

## COLON THERAPY

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*Note: Our recommended method of Colon Cleansing is the home, colon-enema board but we have provided other information as well.*

All living things from single celled organisms to complex creatures such as animals and man have basic needs in common. For life to continue the cell must take in nutrients; make use of the nutrients for building and energy purposes, then dispose of the unwanted waste products and metabolic residue. If the cell is healthy, it will bring what it needs in through its outer membrane and dispose of waste by pushing it out. This is simple enough in single celled life forms but becomes more complex in humans who are made up of literally trillions of cells, each one of which needs nourishment and waste removal.

It has been demonstrated that living tissue can be kept alive in a laboratory indefinitely if provided with nutrient solution and kept free of waste products. I quote Dr. Jay M. Hoffman in his book 'The Missing Link in the Medical Curriculum' pg. 139.

"When I was going to Columbia Union College in Takoma Park, Md., I knew Dr. D. H. Kress and his wife, ... Notice what Dr. Kress has to say: "Dr. Alexis Carrel of Rockefeller Institute, winner of the Nobel prize in 1912, has demonstrated that it is possible to keep tissue alive almost indefinitely by merely keeping it free of its own wastes which are poisonous to it and supplying it with the nutrients it needs. A chicken dies normally at the age of 10 or 12 years. But the tissue separated from the heart of a chicken 18 years ago is just as much alive today as it was then. It really appears as though he will be able to keep it alive indefinitely."

He continues, "While I was living in New York I called up the Rockefeller Institute to ask if they still had the tissue of the chicken's heart there that they were keeping alive. They said no. They kept it alive from 1913 to 1947. After 34 years they were convinced that they could keep it alive for an eternity, so they threw it out. How were they able to keep it alive? By keeping it freed from its own wastes."

So it comes as no surprise that the magnificently designed human body has been endowed by the Creator with several interlinking and overlapping waste-removal mechanisms. As long as these function well, and unless and until they begin to break down under unnatural backloads of toxic waste, they work unendingly from early conception to death, striving always to do one main task; provide a clean environment for the cell to live in, by removing waste.

The body's waste removal systems include the skin, lungs, mucous membranes, kidneys, liver, and the biggest toxic waste dump of all, the colon. Each of these has its own specialty in the waste-removal business. The skin gives off water to help balance body heat and also electrolytes and some solutes. The lungs deal with gaseous wastes such as CO<sub>2</sub> and are part of the acid/base balance of the body. Mucous membranes use digestive system by-products to create mucous to protect and lubricate many functioning tissues and to entrap and wash out debris from the respiratory system.

The liver works to cleanse waste and toxic matter from the blood and neutralize it. This is only

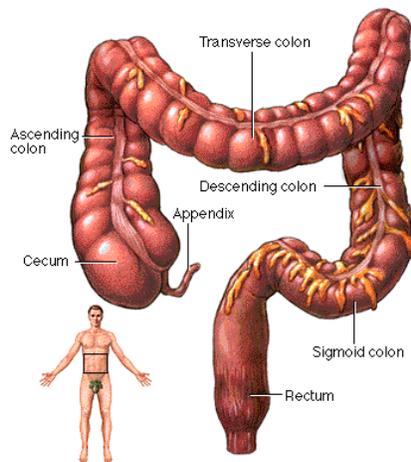
one of its many talents. Kidneys remove water and solutes with great care and selectivity, preserving what the body can use again and sending away the excess and harmful.

The Colon is really the foundation of waste removal systems. Its function in a nutshell, is to receive waste, retrieve whatever is useful to the body and remove the remainder. The colon's particular wisdom is to hang on to—by reabsorbing—what is good, and efficiently eliminate the worthless and evil. The colon, one of the first organs formed in the fetus, deserves our awareness and respect for the vital part it plays in our health and well-being.

## ANATOMY AND PHYSIOLOGY

### Medical View

"The lower part of the alimentary canal bears the name Large Intestine because its diameter is noticeably larger than that of the small intestine. Its length, however, is much less, being about 1.5 to 1.8 m (5 or 6 feet). Its average diameter is approximately 6 cm (2.5 inches), but this decreases toward the lower end of the tube.



### Divisions

The large intestine is divided into the cecum, colon, and rectum.

**Cecum.** The first 5 to 8 cm (2 or 3 inches) of the large intestine is named the cecum. It is located in the lower right quadrant of the abdomen.

As its name suggests, the vermiform appendix resembles a large worm in size and shape. The blind tube averages 8 to 10 cm (3 or 4 inches) in length and extends from the lower portion of the cecum. The structure of the appendix walls is similar to that of the rest of the intestine. Its mucous

lining may become inflamed; a condition well known as appendicitis.

**Colon.** The colon is divided into the following portions: ascending, transverse, descending, and sigmoid.

1 The ascending colon lies in the vertical position, on the right side of the abdomen, extending up to the lower border of the liver. The ileum joins the large intestine at the junction of the cecum and ascending colon. The place of attachment resembling the letter T in formation. The ileocecal valve permits material to pass from the ileum to the large intestine but not in the reverse direction.

