

If you are a nervous newbie to colonics

Addressing some questions you may have about your first colon hydrotherapy session with WLC

Firstly thank you for booking with WLC.

I realise that if this is your first colon hydrotherapy appointment you may be a little nervous. That's understandable; however *honestly*, there's no need to be. Firstly, I have successfully assisted some 700 clients through the treatment, and carried out 2000 treatments, so you can be confident you are in experienced hands. At the same time, I completely understand your perspective if you are new to the process, and I promise I will be empathetic and responsive to your needs and possible concerns.

In the first appointment I go through the client intake form/health questionnaire (relevant case history) with you, and explain the treatment procedure.

Treatment procedure.

The colonic equipment I use is the 'closed system', which involves introducing a speculum 1.5inches (4cm) into the colon; it's a comfortable size for maximum comfort. An inlet and outlet tube is attached to the outside of the speculum so that the system is open, with water going in and water and waste out.

Filtered water is used in the treatment, with only small amounts held in the colon at any one time. The water gently dilates the colon and stimulates it to empty. In all, about 15 litres enters the bowel during treatment, and most of it empties out in the course of treatment. (Some of it is absorbed in the colon walls providing it with much needed hydration). The water pressure is carefully controlled and is in fact lower than is normally generated during a bowel movement!

To begin with, water goes into the lower bowel whilst you are lying on your left side. After about 10 minutes I ask you to turn onto your back, and using gentle massage techniques over your covered abdomen, work around the external profile of the colon, assisting the elimination of waste and gas pockets.

The colonic treatment itself generally takes about 30-40 minutes, which is sufficient time for good results from the treatment, especially if you are able to follow (to the best of your ability) the recommendations in the information sheet: '*how to prepare to have a great colonic.*'

Safety and Hygiene

The treatment is known to be extremely safe when conducted by properly qualified practitioner. I am a member in good standing of ARCH, the largest professional body for colon hydro therapists in the UK.

You will have done initial self-screening for contra indications to treatment. A list of conditions in the active presence of which colon hydrotherapy is not advised, is as follows:

Colonics are not advisable for people with any of the following Conditions: Abnormal distension masses (benign fibroids are ok), Abdominal hernia, Abdominal/rectal surgery (or abortion or miscarriage) in the last 6 months, Acute liver failure/ cirrhosis of the liver, Anaemia (if severe), Aneurysm, Carcinoma (of the colon) Cardiac condition, Heart attack (if recent), Renal Insufficiencies (incl but not limited to dialysis), Ulcerative colitis, Crohn's disease, severe Diverticulosis, Epilepsy, Fissures/Fistulas, Rectal Haemorrhaging, Haemorrhoids (if severe) History of Seizures, Intestinal Perforations (if recent and unhealed), Lupus, pregnancy; severe prostate problems; long term use of steroids.

A second check is provided by the accurate completion of the client intake form by you that forms the basis of the mandatory consultation that precedes the initial session. If there is any doubt, I will recommend an alternative treatment that will be more suitable. (In my experience with 700 clients this is extremely rare; I can recall only 3 times when I have not been able to treat a client)

Hygiene factors

I take hygiene factors very seriously having as second nature the various things that need to be in place to ensure this. At WLC, all accessory equipment is disposable and hygienically disposed of after treatment, following a strict protocol.

Clients are provided with freshly laundered gowns, and can change in the spacious spotlessly clean en-suite toilet/ changing room facility. An equally clean fleece blanket is provided for your dignity and comfort. There is only ever one client in clinic with the therapist during the treatment.

A second level of checks on quality standards is through the involvement of Dena, the clinics business manager, who has quality assurance and health & safety aspects as part of her remit.

Dena has a background as a trained pharmacist.