



Colon Hydrotherapy at the Nutrition and Health Center

Colon hydrotherapy is the irrigation of the colon with purified water using disposable nozzles and hygienic equipment in a comfortable setting in order to evacuate the contents of the bowel. Colon hydrotherapy is often referred to as colonics, high colonics, colon therapy or colon irrigation. It is used as an alternative to oral purgatives prior to radiological and endoscopic examinations or for evacuation of an impacted colon.

Throughout history the practice of colon cleansing has been used to meet the medical needs of people everywhere. In fact, the age-old practice of colon cleansing was recorded as early as 1500 B.C. in an Egyptian document called the “Ebers Papyrus.”

The Nutrition and Health Center uses the Angel of Water system, which is the premier colon hydrotherapy system and is the first choice for hospitals around the world. It has a gravity-fed, open design that brings elegance, simplicity and dignity to colon irrigation. Three key points for Colon Hydrotherapy using the Angel of Water:

1. **Hydration** – Delivers water safely and comfortably to irrigate the colon.
2. **Activation** – Hydration activates peristalsis of the colon.
3. **Evacuation** – Peristalsis evacuates the contents of the colon.

Visit www.angelofwater.com to view a brief animation of the procedure.

What you need to know

1. The state of Texas requires a prescription for Colon Hydrotherapy from an MD or a DO. If you would like a referral to a physician to obtain a prescription, please call the Nutrition and Health Center at (281)440-0024.

2. Is Colon Hydrotherapy safe?

Yes, in fact, the Angel of Water system is safer and easier than the common enema.

3. How does Colon Hydrotherapy compare to an enema?

An enema only reaches about the first 8-10 inches of the colon, whereas with Colon Hydrotherapy, the entire length of the colon is reached and is much more effective. According to centenarian Dr. Norman Walker, "One colon irrigation is equivalent to 30 enemas."

4. Do the treatments hurt?

No, in fact many people report their sessions as being both refreshing and relaxing.

5. Is there any possibility of bacterial or viral contamination from prior use of the Colon Hydrotherapy equipment?

No, the Angel of Water system uses single-use, sterile rectal nozzles. The use of sterile disposables coupled with the implementation of the Angel of Water's multi-stage sanitation protocol leaves no danger of contamination.

6. How long does a session take?

Actual session time is about 30-40 minutes, but you should plan on an hour for your first consultation with session.

7. Does having a menstrual period at the time of a Colon Hydrotherapy session have any effect on the experience?

No, some consider it a good time to have a session since your body is already in cleansing mode. Your flow will not interfere with the success of the session.

8. What should I do to prepare for a Colon Hydrotherapy session?

Refrain from eating about 2 hours before the cleansing, be as relaxed as possible and maintain a positive mental attitude.

9. Can I work directly after having a Colon Hydrotherapy session?

Yes, you can work and return to your normal daily activity just as you would after a regular bowel movement.