2 The transverse colon passes horizontally across the abdomen, below the liver, stomach, and spleen. Note that this part of the colon is above the small intestine. The transverse colon extends from the hepatic flexure to the splenic flexure, the two points at which the colon bends on itself to form 90 degree angles.

3 The descending colon lies in the vertical position, on the left side of the abdomen, extending

from a point below the stomach and spleen to the level of the iliac crest.

4 The sigmoid colon is that portion of the large intestine that courses downward below the iliac crest. It describes an S-shaped curve, the lower part of the curve which joins the rectum, bends toward the left; the anatomical reason for placing a patient on the left side when giving an enema. In this position gravity aids the flow of the water from the rectum into the sigmoid flexure.

**Rectum.** The last 7 or 8 inches of the intestinal tube are called the rectum. The terminal inch of the rectum is called the anal canal. Its mucous lining is arranged in numerous vertical folds known as anal columns, each of which contains an artery and a vein. Hemorrhoids (or piles) are enlargements of the veins in the anal canal. The opening of the canal to the exterior is guarded by two sphincter muscles—an internal one of smooth muscle and an external one of striated muscle. The opening itself is called the anus. Note that the anus is directed slightly anteriorly and is therefore at approximately right angles to the rectum. These anatomical relations should also be kept in mind during administration of an enema.

**Coats.** A fibro-serous outer coat, the visceral peritoneum, continuous with the meso-colon.

Outer longitudinal coat condensed to form three tape like strips (taenia coli); small sacs (haustra) give the rest of wall of large intestine puckered appearance; the internal anal sphincter is formed by circular smooth fibers and external anal sphincter formed by striated fibers.

Inner mucous coat includes solitary nodes, intestinal mucous glands, and anal columns in the anal region.

## Functions

"The main functions of the large intestine are absorption of water, secretion of mucous, and elimination of the wastes of digestion." (The Textbook of Anatomy and Physiology: Antony and Thibideau tenth edition) pgs 481, 482, 483, & 486

## Holistic View

Holistically minded healers hold a much broader and more involved view of the function of the colon.

## How the Colon Manages Your Internal Food Waste

"The cecum (which is the first section of your large intestine) is 2 1/8 inches or 6 centimeters in length, and three inches or 7½ centimeters wide. The cecum is very tenacious; it is the toughest part of the colon. This is a major breeding ground for parasites. The length of the large intestine is five feet or 50 cm. Depending on the individual, this measurement may range from 100 to 200 cm. The large intestine or colon performs a number of functions. These include: fermentation of food residues by bacteria; excretion of poisons and waste products from the body; reabsorption of water, minerals and some nutrients from the stool; storage of waste products along with bacteria and intestinal gas until time of elimination; and, some absorption (approximately 15%) of nutrients such as vitamins A, D, E, and K.

"The main function of the large intestine is the formation and excretion of feces from the body. There are two parts to the large intestine: the right and left half. The right half, including the cecum, the ascending colon and the right section of the transverse section, is concerned with the completion of digestion and absorption of food. The left half, including the left section of the transverse, as well as the descending colon, sigmoid, and rectum, is responsible for the storage and excretion of intestinal debris. Undigested food that may escape through the ileocecal valve is broken down in the ascending and right side of the transverse colon. Water, which is readily absorbed by the colon, is excreted 20 minutes later by the kidneys. As debris reaches the midway point of the transverse section, it loses its fluid-like consistency and begins to resemble a mush-like substance. ...The colon is an endocrine organ; it directly influences the activity of the pancreas and other organs of digestion.

"The major absorptive function of the colon is conservation of water; however, recent animal and human studies indicate that short-chain fatty acids, ammonia, and other bacteria metabolites are also absorbed. The amount absorbed is linked to salt and water absorption, bowel habits, excretion of toxic substances and metabolism. On the average, 20 ounces of digested food pass into the colon each day. About 16 ounces of this are water and minerals which are absorbed into the bloodstream." (The Health You Deserve: Darrell G. Wolfe. Pgs. 18-22)

"The elimination of undigested food and other waste products is equally as important as the proper digestion and assimilation of food. In fact, because of the danger of the inevitable effects of toxemia, of toxic poisons, as the outcome of the neglected accumulation and failure to expel feces, debris, and other waste matter from the body, I can think of nothing more significant and vital! Few of us realize that failure to effectively eliminate waste products from the body causes so much fermentation and putrefaction in the large intestine, or colon, that the neglected accumulation of such waste can, and frequently does, result in a lingering demise!" Colon Health: Norman W. Walker Ph.D. P-1.

