

HISTORY OF THE COLON

Colon hydrotherapy is a very ancient method of treatment and form of healing. Colon lavage was first recorded in 500 B.C. in the “Ebers Papyrus,” an ancient Egyptian medical document. Men such as Galen, Pare and Hippocrates (4th and 5th century, B.C.) recorded using enemas for fever therapy. In these earlier times, people performed an enema in a river using a hollow reed to allow water to flow into the rectum.

At one time, colon lavage was a more common procedure than it is today. Since the turn of the century, it has experienced periods of popularity alternating with periods of adverse reaction. The main reason was the practice of colon hydrotherapy by the untrained and unskilled which was very detrimental to its professional growth. Also, the general public awareness and use of this valuable health procedure has greatly decreased in the past 50 years due to the suppression of the dissemination of information relevant to the practice of colon hydrotherapy.

Several physicians, however, did bring attention to colon hydrotherapy. James A. Wiltsie, M.D. and Joseph E. G. Waddington, M.D. both placed great value on the therapeutic benefit of this modality.

Dr. Waddington once stated, “Abnormal functioning of the intestinal canal is the precursor of much ill health, especially of chronic disease conditions. Restoration of physiologic intestinal elimination is often the first, but too ignored, important preliminary to eventual restoration of the health in general.

Dr. Wiltsie followed through the theory by saying, “Our knowledge of normal and abnormal physiology of the colon, and of its pathology and management, has not kept pace with that of many organs and systems of the body. As long as we continue to assume that the colon will take care of itself, just as long, we will remain in complete ignorance of perhaps the most important source of ill health in the whole body.