

Colonics: Dietetics *Awaken* the waste, colonic hydrotherapy *Releases* it.



What would happen if you started cleaning your house but left the garbage in random heaps throughout it? No matter how much you tidied up around these heaps, the house would never get truly clean.

It would be wasted effort, all in all. Likewise, if you do all the hard work of dietary cleansing but leave the awakened waste in heaps around the eliminative organs without ensuring that they actually exit the body, the waste will only resettle in your cells again. To avoid this, your organs need some extra help to eliminate the waste you've collected. This is the time to call in the waste management specialists!

As you cleanse your body, the waste is directed to your five major eliminative organs for discarding: the skin, the kidneys, the colon, the spleen, and the liver. The waste matter you've drawn up with your specifically tailored detox diet will be processed through all of these organs as part of your "local waste management system." If you are young and strong, your body will manage much of this waste seamlessly. But if you are over twenty and in poor condition, there are several things that you can do to help this process along.

While you might be wary of colonics and enemas, I highly recommend that you keep an open mind. The more you do to aid the elimination of waste matter, the more quickly you will get your desired results. **Remember: waste = weight!**

Employ Gravity-Method Colonic Hydration

In an ideal world, your colon would eliminate all of the residue from the food that has been digested in your intestines. You would move your bowels five times each day for every three meals and two snacks that you consume, per the Standard Australian Diet. Do you move your bowels five times? Probably not. Do you move your bowels once a day? Well, that's helpful, but not nearly enough. Are you chronically constipated or do you struggle with IBS or other digestive disorders? If so, you're in the majority, along with many of our clients.

Think for a moment about what happens when you do not eliminate the waste from your meal. Whatever is not eliminated gets baked into your cells and into your intestines at 37.5° Celsius. This waste matter gets further and further cooked into your cells over time and can remain in your body indefinitely, slowing down your body's overall physical performance.

Combine the backup in your colon with the waste that you have awakened through detoxification, and you can imagine how important it is to ensure that this waste be gently and safely removed.

How can we wash ourselves internally? By a very simple procedure called colon hydration, via a colonic or an enema. This literally means that water enters your colon in order to help remove the build-up. A properly administered colonic is safe, easy, and, for the most part, comfortable. A “gravity-method” colonic uses the natural pressure of gravity to move the water. This is extremely gentle and safe, and there are many well-trained gravity-method colon therapists across the country.

For the Skeptics Among You

While many people are excited by the idea of having a colonic, there are still many others who are concerned about the procedure, the expense, or just the very idea of it. If you are among the skeptical, you may want to reconsider!

Even if you can boast of a healthy digestive system, you can be sure that your body is not passing everything you are eating. Consider the accumulation of waste over the course of your entire life, and you'll start to get a picture of the waste that your body swims in every day.

Contrary to what you might guess, the more alkaline, hydrating food you eat, the more you may need the help of colon cleansing. Because this food is alkaline in nature, it literally magnetises the acidic waste that has been baked into your cells and tissues.

These foods are so light-filled and water-containing that they cleanse deeply, awakening sleeping poisons in your body—which, of course, is the whole point. But you must be careful to loosen only as many toxins as your body is able to eliminate at any given time. Detoxification without colonics can result in symptoms such as headaches, pimples, sweats, sore throats, and so on. Colonics can help you avoid the discomforts of expelling the old poisons.

If for some reason you are still adamantly set against having a colonic, be very careful not to take in a diet of more than 60 percent raw foods. If you do, you might have great results for a couple of weeks—dropping lots of weight and feeling more energetic as your body releases the waste sitting in your bowels—but unless you are very young or come from generations of pure, natural living, you will eventually start to have symptoms. If or when they do occur, it is a sure sign that your system is overloaded, and only a colonic or enema will help. If you approach this cleaner way of living slowly, you will be far less likely to overload your intestines.

Either dive into this lifestyle with gusto and incorporate some colonics as you need them, or go slowly to ensure a smooth transition.

As you may discover, with some exceptions, allopathic doctors do not generally encourage colonics. In our experience, they sometimes dismiss them because they either (1) do not believe they are necessary and mistakenly think the bowel keeps up with the elimination of modern meals; (2) believe colonics will create a sluggish colon; or (3) are not familiar with sound cleansing practices and therefore are not aware of the benefits.

To the first point, we know that the bowel cannot keep up with junk foods—foods that are unfit for human consumption that accumulate while dehydrating in the colon at 37.5° C.

To the second point, the only things that create sluggish colons are unfit foods, caked-in waste matter, and the habitual use of laxatives. These are the culprits that make it necessary for gastroenterologists and surgeons to amputate whole sections of the digestive tract.

How can we ignore the fact that some of the very same doctors who are anti-colonics endorse truly extreme and damaging procedures like stomach stapling and gastric bypass surgery? As you may be aware, these highly invasive procedures are currently the most popular treatments for morbid obesity. Tragically, many merely overweight people rely on them as a way to trim down.

In our experience, colleagues and clients who have long been dedicated to nutritionally cleansing their bodies with the support of colonics experience consistently strong peristalsis (the wavelike muscular contractions of the intestines), thorough elimination, vibrant health, fertility, and perfect weight. What's more, they all look and feel far younger than their years!

To their credit, many forward-thinking allopathic doctors are supportive of colonics—particularly the rapidly growing niche of medical doctors who see the importance of melding traditional medicine with holistic healing, or integrative medicine. It is probably true that procedures like colonics will grow in popularity over the next decade. Until then, it will serve you well to educate yourself and always get more than one opinion as you plan your personal health strategy.