

Q&A with Julia: Colonics not habit forming

This is my regular feature in which I answer questions which clients have put to me, and which therefore may be of interest to prospective clients.

Q: Is colon hydrotherapy habit forming?

A: My answer to this based on my experience with 700 clients is a categorical, *no*.

So how do I reconcile this answer with my oft- repeated recommendation that most people should have a series of colonics?

Here is a representative example from my case file that may illuminate my point of view. A lady comes in presenting with chronic congestion in the sinuses for which she has taken various meds, including antibiotics. She is overweight, and eats poorly, with a lot of refined carbs in her diet. She has multiple symptoms: fatigue, headaches, bloating after meals, chronic constipation, bad breath, abdominal discomfort... She has tried many things for her problems, and colon hydrotherapy is almost a last ditch attempt...

It works ... *at least* to *relieve* her symptoms at first. That encourages her. And so she has colonics regularly and *frequently* in the beginning. How frequently? 2 to 3 times a week. Is that too many? Does this mean colonics are habit forming? Or is it just that (simply speaking), an intensive regimen was necessary at first to shift the momentum *away* from the disease condition? (Is this the right number for another client with the same sort of presenting symptoms? No, each person is different, and an individuals' response to colonics should be monitored colonic-by colonic)

After 6 to 8 weeks, the client was enjoying systemic rather than symptomatic relief (i.e. her body systems were beginning to regularize in their functioning). How to know this? More and more *normal* bowel movements. Is it just colonics that did the trick? No. Am I saying colonics is a cure for her disease condition? No. Of course not. The lady needed to clean up her act as regards hydration, diet, supplements, probiotics and moderate exercise. Life style changes are necessary, and the changes have to be sustainable. Undoubtedly, however, in her case colonics catalysed the other needed changes into a coherent and sustainable health improvement plan.

So now, she goes onto a maintenance level of colonics – once a month on average. For how long? Don't know, possibly indefinitely. Does this make colonics habit forming?

Or would it be better to think of it simply as another health-oriented routine like brushing ones teeth (done daily); going to the gym (3 times a week).... and having colonics (once every 4-6 weeks)? Are colonics not preferable to subscribing unthinkingly to the drug based medical paradigm, i.e. take antibiotics and /or laxatives (daily for a period, at stronger and stronger dosages), take laxatives (daily...forever).

Ask my client – she knows what side she comes down on.

A client recently mentioned in a review of a treatment with WLC her fear that colonics would 'disable' the normal functioning of the body. The fact is that it doesn't, it's more like kick starting a dead battery for many people with eliminative issues. What does a battery charger do? It provides a stimulus, a catalytic action. Is one colonic enough of kick-start? Usually not, to reverse years of poorly functioning eliminative function requires more. Colonics are an *enabler*, not a disabler- it does not create dependence, rather it encourages a dispirited, despondent apathetic digestive/ eliminative system to start working on its own (without laxatives etc).