

Responses to Colon Hydrotherapy Treatments

Response to Treatment

Some people feel cold, hungry, weak or thirsty after a treatment. This is normal, as the colon has done a lot of work in a short period of time. If you feel weak afterward, try having a cup of herbal tea with honey to increase blood sugar and supply minerals. If hungry, eat a banana or drink a cup of vegetable broth. The potassium and other minerals will restore the electrolyte balance.

The regular pattern of bowel function may be interrupted and may even cease temporarily. However regular bowel habits will return once peristalsis is re-established through the movement of food/chime etc. in the digestive tract. You may help this condition by eating some soaked dried figs or prunes or in the summer some apricots, peaches or plums. However, the consumption of raw fruits (with the exception of bananas) should only be resumed one day after a colonic. A gentle more cooked diet on the day of the colonic is recommended to avoid gas cramps. In general however, a cleansing diet will consist mainly of raw vegetables and fruits.

Some people may feel bloated for a few treatments. This may be a result of old stool and waste matter being re-hydrated. Either quick succession colonics or the addition of an herbal colon cleanse will speed up the process of eliminating this condition. For temporary relief you can rub some therapeutic grade peppermint oil on your abdomen and feet. Also drinking several cups a day of a warm tea made of fresh ginger and fennel seeds can be helpful.

Healing Crisis

Most people feel wonderful and energized after a colonic. However, for some people various degrees of feeling ill may be the body's way of eliminating toxins. When the colon begins to cleanse and old putrefactive material begins to re-hydrate, there is often a re-absorption of toxic substances into the bloodstream. As a result the client may experience nausea, flu-like aches, headache, fever, dizziness, water retention, lethargy, aching joints and depression. They are an indication that internal cleansing is taking place. Rest, ample fluid intake, a warm bath, a cup of peppermint, fennel or chamomile tea or the application of therapeutic grade peppermint oil may bring relief. And so will patience. Rest assured: a healthier, happier you is in the making! As long as a "crisis" remains within the level of tolerance, we welcome it. However, if it is too acute, we will temporarily reduce our cleansing efforts and focus on rebuilding strength, until the body is ready (such reactions happen very rarely).