

## Colon Health Self Test questionnaire

*If you have a few minutes spare, you could find it illuminating to complete it.*

Having seen some 700 clients in something like 2000 colon hydrotherapy sessions in my professional career to date, I am persuaded that there is a small (but important) role that self test questionnaires can play in self- education. I think its because there is a sense of playfulness in sitting down and completing such a questionnaire. Also, it's a simple but rather clever way to get quite a lot of information across. Rather than the writer sitting down and writing a lot of words, a series of questions gets the reader to do the work of filling in the blanks.

As you will have guessed by now, all of the foregoing is a prelude to ... a self-test questionnaire.

You will already have a sense of the state of your colon health, however this quick test has the secondary effect of making you aware of some factors that you may not even have considered would have anything to do with your bowel! (It does not cover factors that would obviously lead to a disease diagnosis, so its useful in flagging up warning signs, rather like the flashing red lights on the dash board of your car that tells you: " Pay attention, and do something about this " The test is best done without too much introspection, just go with your first response. This isn't a rigorous test, but an indicative one.

1. Are you having fewer than 2 or 3 bowel movements daily?
2. Do you experience gas or bloating one or more times weekly?
3. Do you drink less than 1 1/2 litres -2 litres of water daily?
4. Do you have occasional abdominal pain?
5. Do you strain to have a bowel movement?
6. Do your bowel movements smell bad?
7. Do you have painful bowel movements?
8. Do you suffer from occasional headaches?
9. Do you run out of energy mid afternoon?
10. Do you have problems concentrating at times?
11. Are you having difficulty getting a good nights rest?
12. Do you have muscle aches and stiffness regularly or frequently?
13. Do you eat red meat more than twice weekly?
14. Do you eat fried foods more than twice weekly?
15. Do you exercise less than 3 times weekly?
16. Do you have allergies or sinus problems?
17. Do you have bad breath or body odor?
18. Are you unhappy with your overall health?
19. Do you have haemorrhoids?
20. Do you use a microwave oven- often?
21. Are you currently taking any prescription medications?
22. Have you ever taken prescription, over the counter or recreational drugs for an extended length of time?
23. Do you drink soft drinks, alcohol or milk more than 2 times a week?

24. Do you often wear clothes that have been dry-cleaned?
25. Do you wear man made synthetic materials (polyester)?
26. Do you have sensitivity to perfumes or other chemical odors?
27. Does your occupation expose you to toxins?
25. Do you smoke or have you ever smoked?

If you answer *Yes* to more than 7 questions, it's likely your bowel is not functioning at its optimum peak of health.

Why? Just the weight of cumulative factors.

You will notice the questions include a mix of *symptoms*, as well as some *causative factors* not commonly associated with colon health.

This is part of the self-education process- to realize that some things that appear not to be connected, actually *are*. I work with people who practice yoga, who by and large know more about their body and holistic principles of health than the average person. Nevertheless, they have all been astonished when they have colonics, and then notice an exponential positive difference in the flexibility of their body. "Who would have thought it " is a pretty indicative paraphrased response I have encountered.

The truth is that most of us have trouble recognizing how interconnected we are, and how we can make big changes by making relatively small interventions, for instance as in colon hydrotherapy.