"The very best of diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste and corruption." N. W. Walker

As we have seen, the colon's work involves not only the storage and excretion of waste, but also the absorption of some nutrients, minerals, and vitamins. Therefore, if the first half of this organ is thickly encrusted with adhered matter which has accumulated through years of improper dietary habits, it will seriously interfere with this absorption, causing us to lose out on much of our available nutrition, even with the best of diets. The colon must be freed of this encumbrance for any nutrition program to be really effective.

### **Chinese Traditional View**

In the Chinese five element theory, the colon is the yang organ of the metal element; the yin organ of this element being the lungs. Thus we find in clinical practice that when confronted with a lung problem, one must also look to the health and function of the colon. The metal element rules over the sense of smell, the skin and body hair, the nose, and the fluid mucous. The sound correspondence is the sob and the emotion is grief. Metal has a direct relationship to vitality, and is injured by excessive dryness. The season of the year related to the metal

element and thus to the lungs and colon is the autumn.

### **The Functions of the Large Intestine.**

"The main function of the large intestine is to receive food and drink from the small intestine. Having reabsorbed some of the fluids, it excretes the stools.

Chinese medical theory is usually extremely brief with regard to the Large Intestine functions. This is not because its functions are unimportant, but because many of the functions attributed to the Large intestine in western medicine, are attributed to the spleen from a Chinese medical perspective. The Spleen controls the transformation and transportation of food and fluids throughout the digestive system, including the small and large intestine. For this reason, in disease, symptoms and signs such as diarrhea, abdominal distension and pain are usually attributed to a Spleen disharmony.

### **Relationship with the Lungs**

"The lungs are the rulers over autumn. Since the lungs correspond to the large intestine, both organs have to be treated together. The lungs are the stronghold and the root of the breath. Their condition manifests itself in the skin and body hair." Chinese Folk Medicine.

"Congestion of the large intestine, both acute and chronic, often leads to the displacement and loss of tone of this organ and is the cause of many pains and illnesses. General abdominal discomfort and low and mid-backaches are often referred from the distention of the large intestine. In the Chinese system, the energy pathway, or meridian, for the large intestine includes the head, nose and sinuses, and neck. Pressure in the head and sinuses, headaches, sore throats, as well as crankiness, lack of energy, and even lack of enthusiasm for life, can thus come from a back-up in this organ." Staying Healthy With the Seasons: Elson M. Haas, M.D. pg. 132

### **Purpose of Colon Therapy**

It should be apparent that the colon influences either directly or indirectly, every organ and function in the body. From a study of the above information then, it can be seen that efforts put forth to tonify and improve the functioning of this organ would have benefits when included in treatment programs for almost any condition and also for those seeking to improve general health and well-being. We will go into more detail of why this is so.

### **Toxic Body States**

Many natural healers claim that all disease comes from an accumulation of poisons or waste-products in the blood and tissues and organs of the body. There is much evidence to support this view at least in many cases. Because our diet and lifestyle now is far from natural and far from ideal, our body is called upon to face many chemicals, toxins and stresses that it was never designed to handle.

Indeed it does amazingly well to preserve life and to keep struggling on against overwhelming odds and the wonder is not that people get ill, but rather that they continue to live at all, on

some of the artificial, manipulated, depleted diets folk are eating. Here are some selected statements regarding the colon and its care from various authorities on the subject.

"It must be remembered that the colon serves the body as a waste receptacle or sewer, and like every other sewer, means must be provided for flushing. A stagnating sewer soon becomes an intolerable nuisance. Unfortunately, the average human colon in civilized lands, if not already a menace and a torment, is liable at any moment to become such. As a matter of fact, in the light of modern research, the colon must be held responsible for a large share of the miseries that have heretofore been charged to the account of the stomach". 'How to have good health through biological living' John Harvey Kellogg M.D. pg 394

Dr. Kellogg had written to over a hundred physicians and missionaries working in foreign lands among many backward and so-called uncivilized peoples. Concerning one of the letters Dr. Kellogg received, he states: "Dr. J. C. Young, located among the Arabs of Sheik Othman, Aden, in a letter to the writer (Dr. Kellogg) says, 'The natives give prompt attention to the bowels (three or four evacuations daily)'..."

"Another common error which is held by most medical men as well as by the laity, is that the stool should be 'formed'. This is a false notion which has grown out of the universal constipation habit which prevails among civilized folk. The vegetarian Hindus, of Amritsar, who live chiefly on ground wheat and vegetables, according to Dr. A. H. Browne have large, bulky, and not formed, but pulsaeous stools'. The late Carl Akeley informed the writer that the stools of the gorilla are large, mushy and practically odorless. Its intestines as well as its skin are free from parasites. Said the scientist, "The gorilla is the cleanest thing I ever saw."

"A firm, 'well-formed stool' always means constipation. Its significance is that the colon is packed full like a sausage and the fecal matters have been so long retained that they have been compacted by the absorption of water. The whole colon is filled and the bowel movement is the result of the pressure of the incoming food residues at the other end. When the body wastes are promptly discharged, as they should be, the colon will never contain the residues of more than two meals and at the after breakfast bowel movement should be completely emptied.

