



Oasis Colon Hydrotherapy

Health Begins Within

Frequently Asked Questions and Facts about Colon Hydrotherapy

Will I need to keep rushing to a toilet afterwards?

As colon hydrotherapy stimulates the colon and encourages evacuation of its contents, it will happen during the colonic session, not after. People come in for treatments during their lunch hour and return to work.

Will there be a therapist in the room with me when I have my colonic?

Yes! A therapist will be with you at all times.

Do I need to fast before my colonic?

No! The therapist can assess the condition of the colon more accurately if you present yourself under whatever dietary conditions exist at the time of the treatment.

Is colon hydrotherapy painful?

Some people experience minor discomfort on occasions.

How many colonics will I need?

This depends on the condition your colon, and overall health. It is best to have four colonics initially. Remember, colonics are a process of removing impacted matter that has been built up on the colon wall, layer by layer, over many years, even in children.

Is colon hydrotherapy habit forming?

No. The purpose of cleansing the colon is to allow it to rejuvenate and to promote better peristalsis. The colon cannot heal when it is constantly working to get rid of accumulated wastes and poisons.

How does colon Hydrotherapy compare to an enema?

An enema only baths the lower part of the colon, whereas colon hydrotherapy baths the entire length of the colon. According to Dr. Norman Walker, "one colonic is equivalent to 30 enemas".

How much of the intestines are actually cleansed with Colon Hydrotherapy?

The full length of the colon or large intestine is approximately 1.5 to 1.8 metres. We are not able to cleanse the small intestine because our bodies are equipped with a "one way door" called the ileocecal valve that prevents water and waste washing up into it. The buildup in the small intestine can be cleared with the help of nutritional supplements taken orally during a series of cleansings.

Should I see my doctor before having colon hydrotherapy?

If there is something organically or internally wrong, it may be a good idea to consult your doctor, but a medical examination is not required. Colon Hydrotherapy is safer than home enemas.

My doctor says I shouldn't have it done !

Ask your doctor why, and then we can answer your question.

Does having a menstrual period at the time of my colonic have an effect on the treatment?

This is actually a good time to receive the treatment since your body is already cleansing. Your menstrual flow will not interfere with the success of the treatment. Flushing the colon will also reduce abdominal pressure associated with menstrual cycles.

Should I have a colonic during my pregnancy?

We would not recommend it. This method of colon hydrotherapy activates the colon, which in turn will stimulate the organs of the body. It is possible that toxins can be released into the blood stream and may pass to the womb before they are released through the colon. However, occasionally there are exceptions. If the mother is very severely constipated it is the better option and it is administered in a different way, to take account of this condition.

Can I have a colonic if I am breast feeding?

We would advise against having a colonic at this time due to the fact that the toxins released into the mother's system pass through the breast milk to the baby.

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Will the beneficial intestinal flora be disturbed by colon therapy?

Having a colonic is like having two or three bowel movements in a 40 minute period. The flora will not be disturbed anymore than having several normal bowel motions. The healthy bacteria are more than likely overrun by destructive bacteria. It is a well known fact that good bacteria has difficulty surviving when the colon is impacted with old, putrefied, toxic matter. In fact, colon hydrotherapy is to create a healthier and balanced bowel environment where good bacteria can flourish.

Will a colonic deplete the electrolytes in my colon?

In 1990, a study reported in the Journal of Natural Medicine, entitled "Effects of Colon Hydrotherapy on Serum Electrolytes", showed that no patient experienced any clinically significant symptoms or disturbances.

Can I be constipated even if I have 1, 2 or 3 bowel movements a day?

Yes. Accumulated wastes, mucus and gas in the colon may inhibit its natural peristaltic action, resulting in incomplete, though frequent, bowel movements. This backup of toxic waste can cause a wide range of problems.

Some Facts . . .

- The longer the waste stays in the body, the more toxic and encrusted it becomes.
- The colon is responsible for 92% of all physical ailments, sicknesses and disease.
- No detoxification is effective if the colon is neglected.
- "Colon Health emphasizes prevention rather than cure. It is the most important step in maintaining or regaining vital health" Dr Norman Walker.
- "Every tissue is fed by the blood, which is supplied by the intestinal system. When the intestines are dirty, the blood is dirty, and so are the organs and tissues." Dr. Bernard Jensen.
- The risk of colon cancer seems to be increasing every day with no known cause or cure. Doesn't it make sense that meat and other waste that has been trapped inside your colon for years could become so rotten, putrid and toxic that it begins to slowly poison your organs and your entire body, possibly even causing colon cancer.
- "Inner cleansing keeps you young and healthy. One of the major theories of ageing says that we age because our bodies accumulate increasing amounts of toxins as we get older and these poisons clog up our cells, causing them to deteriorate and malfunction. This waste material is also piling up in the cells of your brain and heart, and may be associated with certain diseases of old age." Dr. Tony Vendres.
- "Health and sickness both have their roots in the colon" Dr. Norman Walker.
- Dr Max Gerso stated that he lost a number of cancer patients because of toxemia. They literally died from their own internal pollution. As their cancerous tumors were being broken down they were unable to eliminate these toxic products effectively or efficiently with dire results as a consequence.
- If we are having less than two bowel movements per day, food residues are lying in the colon for more than 12 hours. Consequently, the faecal matter would pass into the blood stream as polluted products.
- Strict diet may be more harmful in the long term, and simply avoiding food is not enough. The elimination of internal toxins is vital in the healing process. Effective elimination is also essential in pain management.
- Laxatives offer only temporary relief and do not address the real cause of the problem.
- Chiropractic, massage, nutrition, acupuncture and other modalities give lasting results when the bowel is healthy and functioning properly.

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