Colon Hydrotherapy

Colon hydrotherapy is a safe, effective method of removing waste from the large intestine, without the use of drugs. Did you know our colon holds 10-20lbs of toxic waste? By introducing filtered and temperature regulated water into the colon, waste is softened and loosened, resulting in evacuation through natural peristalsis. This process is repeated a few times during a session. For best results, colon hydrotherapy is best used in conjunction with adequate nutrient and fluid intake, as well as exercise. At Inside Health, our state-of-the-art technology promotes both the safety and sanitation of this popular cleansing practice.

Benefits:
- Removal of waste & toxins- which if not removed will be reabsorbed and filtered again by the liver.
- Weight loss (loss of accumulated build up)- cleaning out the intestinal tract allows the rest of the body to cleanse itself.
- Constipation- help hydration of the colon as well as improve muscle tone of the colon.
- State of health- able to evaluate the health of the body.
- Re-balance body chemistry- increase absorption of nutrients and water, decrease bad bacteria.

Preparation/After-care: Ensure you are well hydrated before your treatment and continue to drink water post colonic. Eat light the day of your colonic. Drink the electrolyte supplement provided by colon therapist. Follow the handout provided by colon therapist indicating foods to eat and avoid.

Contraindications:
- Recent abdominal surgery (within 2 months or Dr approved)
- Recent colon surgery (within 6 months or Dr approved)
- Acute abdominal pain
- Acute Crohn's disease/ulcerative colitis (active bleeding)
- Colon cancer & rectal/abdominal tumors
- Congestive heart failure/recent heart attack
- History of seizures/epilepsy - unmedicated/uncontrolled.
- Inflamed fissure, severe or bleeding hemorrhoids
- Uncontrolled hypertension
- Intestinal perforation
- Kidney failure
- Pregnancy (first trimester or Dr approved)
- Recent history of GI/rectal bleeding