

Common indications for colon hydrotherapy

In the experience of many users, colon hydrotherapy is an effective support approach for:

- Relieving from bloating and abdominal distension, of non organic cause (ie not due to growths / masses)
- Relieving occasional /chronic constipation and IBS (irritable bowel syndrome)
- Improving skin conditions
- Increasing perceived energy levels
- Reducing frequency of toxic headaches
- Clearing the colon of hardened waste material and harmful toxins
- Stimulating the body's immune system into better performance
- Helping the body create the right conditions for the free passage of nutrients into the blood stream
- Creating better conditions to reduce, stop, block absorption (and reabsorption) of the body's toxic burden
- Providing a more favorable environment for friendly bacteria and micro-flora to flourish, aiding digestion and elimination processes.
- Strengthening muscular contraction of the colon (peristalsis)
- Promoting normal and regular bowel movement (BMs)
- Improving mental clarity, felt both subjectively and measurable objectively.

According to a report by *The Health Education Council*, around **85%** of the population have slow bowel movements with as many as **40%** of the UK population complaining of regular episodes of constipation. When the colon does not function properly, other organs of elimination (e.g., skin, kidneys, lungs and lymph) become overloaded and their functioning deteriorates.

Advocates of colon hydrotherapy believe that it will help cleanse the body and take strain off the vital organs. In this way, it may well assist the action of the other therapies or dietary changes.

The Colonic International Association notes that Colonic Hydrotherapy *'is best used as a complementary technique to other therapies.'*