"That one bowel movement a day is a normal and sufficient evacuation of the bowels is another error which is universally entertained. One bowel movement a day is positive evidence of constipation. X-ray examination of the colon after a test meal shows that in persons whose bowels move once a day the body wastes are usually retained for 50 hours or more.

"The bowels should move at least three times a day, or after each meal. Four movements a day is a still better rhythm and is easily established by a biologic regimen. This, the writer has proved, not in a few exceptional cases, but in many hundreds of individuals who were willing to take the trouble to train their bowels by means of a proper diet and other simple and natural means.

"This is the natural order in lower animals, in apes which are most like man, in healthy infants and robust boys, in primitive and half civilized people and in many unusually healthy and vigorous men; and by careful training ... the crippled colon ... may be enabled to perform its work in a natural and efficient manner..."

"It is now well known that every person whose bowels move but once a day is constipated and suffering from general poisoning of the whole body. If the bowels do not move well three times a day, the colon soon becomes a reservoir of putrefying food residues. The so-called well-formed stool is certain evidence of constipation. Normal stools are soft and almost wholly free from odor, and occur after each meal." How to have good health through biological living: John Harvey Kellogg M.D. pgs 396-399

In speaking of the dangers of autointoxication, Dr Kellogg writes:

"Bouchard taught us that the body is a factory of poisons. Besides those which it normally produces, the colon when infected produces a long list of disgusting putrefaction products which are absorbed and often overwhelm the poison destroying and poison eliminating mechanisms of the body to such a degree as to interfere seriously with the ordinary life processes. This condition is termed autointoxication or intestinal toxemia, or alimentary toxemia, and is the predisposing or exciting cause of most chronic and many acute maladies. "The New Dietetics: John Harvey Kellogg M.D. p.613

Dr. Jay Hoffman writing about the people of Hunza, famous for their longevity and good health says, "Their three bowel movements a day are undoubtedly an adjunct to this good health. They are not afflicted by appendicitis, dyspepsia, ulcers, colitis, or cancer, as is made very clear by another doctor, Sir Robert McCarrison, in the following statement: 'During the period of my association with these people I never saw a case of asthenic dyspepsia, of gastric or duodenal ulcer, appendicitis or of mucous colitis, or of cancer.'" The missing Link in the medical curriculum: Dr. Jay Hoffman, pg 104

Dr. Denis Burkitt, in an interview by Ethel Nelson M.D. in 1979, stated the following: "The people of North America are spending \$250 million per year on laxatives. We are a totally constipated nation! Appendicitis is almost unknown in people who have had no contact with modern Western culture. I have a friend who has been a missionary doctor in Uganda for 37 years and is still waiting for his first case. We believe appendicitis to be caused initially by obstruction to the appendix as a result of the solid fecal content caused by a fiber depleted diet. The infection follows the obstruction.

"Hiatus Hernia affects about one in five Americans over the age of 25. Again, it is unknown in rural Africa. With the passage of a hard stool, the pressure within the abdomen rises very quickly, and the stomach is forced upward into the thorax through the small hole in the diaphragm surrounding the esophagus. This is apparently how a hiatus hernia is formed. At the same time, with this high intra-abdominal pressure, blood is being forced out of the large veins of the legs and the veins of the anal canal.

"This has been looked upon as an important cause in the production of varicose veins and hemorrhoids. These conditions affect nearly 50% of those over 40 in the U.S. They also are relatively rare in Africa.

"The most common cancer death in the United States is now cancer of the colon-100,000 new cases of colorectal cancer a year. The slower passage of constipated bowel content may cause a prolonged contact of a carcinogen on the bowel lining, but more important, carcinogens are diluted in bulky stools and concentrated in small ones.

"I might mention in this connection the experiment of feeding rats with a high fiber diet together with a poison. The rats all walked away quite happy. The experiment was repeated with the same diet, except it was fiber poor, and also included the poison. This time the rats lay down and died. So fiber must somehow neutralize poisons in the intestines. Thus protecting one from dangerous substances ingested."

## **Toxemia Explained**

Let's run through a typical chain of events. Improper diet and neglect of the needs of nature result in a backlog of toxic waste in the colon. This organ bravely does its best but soon toxins begin to be reabsorbed into the bloodstream.

These begin then to overburden the liver, which already has literally dozens of other tasks to do. It becomes overtaxed and is unable to remove all the toxins from the bloodstream. The person now begins to feel tired and irritable from all this but he doesn't know why.

Now the toxic load begins to spill over onto the kidneys. Designed to deal with the fluid wastes and not these heavy toxins, they soon have problems which show up in backache, urinary infections and bladder spasms and dysuria.

