

Windhorse

NATUROPATHIC CLINIC

Instructions for before and after your colon hydrotherapy treatment

Colon hydrotherapy is a process by which material waste and gas is cleared from the colon. Most people describe a feeling of 'emptiness' or 'lightness' afterwards. The physical action of emptying the colon would account for the sense of emptiness. The sense of lightness seems to coincide with the person feeling as if the clearing of fecal waste and gas has also had a cleansing effect on the mind and emotional state. Resting is important at this time to give your body time to rejuvenate and to come into a new place of balance.

Here are some suggestions for colon hydrotherapy preparation and aftercare.

- Drink plenty of liquids: clean water and freshly made fruit and vegetable juices or herbal teas.
- Add electrolytes to water, this will help your kidneys to work more efficiently and also aid in deep cellular hydration. (these can be store bought or homemade)
- Eat a healthy vegetable soup the night before the treatment, and/or the night of your treatment. This will provide more hydration, minerals and electrolytes. For many people, vegetable soups are easy to assimilate.
- Avoid eating raw vegetables right after the treatment. Steamed vegetables and raw fruit are more easily assimilated and digestible.
- Reduce meat consumption (especially beef and pork), alcohol, caffeine and sugar intake (best to completely eliminate them) for a few days before and after your treatment.
- "Binders" (Chlorella, zeolite, clay, charcoal, fiber, or microsilica) help to further "soak up or bind" up more toxins. These are especially helpful when taken the night before and the morning of the treatment. Always take binders on an empty stomach.
- Re-establish healthy flora: Achieved by using probiotic capsules or powders orally, probiotic enemas (at home), and eating plenty of lacto-fermented vegetables and dairy. You can pick up one of these at our office.
 - Flora 50-14: 2 capsules with dinner after your treatment,
 - Probiotics 350 billion powder ½- 1 packet after each treatment
 - Intestinal cleansing powder/binders: 1 tablespoon before bed, mixed in 10 ounces of water. Or take on an empty stomach during the day.
 - Chlorella: 8 -12 tiny tablets, 30 minutes before meals, or 20 tablets before bed.
 - Electrolyte powder: 2 tsp per quart of water, add lemon and maple syrup if desired.

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Why are we mentally and emotionally clearer after colon hydrotherapy?

Research by the late Dr. Candace Pert, formerly at the NIH and Georgetown Medical Center, and author of [Molecules of Emotion](#) helps to answer this question.

Dr. Pert explains to us how emotions and memories are stored in your cells and tissues. *Yes, in every cell, every tissue and in every organ.* She famously stated that “your body is your subconscious mind.” Our physical body can be changed by the emotions we experience. Her research showed that when there is a feeling in our mind or body, this feeling/experience translates into a peptide, which is subsequently released into the body. That feeling (now a peptide) can go anywhere, because all of our cells, tissues, organs etc, have peptide receptors on them. It is a vast peptide/receptor network!

These emotions/peptides can also be accessed and released from the tissues. Pert writes that “*by simply acknowledging emotions, they are expressed and in being expressed emotions can be released, even old emotions stored in body memory*”. And we thought memories were stored primarily in the brain! Unexpressed emotions are literally lodged in the body.

Colon hydrotherapy can be a catalyst to a deep and healing catharsis. Your colon hydrotherapy session should be used as a time to be mindfully aware of your emotions. And emotions do come to the surface during hydrotherapy, because during a typical treatment, all sorts of new body sensations may arise. These body sensations may give rise to emotions, as body sensations are often connected to particular memories. When these emotions are expressed and tenderly acknowledged, they can be released, even those very ancient memories and feelings. Allow your experience to include vague shapes, noises, smells, or feelings, as memories are not always accessed in clear cut mental forms. Healing can occur when held/stuck memories are brought into conscious awareness, because at that point, you get to decide what you would like to do with them (not your over firing subconscious limbic system!) Allow your mind to flow freely, this will help the colon to release whatever is no longer needed. You can even say to yourself during your treatment, ‘this anger belongs,’ or “this grief belongs.” Place your hand over the area of your body where you are feeling that sensation and try saying “This belongs, I care.”

Each colon hydrotherapy session is different and will provide a different ‘release’ for each person. When you are able to connect physically AND emotionally during the treatment, there is greater potential for a greater mind-body-spirit healing. After your treatment, please rest and journal in the

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evening (you can even try journaling with your non-dominant hand to awaken a more creative point of reference).