

## Why are probiotics a good idea after having a colonic?

It's known that Colonics, whilst it flushes the colon, leaves some intestinal bacteria in-situ (a good thing); nevertheless, from my experience of looking at the contents of around 700 colons to date, I am absolutely persuaded it is a good idea for most of us to take probiotics to maintain a good bacterial balance.

The logic is this. Some good and bad bacteria will naturally be removed during the treatment since the colon is being *cleansed*. However since people with eliminative difficulties will have proportionately more bad bacteria than good, the cleansing flushing action on the bacteria will also be proportional. I.e. more bad than good bacteria will be removed. The bacterial flora is in the protective mucosal lining of the colon, and is known physiologically that within 3 days the colon lining totally reconstructs itself. Other things being equal, the colon would naturally repopulate the flora in the *same proportions* as before the colonic.

With that said, let's look at probiotics briefly. Broadly, one could categorise them as dietary or supplementary.

What's an example of a *dietary probiotic*? As suggested by the name, they are food items rich in good gut-friendly bacteria. *Liveyoghurt* with acidophilus is good; as is *kefir* (a symbiotic culture of 29 different strains of bacteria and 27 strains of beneficial yeasts), which is increasingly available in mainstream grocers. Try ethnic grocers if you don't spot it on supermarket shelves. However, these are dairy-based products, and apart from that consideration, are not always as fresh as they ought to be. When the product sours (as it does as it ages on the grocers shelf) the good bacteria die off, so you don't really know what the level of the good bacteria is. It varies greatly. There are also commercial probiotic products available, but I am not too keen on them. There are too many filler ingredients in them. Take the probiotic drink *Yakult* as an example. Whilst its serving size contains 6.5 billion live organisms of one bacterium, it also contains 18% sugar. The Food Standards Agency defines high as above 15%. Similarly, *Actimel* contains 10 billion viable organisms, but undoes its goodness by having a higher percentage of sugar than even Coca Cola!

In my view, there's just too much product variability, in popular marketplace products. And the focus on therapeutic effect is diluted by commercial considerations.

That brings me onto therapeutic standardized probiotics (i.e. supplements)

One of the aims of the colonic treatment is to change the proportion of friendly / unfriendly bacteria. After a colonic is an ideal juncture to do this and establish a healthier bowel flora environment. This is why my *aftercare instructions* to clients emphasises taking probiotics both immediately after the treatment, and also for a period afterwards (minimally 2 weeks) because to change the status quo requires a sustained effort. It's like taking a course of antibiotics, (except that the longer term effect on the system are distinctly positive, unlike with antibiotics). The point is that a treatment must be seen through to its actual completion; a colonic does not end on the table.

That's why *post-colonic*, I don't just tell clients to *take probiotics*, I give them a serving of therapeutic grade, standardized strength probiotics. This could be in the form of rectal implants (a 75 billion strength), or capsules to be taken orally.

At *West London Colonics*, we have carefully researched the best therapeutic grade probiotics, which is what we make available to our clients. We have sourced high-dose probiotics of up to eight strains of the most essential probiotic bacteria, which do not contain dairy products, preservatives, and colourings. There are two strengths we recommend. A *high potency strength* used for re-population of the digestive tract following colon hydrotherapy, (which can be used as dosages of 20 billion, 100 billion and 450 billion per serving depending on indications); and a *maintenance level* strength (a dosage of 4 billion viable organisms).