

HOW TO CHOOSE

The Right Colon Hydrotherapy Clinic



WHAT IS A COLONIC?

Colonics are also known as colon cleansing, colon hydrotherapy, colon irrigation, or high colonic.

It is a very safe procedure administered by a colon hydrotherapist that cleanses the colon aka the large intestine, with filtered water. It supports the colon in eliminating impacted fecal matter, undigested food, excess yeast/fungus, heavy metals, chemicals, “bad bacteria”, parasites, and even crayons you may have eaten as a child that never got eliminated in the toilet.



DIFFERENT TYPES OF COLONICS

There are two different classes of colonics to choose from. They are classified as either an “open system colonic” or a “closed system colonic.” Additionally, within the closed system, there are two different types of equipment utilized to bring water into a person’s bowels. The first and original method was a gravity-based system aka Wood’s Method and then later the pressurized system was developed.



OPEN



CLOSED



Open System Colonic

The open system typically uses a type II FDA-approved machine called LIBBE or Angel of Water which only targets the lower intestine instead of the whole colon. This system is pretty much a glorified enema that you are paying top dollar for.

- 1) The client administers their own “enema tip” instead of the colon hydrotherapist.
- 2) You are eliminating your lower intestine into a basin located within the table you are laying on which is similar to eliminating yourself into a toilet at home.

This system presents the possibility of smelling foul odors released during your session even if there is an air suction machine next to you. This is also not as sanitary as the closed system because if the CT is not thorough enough in cleaning the table, basin, and drain then you may be subjected to the waste and toxins that came out of the people before you. It also costs the same amount as a closed system colonic which addresses the whole colon versus just the lower intestine so the release will be on par with an enema instead of a closed system colonic which is superior.

Closed System Colonic



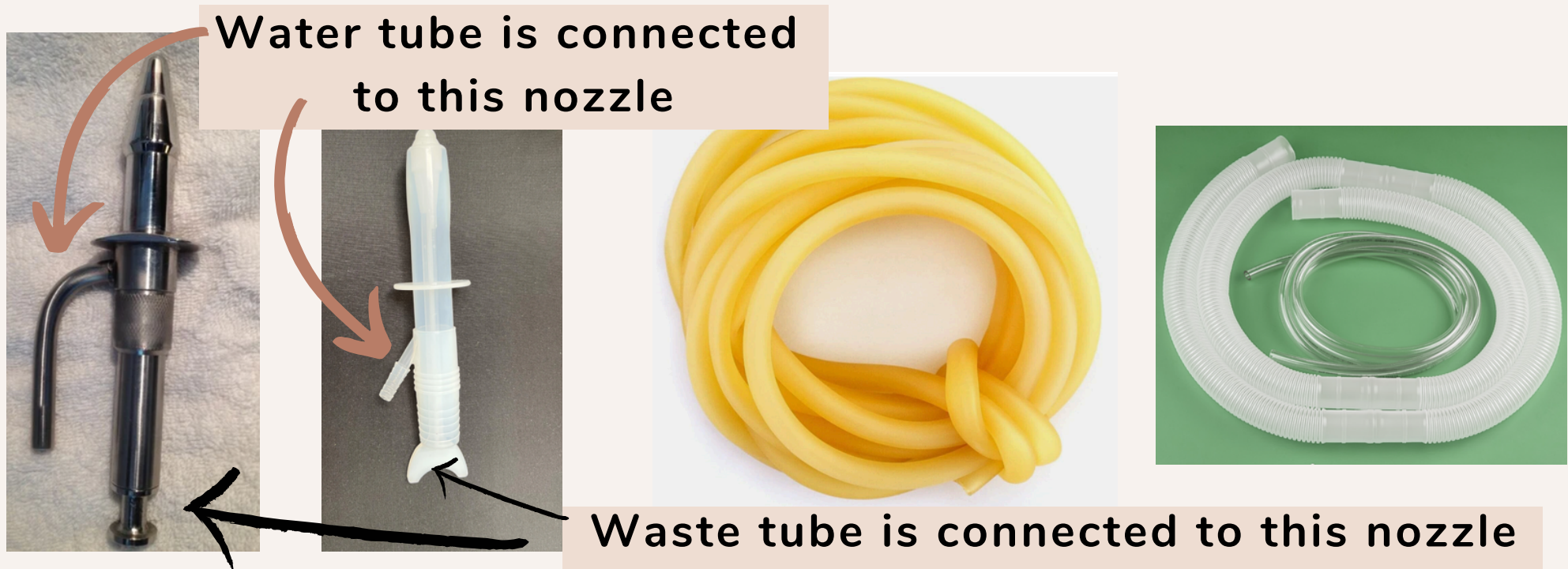
Gravity method

The gravity method uses a 5 gallon tank that is suspended 3 feet from the ground which allows the flow of gravity to gently introduce filtered water into one's large intestine.

Pressurized system

The pressurized system uses a machine that fills up a person with pressurized water which enters the large intestine at a much faster flow rate than the gravity method.

TOOLS USED IN CLOSED SYSTEM COLONICS



Both methods in the Closed System can use either:

- 1) Warm or cold water
- 2) A stainless steel speculum that is sanitized in an autoclave or a plastic disposable speculum (Dentists and hospitals use autoclaves to sanitize their medical equipment.)
- 3) Reusable natural rubber tubing that is sanitized and cleaned after each client or plastic disposable tubing.

During a closed system colonic, the client lays flat on their back with their knees bent and with a speculum inserted into their anus for the whole session which is around 45 minutes on average. Water enters the client's large intestine via the smaller tube. The fecal matter and water exits via the larger tube that connects to a drain making it a more sanitary experience for both the client and therapist without the exposure of any foul odors.

WHICH COLONIC IS BEST?

I've been receiving colonics for 21 years and was also trained as a colon hydrotherapist in the Woods Method 10 years ago.

I've received all three types of colonics and because of my experience, I only recommend CLOSED system colonics because it targets the whole colon which helps support a much greater release of toxicity from the large intestine. Additionally, I find it allows for a much cleaner and sanitary experience for the client.

Within the CLOSED system, my preference is the gravity method or Woods Method because it gently allows for water to enter the colon versus the pressurized system that pushes too much water at once into one's colon. People are already impacted with lots of fecal matter so the added water pressure can be very uncomfortable and put more pressure inside one's large intestine than necessary.

WHICH COLONIC IS BEST?

If you don't have a gravity system colonic in your area then you can still benefit from a pressurized system as long as you request that the colon hydrotherapist does not fill your large intestine with a lot of water at once. They can lower the intensity of the pressure and fill your large intestine with up to 20 seconds of water at a time. Remember to build up slowly throughout the session.

This allows for the large intestine to avoid being overwhelmed by the pressurized water which can be overbearing for some individuals. The colon's natural peristalsis would then naturally push the fecal matter out of the large tube to be eliminated by the body.

You can still have a pleasant experience using a pressurized system as I have since that is the only type of colonic available in my location.

I hope you can find someone you're comfortable receiving this health-saving service from near you! The benefits are out-of-this-world!

...And that is an understatement! www.BalancedNutritionandDetox.com