

## **Detoxification Contraindications and Instructions**

A contraindication is when a service should not be used or should be used with caution and/or with a doctor's release. If you have any of the contraindications, please read the instructions and contact us if you have questions. These detox services are safe and effective for most people. However, there are certain times when it would be wise to consult with your physician. If you need a referral for an integrative physician who may better understand the benefits of detoxification, please contact us.

### **COLON HYDROTHERAPY (COLONIC)**

#### **Preparation for Colonics:**

Sessions are typically 35-45 minutes in duration, but the entire process is about 60 minutes. Please prepare the day before your session by drinking water and filling up on electrolytes throughout the day. Eat healthfully the day of your session unless you are fasting. Eating a meal 2-4 hours before your colonic is ideal, but try not to consume food within 2 hours of your appointment if possible. If you tend towards constipation, it would be beneficial to take an herbal laxative such as cascara sagrada or magnesium citrate for a few days before your appointment. This will help to loosen the stool so that you will get more benefit from the session.

After the session, you may feel tired as your body has done a lot of work. Eat a nourishing diet with only healthy food and rest if you need to. During a colonic, electrolytes and good bacteria are released along with the unhealthy bacteria. Please take plenty of high quality probiotics and restore electrolytes for at least the next few days after the appointment. We offer electrolyte drinks with the session for free and we have probiotics for sale.

#### **Contraindications/Cautions for Colonics:**

1. **WEIGHT LIMIT** – our open system colonic equipment is suitable for those weighing less than 275 pounds. If you weigh more than that, we can refer you to another provider with a closed system.
2. **ABDOMINAL HERNIA** – when a person has been diagnosed with abdominal hernia or has had surgery for abdominal hernia. The person should obtain a doctor's release and use extreme caution.
3. **ABDOMINAL SURGERY** – colonics initiate peristalsis and use of the abdominal muscles may aggravate sutures and the healing of the incision. A minimum of 12 weeks should pass after surgery before getting a colonic.
4. **ABNORMAL DISTENSION/MASS** – when a person has been diagnosed with abnormal colon distension or masses.
5. **ACUTE LIVER FAILURE** – when a person has been diagnosed with acute liver failure.
6. **ANEMIA** – when a person has been diagnosed with severe anemia. The person should obtain a doctor's release and use extreme caution.
7. **ANEURYSM** – when a person has been diagnosed with an aneurysm.
8. **CARCINOMA** – when a person has been diagnosed with carcinoma (cancer) of the colon.
9. **CARDIAC CONDITION** – when a person has had cardiac surgery or has been diagnosed with a heart condition such as uncontrolled hypertension, congestive heart failure or other heart conditions. The person should obtain a doctor's release.
10. **CHROHNS DISEASE** – when a person has been diagnosed with Chrohns Disease.
11. **COLITIS** – when a person has been diagnosed with colitis, ulcerative colitis, etc.

12. DIALYSIS PATIENTS – when a person is restricted on fluid intake and on dialysis.
13. DIVERTICULOSIS – when a person has been diagnosed with diverticulosis/diverticulitis
14. FISSURES/FISTULAS – when a person has been diagnosed with fissures/fistulas.
15. HEMORRHAGING – when a person has a flow of bright red blood discharging from the rectum.
16. HEMORRHOIDECTOMY – after removal of hemorrhoids, a doctor's release should be obtained and the procedure should be administered with caution.
17. HISTORY OF COLON PROBLEMS – when a person has had a history of colon problems. The person should obtain a doctor's release and use extreme caution.
18. INTESTINAL PERFORATIONS – when a person has been previously diagnosed by a physician/surgeon to have or have had intestinal perforations.
19. LUPUS – if you have been diagnosed with Lupus, you should obtain a prescription from your primary health care provider as Lupus patients have been noted to have colonic perforations occur from the disease and the use of colonics can irritate the bowel further in these patients.
20. PREGNANCY – for first and third trimester.
21. RECTAL SURGERY – after recent rectal surgery within 12 weeks.
22. RENAL INSUFFICIENCIES – when a person has been diagnosed to be renal insufficient.
23. BLOOD THINNING MEDICATIONS – when you take aspirin or other NSAIDs or medications that thin blood. A doctor's release should be obtained.

## **IONIC FOOTBATH**

### **Contraindications/Cautions for ionic footbath:**

1. SURGICAL ELECTRICAL IMPLANTS – includes pacemaker, TENS unit, cochlear implant, etc... It does NOT include metal pins, plates, rods or other metallic implants. These types of implants are fine for foot baths.
2. Heartbeat regulating medication
3. PREGNANT OR BREAST FEEDING – it is suggested to wait for 2 months after childbirth or until breast feeding is complete.
4. ORGAN TRANSPLANT RECIPIENT – when you use any kind of anti-rejection medication. Medications can be drawn out during a foot bath and therefore is not recommended in this type of situation.
5. MEDICATIONS - where the absence of which would mentally or physically incapacitate. Medications can be drawn out during a foot bath and therefore is not recommended in this type of situation.
6. LOW WEIGHT/CHILDREN – if you weigh less than 95 pounds, start with 15 minute sessions and work up to full sessions as tolerated.
7. OPEN SORES – you may experience discomfort if you have a wound or sore on your feet or ankles for the first few minutes. You can do the session, but you may prefer to wait.
8. DIABETES/DIALYSIS/CONGESTIVE HEART FAILURE – as a general rule, it may be used by persons on dialysis or by those diagnosed with diabetes or congestive heart failure. However, persons with these conditions should consult their physician prior to implementing the ionic body detox and cleanse foot spa as part of their wellness program.

## **INFRARED SAUNA**

### **Contraindications/Cautions for Sauna:**

1. **MEDICATIONS** - those using prescription drugs should seek the advice of their physician for possible changes in the drugs effect when the body is exposed to infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.
2. **CHILDREN/ELDERLY** - the core body temperature of children rises much faster than adults. The ability to maintain core body temperature decreases with age. Operate at a lower temperature and for 15 minutes at a time and as tolerated.
3. **CARDIOVASCULAR CONDITIONS** - individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.
4. **ALCOHOL INTOXICATION** – those who are intoxicated may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.
5. **HEMOPHILIACS** - the use of infrared saunas should be avoided by anyone who is predisposed to bleeding.
6. **IMPAIRED SWEATING** - Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating. Get your doctor's permission before using.
7. **FEVER** - an individual who has a fever should not use an infrared sauna until the fever subsides.
8. **HEAT INSENSITIVITY** - an individual with insensitivity to heat should not use an infrared sauna.
9. **PREGNANCY** - pregnant women should consult a physician before using an infrared sauna.
10. **ACUTE JOINT INJURY** - if you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.
11. **SURGICAL IMPLANTS/PACEMAKERS** - Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna. Those with pacemakers should be fine. In the rare event that you experience pain and/or discomfort, immediately discontinue sauna use.