There are now other areas of the body that begin to feel the toxic load, The lungs and sinuses begin to try to help by dumping mucous, the skin will excrete what it can, resulting in body odor, eruptions and rashes. The lymphatic system will bog down and edema will be seen as the body tries to lessen the danger of the toxins by storing large amounts of water to dilute them.

Sometimes the body will make a valiant effort to fix the problem at its source by storing up all the water it can, even to partly dehydrating itself, and then flushing it into the colon to endeavor to flush it out. The patient has a bout of diarrhea and rushes off to the doctor to get it stopped! Diarrhea, you see, can actually be a sign of chronic constipation.

So you see from this brief account, how many seemingly unrelated events may all stem from the same cause.

## **Detoxification: Method and Order:**

Just as toxemia comes about in a certain order, so we must be aware and follow certain order when we want to detoxify. If we take a person with all the above symptoms and put them onto a crash fasting program, or begin to detoxify at the tissue level first, the body, already seriously compromised, will be unable to deal with the mobilization of the toxins and the person could become seriously or even dangerously ill. It would be like taking a leaf blower into a very dusty house. All that could possibly be accomplished by such methods is a redistribution of the toxins into deeper tissues and organs which could be hazardous.

So, how do we proceed? We proceed to reverse it in the same way as the problem started.

1. Introduce the person to a program of drinking 1 ½ - 2 quarts water daily, with a glass or two an hour before meals and between meals. Adequate pure water alone often works mightily as a colon cleanser to end constipation and allow the body to flush toxins thus relieving the toxic stress and leading to wellness.

2. Start the client on a series of Colonic Irrigations, if at all possible.
3. Do dietary teaching and seek to get them onto a program of whole food, plant based nutrition with the aim of eliminating all refined and processed food items.

What about massage as an aid to detoxifying? Deep tissue cleansing massage, lymph drainage massage, may be introduced gradually and slowly only much later in the cleansing program when the body will be in a condition to deal with toxins mobilized by these processes. It is not advisable to use these methods in either acute illness or early in a cleansing program before the colon and other organs have rallied and can eliminate well.

"Most people in the western world conceive of 'alternative healing' as a deviation from the norm. Modern western medicine, by contrast, is typically viewed as the culmination of a long, steady march toward progress and truth. Through a collective relapse of memory, our culture seems to have forgotten that modern western medicine is a relatively recent phenomena and that most of what is now called 'alternative healing' has been practiced for thousands of years throughout the world. Ironically, the true 'alternative' is modern western medicine which represents the greatest deviation in healing the world has ever known." (Western medicine's war against the natural world, Marti Kheel, Townsend letter for doctors, Jan. 1992)

### **History of Colon Therapy:**

On clay tablets written as long ago as 1500 B.C. has been found instructions on how to give an enema! Also in writings from ancient Egypt we find colon therapy referred to. From ancient times man has realized the importance of colon care in maintaining and restoring health.

The Chinese recognized purging as one of the eight methods of treating disease and close attention is paid to the colon in ancient herbal prescriptions on bronze tablets and tortoise carapaces 4,000 years old. Although the use of colon hydrotherapy was not in common use in ancient China, the great martial arts masters had special massage techniques which if followed daily, stimulated the removal of plaque build-up from the intestines and tonified the colon. They would also use all raw food diets with special herbs periodically, to cleanse their digestive systems for maximum vitality.

Colon therapy really comes into its own in the yogic tradition of India. Yogis, ancient and modern, practice enemas and other forms of cleansing, often on a daily or at least bi-weekly basis. It plays an important role in ayurvedic medicine, the 4,000 year old healing tradition of India. Gandhi practiced it on a daily basis, and when anyone became a close friend he would give him an enema and teach him this hygienic art.

Yogis practice what they call 'kriyas' which are a series of cleansings for various parts of the body. Among them is basti, which is the drawing up of water into the colon through a tube by using a special breathing technique. This is combined with uddiyana, an exercise of the abdomen that promotes the loosening and expelling of debris from the colon. [In providing this view of the yogic outlook on colon cleansing, the compiler is not giving sanction or recommendation to the practice of yoga per se.]

### **Colon Therapy Pioneers**

The late 1800's and early 1900's saw a great resurgence of interest in colon hygiene largely as a result of studies done at the Battle Creek Sanitarium under the famous Dr. John Harvey Kellogg. He published over forty books, among them several on the digestive system and colon care. He remarked that in the over 2,000 abdominal surgeries he had performed, he had never seen a normal colon. If that was the case back then, I'd hate to think what it is today! He taught patients how to train their bowels to move after each meal as is the natural way, and advocated proper diet, high fiber, the use of exercise as well as colon irrigations and enemas to achieve colon health.

Dr. N. W. Walker D.Sc. did much research and study on colon health, colonic irrigation, and diet as means to good health and longevity. His book, 'Colon Health, the Key to a Vibrant Life', is a classic on the subject and has been instrumental in changing many lives from despair to radiant health.

