

Is colonic hydrotherapy an essential part of any cleanse?

Whilst 'cleanses /detoxes' come in a bewildering array of choices, they also share the common characteristic of changing input (*what you eat and drink*) in order to influence output (*what you eliminate*).

A fairly typical 'cleanse' approach would be to reduce calories substantially, in particular those coming from carbohydrates and sugar of all kinds) and increasing consumption of nutrients that are easily assimilated (generally in the form of vegetable juices, supplements, raw foods, and the like).

This dietary change makes the body switch fuels. Instead of burning carbs for energy it switches to *another energy provider*, i.e. burning fat for energy. This is significant. All fuels are not created equal. Fat is where the body stores most of our toxins. Of course, when the fuel (fat) is burned, it releases the toxins back into the system, for elimination. Meaning that all elimination systems in the body have to be in good shape to cope with the increased traffic flow of toxins. The liver in particular has to work real hard to detoxify toxins released, especially so on hard core cleanses. The liver is not a solo act: the other major elimination channels must also come into play. Specifically, the colon, kidneys and bladder.

So what's the role of colonics in all of this?

My experience as a colon hydro therapist is that not many people are able to have proper bowel movements during a cleanse. Why? Well, they are typically consuming less food, generally in semi- liquid form, so of course there is less bulk. This will slow transit time (the time taken from ingestion of food to its elimination), at a time when they actually need transit time to be optimal. The shedding of fat-soluble toxins substantially increases the body's requirement to eliminate via the bowel.

So the two competing mechanisms must be resolved to avoid the very real risk of re-absorption of some of those toxins because the colon is not working quickly enough, and waste is lying stagnant.

Re absorption is what causes the so-called healing reactions. (Headaches, bloating, nausea and the like). They *can* be avoided or at least reduced in intensity.

This where colonics come into play.

My suggestion to clients who want to do a detox cleanse is to schedule a series of colonics: one or two at the *start* of the cleanse (as one of the pre cleanse actions), then sometime during the *middle* and one or two at the *conclusion* of the cleanse (as a post cleanse action).

In my experience this makes all the difference between a cleanse that has one thinking *Never Again*, and one that's both effective and relatively comfortable. (I say relatively, because let's face it no cleanse is going to be a walk in the park all the way)

Its typical for people report a feeling of lightness and release after a colonic, particularly so if they were beginning to experience detox reactions. So I argue that colonics (or at least enemas) are pretty much essential for those who don't want to go through the *dark night of the colon* during their cleanse.