



Colon Hydrotherapy Benefits

For the Body

Colon cleansing is one of those treatments that can be useful in managing digestive ailments and can make people's lives a lot better. This process involves cleansing and emptying the colon of residuals and toxins, which have been linked to so many health benefits.

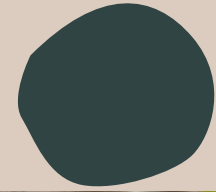
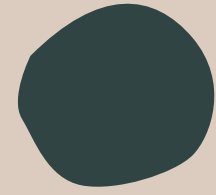
For the Mind

Did you know your colon can affect your mood? A proper-functioning colon is important for ensuring appetite-control, sleep, mental processing and hormonal balance. The nerves located in the bowel and the brain communicate affecting chemical signals sent by the central nervous system throughout the body.

Daily Life

Colon hydrotherapy offers many daily benefits ranging from better bowel health to increased energy and improved skin. It can also impact your life in the areas of detoxification, weight loss, or general health improvement. Call us for more info.

Learn how your mind and body interact to improve overall well-being.



Healing of the Body & Mind, LLC

The Benefits of Colonics



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Our trained professionals are here for you. Book a session with us today.



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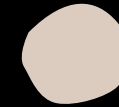


Our Therapist

Kasia Kamasinska has 10+ years as a certified colon hydrotherapist with a specialty in abdominal lymphatic drainage using Vodder method as well as gut detox and wellness protocols.

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Colon Hydrotherapy

Overview

Colon cleansing, often referred to as colon hydrotherapy or colonics, is a procedure aimed at improving digestive health by flushing out the colon with water to remove waste and toxins. This treatment is believed to offer several health benefits, including enhanced digestion, increased energy levels, and improved mental clarity. By eliminating toxins that may cause bloating and constipation, individuals can experience a more efficient digestive system, leading to better nutrient absorption and overall well-being. Additionally, many people report feeling more energetic post-treatment, likely due to improved metabolism and nutrient uptake. Colon cleansing is also associated with enhanced skin health, as the removal of toxins can lead to a clearer complexion. While some people use colon cleansing as a means to jumpstart weight loss, it also promotes the adoption of healthier eating habits, which can contribute to sustainable weight management. Furthermore, the detoxification process is believed to boost the immune system by reducing the load on organs like the liver and kidneys. Proper preparation, such as increased water intake and a balanced diet, is essential to maximize the benefits and minimize potential complications. Overall, with regular practice, colon cleansing may lead to lasting improvements in quality of life.



Closed Colonic Experience

Colon cleansing, particularly through the use of Hydro-San Plus devices at facilities like ours, offers a gentle yet effective method to rejuvenate the large intestine. This process employs a sophisticated 3-stage filtration system with temperature-regulated water to ensure a safe and comfortable experience. During the session, water is introduced into the colon, aiding in toxin removal while promoting hydration. A speculum for a closed colonic is 1 inch in diameter and 6 inches long, and is connected to both the waste line and the water line. This means that the water and releases will move through the same tube, as opposed to being eliminated into a hole in the open colonic device. You may be asked to lie on your left side in Sim's position, or on your back in supine position, and though the lubricated speculum is to be self-inserted, the therapist may assist you in the process. She may also do some body or abdominal work to help ensure a comfortable and profitable release. Unlike laxatives, which can be harsh on the body, colon hydrotherapy uses pure water for a soothing detoxification process. The closed colonic process offers additional benefits, as a therapist guides the session, ensuring optimal hydration and comfort. This method allows for simultaneous water flow and waste removal through a single tube, resulting in a more thorough cleanse. Many clients report enhanced well-being and prolonged relief following the treatment, attributed to the comprehensive hydration and detoxification achieved during the session.



Benefits of Colonics

Improved Digestive Health

Increased Energy Levels

Enhanced Mental Clarity

- Weight Loss

- Detoxification

Improved Skin Health

Better Hydration



Before Care Instructions

First Time Guests

For first time guests, we recommend two colon hydrotherapy sessions two days in a row. The first session can help loosen and soften impacted waste in the colon, while the second session can then more effectively flush out that loosened material, leading to a more thorough cleansing and potentially better results compared to a single colonic alone; however, it's important to consult a healthcare professional before deciding if this is right for you as it may not be necessary for everyone and could potentially cause discomfort or complications.

Key points about getting two colonics in a row

Improved waste removal:

The initial colonic can soften and loosen old waste that may be stuck in the colon, allowing the second session to more easily remove it.

Muscle toning:

Repeated sessions can help re-tone the colon muscles, potentially improving bowel function over time.

Maximizing results:

For individuals looking for a deeper cleanse or those with significant fecal buildup, a double session may be recommended to achieve better results.

Important considerations

Consult your doctor:

Before undergoing multiple colonics in a short period, especially if you have any underlying health conditions, always consult your doctor to ensure it's safe for you.

Before Care Instructions

Tip #1 – Stay hydrated

Try to drink at least 2 litres of filtered water per day. Even better if it's alkaline water!

The best way to start your day is with a tall glass of warm water and the juice of half a lemon squeezed into it. If you prefer, you can use a teaspoon of Apple Cider Vinegar (organic and raw) instead of the lemon juice.

Tip #2 – Things best to avoid

Please avoid the following items for at least 2 days prior to your treatment, as your colonic is going to be so much more enjoyable.

*Red Meat

*Alcohol, Coffee and Soft Drinks

*Wheat and Heavy Carbs e.g. white bread, sticky rice, and pasta

*Processed junk food e.g. sugar, chocolates, chips, cakes and biscuits

Make sure you chew your food well. Digestion starts in your mouth – the more you chew, the better you'll poo!

Tip #3 – On the day

We recommend you eat light on the day of your colonic. Try not to eat or drink too much for about 2 hours before your treatment.

After Care Instructions

It's important to drink plenty of water after your colonic to help your body continue to flush out toxins. We have plenty of complimentary electrolytes, minerals, and alkaline water for you to drink afterwards.

You're invited to kick back after your colonic - relaxing is all part of the 'letting go' process and eliminating the junk that doesn't serve you anymore!

As for your diet, eat plenty of fruit and vegetables (preferably raw or gently steamed if your body is not used to a high-raw diet). Continue to avoid red meat, alcohol, caffeine, sugar and heavy meals that will slow your digestion down.

