

What is the Value of Colon Hydrotherapy?

Your colon, or large intestine, is one part of your digestive system. From your mouth to your anus, you have one long hollow tube that takes in food, digests it and eliminates it. Your colon, the last part of this tubing, is an organ made up of muscle tissue that moves toxic materials (digested food) along and out of the body through wave-like motions known as peristaltic action. The distance from the cecum (the beginning of the large bowel) to the rectum is approximately 5 1/2 feet.

When a person is constipated, the walls of the colon are general packed or lined with accumulated feces. The colon can neither absorb nor eliminate properly in this condition.

Despite daily elimination, many people are not aware that they have a bowel problem. Very often, the complete length of the colon is impacted with fecal matter, leaving only a narrow channel for the small softer feces to pass through. Failure to cleanse the colon properly is like having an entire garbage collection staff go on strike for months on end.

The colon is a sewage system of the body. If the wastes in the colon are allowed to build up, they will decay and absorb through the walls of the colon into the bloodstream. These toxins can poison the brain and nervous system which can result in feel depressed, irritable, weak and listless. It can also poison the lungs so that your breath is foul; poison the digestive system so that you are distressed and bloated; and poison the blood so that your skin is sallow and unhealthy. In short, every organ is affected.

Colon hydrotherapy is an ancient method of natural healing. Enemas were recorded as early as 1500 BC in the Ebers Papyrus, an ancient Egyptian medical document. Hippocrates, Galen and Pare also promoted the use of enema therapy. In those early times, people performed an enema in a lake or river using a hollow reed to allow water to flow into the rectum.

Bernard Jensen, D.C. says: "In times past, knowledge of the bowel was more widespread and people were taught how to care for the bowel." Enemas were at one time a more common procedure than today. Before the departure of the Lewis and Clark expeditions, a physician instructed them in the appropriateness of using enemas in case of fever and illness. Our grandparents and great-grandparents grew up with the use of enemas as a widely accepted procedure for reversing the onset of illness.

To properly cleanse the body tissue, we must start by a thorough cleansing of the bowel. It took time to pollute our bodies to the point of disease, so it will take time to reverse the process through a series of body cleansing. The natural immune system can only be built up in a clean body; a body with a minimum amount of accumulated toxic material.

Colon hydrotherapy is not a cure, but a valuable procedure and treatment for a wide variety of different health conditions, as a toxic bowel is a source of many health problems. By stripping down the old, toxic mucus lining of the bowel, we remove the number one source of disease in the body. In addition, a cleansed bowel becomes a more efficient means of elimination and nutrient absorption. This is also the first step toward normalizing the bowel so that the friendly bacteria can be re-established to keep the colon safe from putrefaction and further auto-intoxication.

Colon cleansing is so significant that surgeons and physicians are beginning to understand the importance of bowel care in the prevention of disease.

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