

## *What is Colon Hydrotherapy i.e Colonic?*

Colon Hydrotherapy is an ancient naturopathic procedure dating back to Egyptian medical texts as far as 1500 B.C. It is a process that flushes the colon with water to remove excess waste, toxins and any buildup that has occurred in the large intestines to restore optimal gut health over time.

## *What Are the Benefits of Colon Hydrotherapy?*

The effects of Colon Hydrotherapy can occur as soon as your session is completed as it releases pressure from your large intestine. It can restore original colon shape, relieve intestinal problems, reduce pressure on nearby organs, assist in weight loss, strengthen the immune system, hydrate the body and remove intestinal parasites as well as excess or built-up waste, toxins, gas. Colon hydrotherapy is an effective, gentle approach to cleansing the colon, and many doctors are prescribing it for their patients. Some doctors recommend having a colonic done prior to a colonoscopy; in this case a prescription is required.

## *What to expect during your session?*

Our practitioners that facilitate our Colon Hydrotherapy sessions are certified by the International Association of Colon Hydrotherapy. To see the list of requirements and required training, please visit their website at [www.i-act.org](http://www.i-act.org).

One of our practitioners will walk you through the process as well as answer any questions or concerns you may have before hand and will check on you regularly during the session. The duration of each session varies depending on the amount of waste to be removed but can average from 35-50 minutes

You will be in our private Colonic room and will undress from the waste down. You will then insert a tube 1-2 inches into the anus which will allow the water to enter your system. Most people find this part a bit uncomfortable and awkward the first time around. Once you are settled, the practitioner will start the machine which will then start pushing purified, room temperature water through your large intestines that will circulate and remove any built-up waste, parasites, toxins, and gas that will then exit out around the same tube and down the drain.

Our system is open which means that you are in control of when the water and waste release from your body.

### *How to prepare for your session?*

One of the most common questions we are asked is “do I need to do anything before my session”. From our practitioners, here’s some recommendations for before and after your appointment.

- Avoid heavy meals the day of your appointment. Light meals before and no greasy or fatter food for at least 24 hours after your appointment. This is recommended to avoid digestive upset.
- Come dressed in a way that you will be comfortable, no tight or restrictive clothes.
- You can resume work the day following your appointment. We do not recommend going to work after your appointment as your body needs time to rest from the sudden clear out.
- Get some electrolytes prior to and after the session

### *How often should I get a Colonic?*

The answer to this question is very personalized. Your practitioner will be able to give you a ballpark idea of how often you should have this session done depending on how much waste you need removed or what your long-term goals may be. Some people often like to have a colonic before starting a new detox regime or after holidays that involve a lot of eating. Others also come in more often to keep their system clean and in top shape as well as to start naturally healing digestive disorders or damage caused by poor diet or medication.

### *!Most Importantly!*

Here at Nourishing Journey, we have your healing and wellbeing as our highest priority. If you are unsure about any service, please don’t hesitate to ask our practitioners or receptionists for more information, resources, or reassurance.

**Healing is not linear, but we are invested in your journey with you!**