The North American institute for the Advancement of Colon Therapy states, "Since the turn of the century, colon hydrotherapy has experienced periods of popularity alternating with periods of skepticism. This ambivalence is due to the practice of this valuable therapy by the untrained, and is responsible for undermining its professional growth. In the early 1900's, popular physicians such as James W. Wiltsie, M.D. and Joseph E. G. Waddington, M.D. were proponents of colon hydrotherapy and maintained the philosophy that regaining physiologic elimination is the preliminary to eventual restoration of optimal health. With regard to the lack of priority given the colon by many physicians, Dr. Wiltsie reports, "As long as we continue to assume that the colon will take care of itself if only left alone, just that long will we remain in complete ignorance of perhaps the most important source of ill-health in the whole body."

Dr. Denis Burkitt and his famous studies on the high fiber diet in Africa and elsewhere, and its relationship to health, has also brought before us in a slightly different form the importance of colonic health.

Why, then, when so many have demonstrated clearly in the past, the value of colon therapy, do we have such gross ignorance amongst the populace and even, or should I say, especially, amongst the medical sector, about colon hygiene? We are taught that formed stools are normal, that one movement a day is plenty, and the elderly are ridiculed for their concern over bowel function, (learned in the by-gone years of awareness), and told that if their bowels move once or twice a week it is just fine!!! Since the '50's you don't even find colon hydrotherapy equipment in hospitals or clinics and when people come in suffering and impacted, nurses have to struggle with primitive enema cans and manual disimpaction to try to relieve their distress, when such simple and advanced technology is available and is completely ignored by the medical profession who turn a blind eye, except to order some irritating laxative, until it is time to remove the unfortunate victims' colons by surgery. What happened?

Well it is a long story of intrigue, brainwashing, and manipulative control that began in 1908 when the Rockefeller and Carnegie institutes took over the control of the A. M. A. and steered medical colleges, using the bait of monetary grants, into chemical drugs and drug research. Any other form of therapy that does not enrich these chemical barons is frowned upon. And so began North America's infatuation with bottles of little pills to cure everything. "Treat your body any old way, eat whatever you like, leave all concern about your body's function with us,

we know best, just follow our orders.”

So we entered the Dark Ages of health disguised as an era of great enlightenment. Let the buyer beware! Things are not what they seem to be. Learn about natural health and practice it. We can have a choice but we must use it, or lose it!

Now with our chemically manipulated diets and artificial lives our colons are in greater trouble than ever before and the gross ignorance that prevails makes it worse still. Abnormal functioning of the body is so widespread that even laboratory tests have been adjusted to match the populace because most people are abnormal. We are losing the ability to even know what 'normal' is anymore!

And then we have the scare-tactics:

“You mustn't mess around with your body, you might hurt yourself. Only your doctor is qualified to say what is good for you, you have no say in the matter. Stay away from anyone not recognized by the medical association, they can't possibly know anything!” And so simple procedures that anyone could use to help their health, become mysteries, and people are afraid, and follow blindly like sheep. It is very much like the control of the medieval church over the populace in the Middle Ages. We are in for a plague now also, as the head of the Wolfe clinic, Darrel Wolfe, states, "We are the endangered species!"

## **OUR COLONS TODAY?**

Consider these medical facts: (1990s)

- Over 400 million dollars are spent annually on laxatives in the U.S.
- Over 70 million Americans suffer from bowel problems.
- 100,000 people undergo colostomies each year in the U.S.
- Worms outrank cancer as man's deadliest enemy on a world-wide basis!
- Colon cancer is the second leading cancer killer in the U.S.
- Over 100,000 Americans die annually due to this disease. And Canada is right there also. Do we need Colon Therapy? Do we need natural health care knowledge? I think so!

## **Conditions often relieved by Colon Therapy.**

### **Mental and Nervous Problems and Insomnia**

The detoxification effect of colon hydrotherapy has been shown to be very effective in calming the nerves and relieving even long standing chronic insomnia.

As stated, the use of hydrotherapy including colon hydrotherapy, used to be the mainstay of the treatment of mental illness at the turn of the century and was often quite successful. Stagnation and congestion of the liver is a main cause of insomnia in the Chinese traditional theory and as this is often relieved by detoxifying the colon, perhaps this accounts for the effectiveness.

### **Asthma-Allergies-Sinus Problems**

Here again it would seem strange to the average person that diseases of the respiratory tract could be relieved by treating the colon; but for those who have studied and experimented with it, it is apparent that asthma, rather than being a disease of the lungs only, is primarily a disease of the digestive tract. This is more apparent when we see the close relationship that exists between the lungs and the large intestine in Chinese theory, and also how the large intestine acupuncture meridian runs around the mouth and nose. Writers such as N. W. Walker also cite the colon as the sight of reflex areas that are related to lungs and upper respiratory tract.

