

Q&A with Julia: Determining need for a colonic?

Q: How do I decide whether I need a colonic or not?

How do I decide whether I need a colonic or not? The holidays aren't yet over and I am already looking forward to detox. But should I just follow an at-home detox program, or get a colonic? When does one get a colonic, how often and is it very painful?

Hi I am Julia Rhodes Principal colon hydrotherapist at West London Colonics (WLC). People choose to have Colon Hydrotherapy as an adjunct to other lifestyle and health promotion measures, and have many reasons for so doing. Here are some of the reasons people come to see me at WLC:

- To relieve and prepare the ground for systemic healing of intestinal problems such as: constipation (whether due to poor food habits or prescription drugs), diarrhea, gas, bloat, hemorrhoids, Irritable Bowel Syndrome (IBS), diverticulitis, colitis, parasites, carbohydrate addictions; poor assimilation of nutrients.
- To help build stronger, more efficient metabolic efficiency. (This is important for everyone, from coach potatoes to world class athletes).
- As an adaptogen (something that improve the body's capability & capacity) to deal with upcoming stress. People have colonics during a period of lifestyle change or as a preventive measure.
- To relieve skin conditions systemically: conditions such as psoriasis, shingles, eczema and the like.
- To assist with weight loss objectives
- To help with healing of scar tissue and adhesions from surgery
- To obtain pain relief: abdominal pain, chronic tendency to headaches and migraines, back or shoulder pain, aching joints, and gout. Or people recovering from an accident.
- To help with immune-compromised systems: e.g. lupus, MS, rheumatoid arthritis, arthritis, cancer, chronic fatigue (CFD), candida, chronic infections, susceptibility to multiple colds, influenza.
- To support medical needs and/ or testing: pre- and post-surgery, barium x-ray colonoscopy, stool samples, and geriatric.
- To support cleansing programs: Its common for people to come in during a fast, a cleansing program, a raw food diet, a liver and /or gallbladder flush, or indeed any organ cleanse program. This relates specifically to your objectives.
- To support emotional release /healing: Some people become aware of emotional issues which they feel are physiologically (also psychologically) rooted or associated with the enteric nervous system (ENS), in particular, the colon. The question of how often I address in my Wahanda blog, 'call-on -health'. Colonics are generally not painful, however there will possibly be short periods of temporary discomfort during the procedure.