patient's abdomen to help dislodge impacted faecal matter. In addition to massage, sometimes **acupressure, reflexology, or lymphatic drainage** techniques may be used to loosen deposits and stimulate the bowel.

Sanitation is vital to this process. The tubes, robes, pads, and of course the speculums that we use **are disposable**.

After the Colonic: Since the colon has been cleared of solid matter, it may take one or two days before it fills up again and normal bowel movements are resumed. Some water is absorbed through the colon wall during a colonic, and one may notice an increased need to urinate for a few hours afterwards. This beneficial effect of flushing the kidneys may also be enhanced by drinking a few glasses of water with the juice of half a lemon added to each glass.

A colonic has a profound cleansing effect on the body, and many people feel so good afterwards that they want to double their jogging or workout time. Caution is advised here, for it can be overdone. Although light to moderate exercise is good if you are used to it, any strenuous activity should be avoided 24 hours after the treatment.

If a condition, such as habitual constipation or irritable bowel, has existed for a while, tiredness may be experienced for a couple of days after the first colonic.

A light diet of fruits, vegetables, salads, soups and chicken or fish should be followed for two to three days, taking care to avoid anything that causes gas. Avoid drinks with gas, natural or added. Rich or heavy food, flour products, spices and alcohol should also be omitted.

Although irrigating the colon does not remove all of the intestinal bacteria, it is still helpful to take probiotics to maintain bacterial balance. Live yoghurt with acidophilus is also advised because it is an active cleanser that also adds vital forces to the colon.

CUSTOMER NOTICE – TERMS OF BOOKING

By making your appointment with us, you agree to observe our terms of booking.

Deposit payments are required for all bookings over £40.00. They can be made over the phone by credit or debit cards or personally in the Spa by cash or credit/debit card. Please note that we do not accept cheques as a method of payment. After your treatment, you can pay the balance of your treatment by cash, credit or debit card. Unfortunately we are unable to accept either American Express or Diners Club.

CANCELLATIONS:

*If you are unable to keep your appointment, for any reason, please give us as much notice as possible. Single appointments cancelled with less than one full working day's notice (Mon-Fri, 9.30 am to 5.30 pm), may be charged at 50% of their list price. **Same day cancellations and no shows will be charged in full.** A notice of three working days will be required for any changes or cancellations of appointments lasting for three hours or longer on any single visit. We reserve the right to update our list of treatments without notice.*



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Colonic Irrigation Questionnaire - Please fill this questionnaire and bring it with you to your treatment.

Surname:	Sex:	Have you had colonics before: Y N
Name:	Age:	What therapies do you use regularly?
Telephone No:	Weight:	
Mobile:	E-Mail:	

Reasons for the treatment (tick the ones that apply to you):

Kick-start healthy living	Irregular bowel movements	Lack of energy	Skin problems
Detox	Constipation	Food cravings	Allergies
Increase energy	IBS/Bloatedness	Mood swings	Parasites
Help with weight loss	Diarrhoea	Candida	Headaches/migraines

Have these conditions lasted: **over 1-year** **2-3 years** **5 years or longer**

Tick the statements that apply to your eating habits and lifestyle:

I have a balanced diet <input type="checkbox"/>	I don't take milk <input type="checkbox"/>	I smoke & drink	I snack on sweets/chocolate <input type="checkbox"/>
I drink 8 glasses of water/day <input type="checkbox"/>	I don't eat wheat <input type="checkbox"/>	I eat slowly	I often overeat
I exercise enough <input type="checkbox"/>	I eat salads/vegetables <input type="checkbox"/>	I eat quickly	I have big meals after 8 pm <input type="checkbox"/>
I do not exercise enough <input type="checkbox"/>	I eat rice, barley etc <input type="checkbox"/>	I eat ready meals	I often eat bread, pasta etc

Please state your occupation and describe the levels of stress, a typical workday eating pattern, including meals, snacks and liquid intake. If you smoke or drink alcohol please state how much. If you take recreational drugs please mention this to the practitioner.

Describe your typical bowel movements: frequency, amounts and appearance

Please check whether you have any of the following conditions for which this treatment is contraindicated:

- Severe Cardiac Disease Severe Anaemia Active fissures/fistulae Recent colorectal surgery Cirrhosis or abd. hernia
 Unmonitored High BP GI haemorrhage/perf Pregnancy 1st trimestre Renal insufficiency Colorectal carcinoma

Please check if you have had any of the following:

- Cancer Diabetes High Blood Pressure Heart Disease Hepatitis
 Rheumatic Fever Thyroid Disease Seizures Other

Please add any information on operations/surgeries in the last 5 years (continue on the reverse if needed):

Please list any Medications and Nutritional Supplements you take on a daily basis (continue on the reverse if needed):

Please sign and date this questionnaire.

By signing this form I accept the 'Terms and Conditions of Booking' printed on the advice & reference page

Signature:

Date: