

1. Fluid & Electrolyte Mineral Balance

Since excessive diarrhea causes loss of minerals & body fluids, one might assume colon hydrotherapy may also. Let's see the differences:

Body Fluids: Diarrhea causes water loss without replacement.

Colon Hydrotherapy allows an exchange of fluids, REhydrating instead of Dehydrating.

Mineral Balance: as with regular bowel movement, there is some mineral elimination. These minerals are easily replaced at the next healthy meal. In every day life there are many common causes of electrolyte mineral loss such as the use of coffee, alcohol, diuretics, medications, poor eating habits, stress, even perspiration.

Therefore, we recommend potassium-rich foods such as sunflower seeds, bananas, potatoes, oranges, green leafy vegetables, whole grains, etc. & adequate fluid intake daily.

Consider this:

The kidneys & the liver are the organs in charge of balancing minerals. They become overworked by intestinal **intoxication**. Isn't it safe to believe that detoxification would facilitate & even improve their abilities to manage & utilize minerals?

2. Intestinal Flora of "Friendly Bacteria"

Favourable bacteria (flora) are always present throughout the small & large intestines.

Colon Hydrotherapy improves the bacteria "habitat" facilitating their reproduction and the multiplication. Antibiotics are the major cause of flora loss. We've all used them and /or regularly ingested them, perhaps unwittingly, in eating antibiotic-laden meat products, that are depleted of the necessary Enzymes to digest them.

3. About Colon Hydrotherapy:

Distinguishing colon hydrotherapy from home enemas J. Waddington M.D.

"there is no resemblance one to the other, except that both procedures begin by the injection of fluid into the rectum and sigmoid."

1. Enemas use single, high volume, pressurized fills, fatiguing the colon. FDA Colon Hydrotherapy Device, on the other hand, involves repeated inflow & outflow of filtered, temperature controlled water, to slowly dissolve accumulated toxic material. This gentle repeated filling replaces the need for pressure. Less pressure is used than when "bearing down" during bowel movements.

Colon Hydrotherapy is far more effective & comfortable. This will also exercise the colon, weakened by poor bowel habits & burdensome foods. Unlike home enemas, no strain is exerted on the anus, prevention aggravating to hemorrhoids.

2. you are modestly covered, the entire session, in a relaxed, comfortable position. Depending on the type of FDA Device, there is usually no need to run to the bathroom to expel. Elimination occurs during the session, with no exposure to the material or odor expelled. What you may eliminate, is visible through a sealed – clear viewing tube.
3. the sophistication of Professional Safe Colon Hydrotherapy Device compared to home enemas is significant. Manufacturers must go through rigorous research, testing and good manufacturing procedures to meet FDA safety and marketing requirements.

FDA Colon Hydrotherapy Device is used with great ease, comfort & effectiveness.

4. perhaps, the greatest difference is that you are attended & guided by a trained, skilled, Certified Colon HydroTherapist, (Therapists should be Certified through International Association for Colon Hydrotherapy "I-ACT"), that utilizes safe FDA Device. A therapist should only assist, observe & educate – Never Insert!

you simply relax, feel refreshed & relieved.

4. Colon Hydrotherapy Strengthens The Colon!

A sluggish colon can result in continued bacterial breakdown of the feces, which can produce 36 poisons in the alimentary tract.

“Several of these poisons are highly active & produce profound effects on the human body even in small quantities. The delicate body cells bathed in only a few of these poisons for extended periods of time can result in serious disease:

Indol, Skatol, Phenol, Cresol, Methylgandimine, Ptomarropine, Cacaverin, Histidine, Urrobilin, Sepsin...” To list just a few. Dr. J.Jackson D.C.

5. It Prevents Disease!

V.E. Irons, graduate of Yale, a leading authority & specialist on colon health, “there is only one disease, & that disease is autointoxication, the body poisoning itself... I’m convinced that unless you clean out your colon, you will never regain vibrant health.

6. A Toxic Colon Is A Feeder Of Disease!

James Wesley Wiltsie, M.D., author of many books on the Colon states: “the principle fact of free drainage is that infection tends to disappear when drainage is adequate, and in the absence of a feeder”.

7. Putrefying Waste Can Lead To Precancerous Conditions In The Colon.

Ron Kennedy, MD. From California wrote that he is convinced, that the great increase in colon cancer over the past few generations is also due to autointoxication in the colon. He concludes that putrefying waste material causes autointoxication and leads to dangerous precancerous conditions in the colon. Dr. Kennedy connects the effects of toxicity to other ailments seemingly unrelated to the bowel. In his view, there are problems which, because of ignorance of a sick bowel as the root cause, medical doctors of all specialties find difficult to treat successfully. He says the prevention of disease begins with a Colon Hydrotherapy cleansing program!

Author’s Conclusion:

Colon Hydrotherapy is NOT a cure-all, but may ease your pain,. Within us, there is a power that controls the heart beat, makes the blood flow, enables us to hear with our ears, and see with our eyes, controls the lungs allowing oxygen to enter our body as we breath, and keeps the brain functioning.

This strange power will renew diseased cells in any organ or part of the body which has gone haywire; it will cleanse the cells, purify the blood, give life to the digestive system and once again make life worth living.

I personally believe al forms of disease are due to the same cause...Autointoxication!...That means the accumulation of toxic waster materials in the body.

This toxic waste has been building up for years and years-due to our living habits.