Here is one interesting case history: A life-long asthmatic who was dependent on inhalers 3-4 times daily on a regular basis, had tried various herbal and dietary treatments with very little progress. They were treated with two colonic irrigations; immediately following each of these, they were asthma free for three weeks, not requiring their inhalers! Now with regular use of the colon enema board and attention to diet, asthma has become a very minor problem for this client and the inhalers are a thing of the past.

It is interesting to note that the improvement came with only colonic therapy, using pure water. Ordinary enemas did not have the dramatic effect the colonic irrigation and colon-enema board had. Enemas seem to have little effect beyond the relief of constipation.

Allergies often come from a buildup of irritating toxins in the body, causing the immune system to become hair-trigger sensitive, and/or leaky-gut syndrome, which is where the intestines are irritated and begin to allow improperly digested protein molecules to enter the blood causing antigen-antibody reactions, triggering food allergies and auto-immune disorders. This, of course, can be helped with regular colon therapy over a 1-2 year period.

### **Liver and Kidney Problems**

The liver is the first to feel the brunt of excess toxins once the colon is overloaded, then follows the kidneys when the liver is overloaded. By relieving this at the colon level this can often be reversed if the damage is not too severe and even if it is severe it is a good idea to take off the excess toxic load in this way and thus prolong survival time.

### **Eye Problems**

Colon therapy for the eyes? Yes, the eyes are closely related to the liver and being the softest tissue in the body they are one of the first to suffer from toxemia once the liver is overloaded. A good colon therapy program can often improve eyesight and relieve such unpleasant symptoms as dry eyes, irritated and red eyes and help prevent cataract formation.

### **Addiction Treatment**

Whether the addiction is to alcohol, tobacco, drugs, or junk-food, colon therapy can greatly assist the cleansing process and relieve much nervous irritation and distress of withdrawal. Hydrotherapy in baths, showers, and colon irrigations can greatly assist the removal of the addictive substance from body tissues and get the suffering addict on the road to freedom.

### **Problems with Digestion, Elimination, and Absorption**

This is fairly obvious that colon therapy would help in these lines; however, it is often a surprise to people with diarrhea, either acute or chronic, that enemas and colon irrigation are one of

the most effective ways to combat this problem. By preventing carcinogens from remaining in contact with the bowel walls for long periods, a properly maintained colon also lowers risk of bowel cancer. It has been demonstrated that if the body is kept free of toxic build up, tumors or cancers rarely occur.

### **Nutritional Counseling and Retraining**

We can all benefit from the knowledge of diet as a means of attaining optimal health. The importance of whole, unprocessed foods as well as raw and fresh vegetables and fruits, such as the human organism was designed to subsist upon, can scarcely be overstated.

The popular foods of today are so far from nature that most folk haven't a clue about what our bodies are designed to use as food. Colon therapy is helpful as they learn and change lifestyle. But what of those who refuse to learn or change? Even then, colon therapy can help to ward off some of the ill effects of ignoring nature's needs.

Here is a list from Dr. Norman W. Walker's book; 'Colon Health', as to other various conditions greatly helped by colon therapy: Fatigue; hearing loss; poor eyesight; Asthma; prostate problems; colds; allergies; nagging backache; gas; abdominal pain; colitis; thyroid problems; diabetes; dysmenorrhea; and others.

### **Methodology:**

Most hygienic healers agree that colon care is important to overall health; however, they do differ somewhat in techniques with which to accomplish this. We will describe some major methods.

### **Enema:**

Equipment: Enema bag; often a douche bag or hot water bottle with attachment; holds 2-3 quarts. Tubing with control clamp, and rectal tip. Lubricant: K Y Jelly, oil, or Vaseline

Method: The solution is prepared and should be slightly warmer than lukewarm. Always check solution on hand or wrist to avoid burning yourself or a client.

The bag is hung up with clamp shut on tubing. Person receiving enema may lie on back or in knee chest position, chest on arms and buttocks elevated, or on right side. (Yes the right side is more effective than the left) Rectal tip is lubricated and inserted into anus. Solution is allowed to flow in and as much as possible is retained. When patient cannot hold any more or any longer, clamp is shut off, tip is removed and patient is helped to the toilet or commode to expel solution and feces. To be effective this should be repeated several times and, as the colon is emptied of feces, more water will be retained until entire bag can be retained.

Uses: The bag enema is useful when no better equipment is available or when travelling. It is also good for some nutrient and medical solutions that you want to administer in small amounts. Beyond simple relief for constipation or feverish states in children, it seems to have little if any healing effects.

## **Small Rectal Syringe for implants and infants.**

Method: Fill bulb with warm solution and inject slowly and gently into rectum.

## **High Enema:**

Equipment: Same as regular enema with the addition of a rectal tube 2 feet long, made of rubber or soft plastic with rounded tip for insertion.

This is lubricated and inserted as high up into the colon as possible before solution is allowed to run in. As colon is cleared it will be able to be entirely inserted. This form of enema is slightly more effective than the regular one and the uses are much the same. Again, colonic irrigation and Colon-enema board treatment is more effective for detox purposes.

## **Colon-Enema Board:**



Equipment: A board specially designed to fit onto a toilet bowl with a well and trough-like apparatus that allows one to lie on their back in relative comfort while water or solution runs in from a 5 gallon pail via a rubber siphon tubing. Waste and water can be expelled as necessary and goes into the toilet.

The special rectal tip for this device is long and narrow, made of hard plastic, and does not have to be removed to expel colon contents. This is a very useful device for home therapy for both water cleansing and medicinal solutions.

The user can also gently massage the abdomen during the procedure, assisting the cleansing process. Water flows in and out automatically with no need for uncomfortable retention as in enemas.

Complete equipment sets can be purchased on the internet. The solid plastic boards have some advantages over the wooden ones for cleaning, but either is a good investment for your health.

This device is relatively simple to use and is not as exhausting as bag or can enemas. Many gallons of solution can be run through, thus giving better cleansing results. Doing it at home is a big saving to folk who require long term colon therapy or frequent irrigations for chronic diseases.

About the only disadvantage is doing it yourself as opposed to having a therapist to do it for you. Some people don't like this idea, while others greatly prefer it. Colon-enemas can be administered with someone else's assistance and this is needful in weak, ill, or elderly people. A family member can easily be taught to do this.

From personal experience with this device, I am inclined to say that a person's best health ally can be a colon-enema board.

## **Colonic Irrigation or Colon Hydrotherapy**

This is the Rolls Royce of colon therapies. Using equipment perfected in the early years of the

20th century, the flushing and cleansing action of many gallons of purified water is used to cleanse and stimulate the colon.

The equipment consists of a special device that is inserted into the rectum and allows the controlled flow of clean water in by a small tube and colon contents out via a larger tube. Being a closed system, it eliminates odor and is a much cleaner procedure than any of the former methods. A clear viewing section on the larger tube allows the therapist to observe matter as it comes away and thus assess the colon's condition.

The therapist controls water flow and also massages abdomen to assist in the mobilization of plaque and waste materials out of the colon. This treatment is administered only by trained therapists, and as initially a series of treatments should be done over a two to four week period, it can be costly, but the results are well worth it.

For those who cannot afford a lengthy series of colonics it is wise to take 2 or 3, and then follow up with home colon-enema board treatment. A colonic is one of the most refreshing natural therapies one can experience and is a strong ally in a natural healing program.

### **“But I am not Constipated”**

Many do not understand that Colonics are NOT only for people who are constipated. A person who has excellent bowel habits and yet suffers from congestion, sinusitis, asthma and allergies may find relief in colonics. It seems the bathing of the wall of the colon which takes place in colonic irrigation, cleanses it of debris and plaque, allowing the body to more freely expel toxins and excess mucous into the colon, as opposed to dumping it into the lungs and respiratory tract. The results can be dramatic improvement.

Those who have learned the benefit of Colon-Enema equipment in their own home, often grab the ‘board’ at first signs of a ‘cold’ or ‘flu’ and a couple of daily treatments can stop the problem before it gets going. Food-borne illness or ‘stomach flu’ can be also relieved by this treatment, especially if a teaspoon of powdered, activated charcoal, stirred into a glass of water, is added to the 5 gallon bucket to absorb toxins.

### **Herbal infusions in Acute Illness**

A colon-enema of catnip along with a tea of the same, or lemon balm and honey, can provide prompt relief in conditions of high fever. Keep patient protected from chill or draft during procedure. They will usually sleep following this and feel much relieved.

Even a plain water colon-enema can relieve fever by removal of the toxic waste that ‘feeds the fire’. Diarrhea, especially from food poisoning, can be relieved; severely congested chest or pneumonia can be greatly eased by a colon-enema.

The colon enema board or colonic irrigation is the method of choice for treatment of acutely ill persons, as the effort on their part is minimal. They can be made comfortable and kept warm during the treatment.

For infants and small children: often a bulb syringe used with warm water and gently repeated until stool flows freely, can give relief in feverish conditions and prevent febrile seizures. This

method of fever control assists the body in what it is trying to do, get rid of toxins, instead of adding to the toxic load with drugs.

## **Contraindications**

(Suggested by the North American Institute for the Advancement of Colon Therapy)

- Severe Cardiac disease
- Uncontrolled hypertension
- Congestive heart failure
- Aneurysm
- Severe anemia
- G. I. hemorrhage/ perforation
- Severe hemorrhoids cirrhosis
- Carcinoma of colon fissures/ fistulas
- Advanced pregnancy
- Abdominal hernia
- Recent colon surgery
- Renal insufficiency

## **Summary**

As part of hygienic healing, colon therapy is a valuable adjunct in gaining health. There is no way to achieve optimal health unless the colon is healthy, clean, and functioning well.