Improper care of our bodies interferes with the nervous systems ability to handle worry, overwork excesses and abuse of all kinds.

Colon Hydrotherapy allows the body to be free or rid the body of Toxic waste.

Our body is always striving for the ultimate goal no matter how ill we treat it and that goal is peace and balance of our mind, body and spirit!

Contraindication's

Abdominal hernia

Abdominal surgery

Abnormal distension/masses

Anemia

Aneurysm

Carcinoma

Cardiac conditions

Chrohns disease/ulcerative colitis

Dialysis patients

Diverticulitis

Fissures / fistulas

Hemorrhaging

Hemorrhaidectomy

Intestinal perforation

Lupus

Pregnancy rectal surgery

Renal insufficiencies

Breakfast – Dawn to 10:00am

1. Protein – (Nuts)
 - a) Almonds
 - b) pecans
 - c) cashews

2. Carbohydrates – (Fruits)
 - a) Apples
 - b) pears
 - c) prunes
 - d) bananas
 - e) green olives
 - f) cream of rice cereal

3. Oil – (lipids) 1-2 tablespoons on food or by mouth
 - a) Olive oil
 - b) Walnut oil
 - c) Ghee (clarified butter)

4. Liquids—Juices
 - a) Purified water
 - b) Teas (hot)
 - c) Coffee (1 cup)
 - d) Peach nectar
 - e) Pear nectar

5. Vitamins / minerals
 - a) Out of the above foods

Lunch –11:30AM to 4:00 PM

1. Protein – (seeds, meats, vege-meats)
 - a) Sunflower seeds
 - b) Pumpkin seeds
 - c) Chicken (boiled or baked)
 - d) Turkey (boiled or baked)
 - e) Ground turkey

2. Carbohydrates
 - a) Brown rice
 - b) Lettuce
 - c) Corn
 - d) Broccoli
 - e) Green onions (tops)
 - f) Bell peppers
 - g) Tomatoes
 - h) Cucumber
 - i) Celery
 - j) Cabbage
 - k) Cauliflower
 - l) Beans/peas
 - m) Fresh dressing

3. oil – (lipids) 1-2 tablespoons choose one
 - a) ghee (clarified butter)
 - b) corn oil
4. Liquids—Juices
 - a) Purified water
 - b) Tea (hot)
 - c) Coffee (1 cup)
 - d) Peach nectar
 - e) Pear nectar

Snacks

Strawberries blueberries pumpkin seeds
 raisins rice crackers cream of rice cereal
 Grapes unsalted sunflower seeds
 Don' over eat

Dinner – 6:30PM to 9:30PM

2. protein
 - a) fish – tuna
 - b) eggs
 - c) tofu
3. carbohydrates
 - a) brown rice
 - b) beets
 - c) celery (roots)
 - d) cabbage (roods)
 - e) radishes
 - f) turnips / rutabagas
 - g) potatoes
 - h) mushrooms
 - i) asparagus
 - j) sweet potatoes
 - k) onions (yellow and white)
 - l) garlic
4. oil – (lipids) 1-2 tablespoons choose one
 - a) ghee (clarified butter)
 - b) garlic oil
 - c) peanut oil
5. liquids – juices
 - a) purified water
 - b) pineapple juice
 - c) Teas (hot is best for reducing weight)

Snacks

Pineapple rice cakes
 Peanut butter raw carrots
 Peanuts (few with no salt)

Soaking-

“Dried fruit and almonds” should be soaked in pure water 24 hours before eating, makes for easier digestion.

Soaking-

“grains and legumes” 24 hours before cooking allows them to be converted to complete protein and the starch to simple sugars. Your body will use up to 100% nutrition as a result of soaking.

Citrus fruits – (10:00 am)

Is a good time for a mid – morning snack.

They should be eaten alone. Nothing one hour before, or after eating them as they do not combine well with other foods.

If you prefer juices, drink only fresh squeezed, not concentrater: (this will only form more mucus.)

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|----------------|-------------|
| 1. tangerines | 2. limes |
| 3. grapefruits | 4. oranges |
| 5. lemons | 6. kumquats |

Melons – (4:00pm)

Is a good time for a mid-afternoon snack. They should be eaten alone. Nothing one hour before, or after eating them as they do not combine well with other foods.

Melons, eaten at this time may assist in releasing fluids.

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| 1. watermelon | 2. honey dew |
| 3. cantaloupe | 4. casaba |

Note: cashews should always be eaten only after roasted.

Suggestions on how t prepare the food for the meals

“combine when you dine”

Food combining is the only sensible, logical way to eat your foods, so that every thing you eat stands the best chance of digesting and allows to stray from the simple path of nature without suffering.

Its purpose is to make digestion easier, less complicated and more efficient.

Notes: ghee (clarified butter)

Whatever brand of butter you purchase, ghee is made by placing butter in a small dish or pot and warming, then place warmed butter in the refrigerator.

After it cools,

The top will have a white hard substance, remove this and discard, this is the fat1

There will also be some milk in dish – use this in food preparation.

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Anemia
Aneurysm
Carcinoma
Cardiac conditions
Crohn's disease/ulcerative colitis
Dialysis patients
Diverticulitis
Fissures / fistulas
Hemorrhaging
Hemorrhoidectomy
Intestinal perforation
Lupus
Pregnancy rectal surgery
Renal insufficiencies