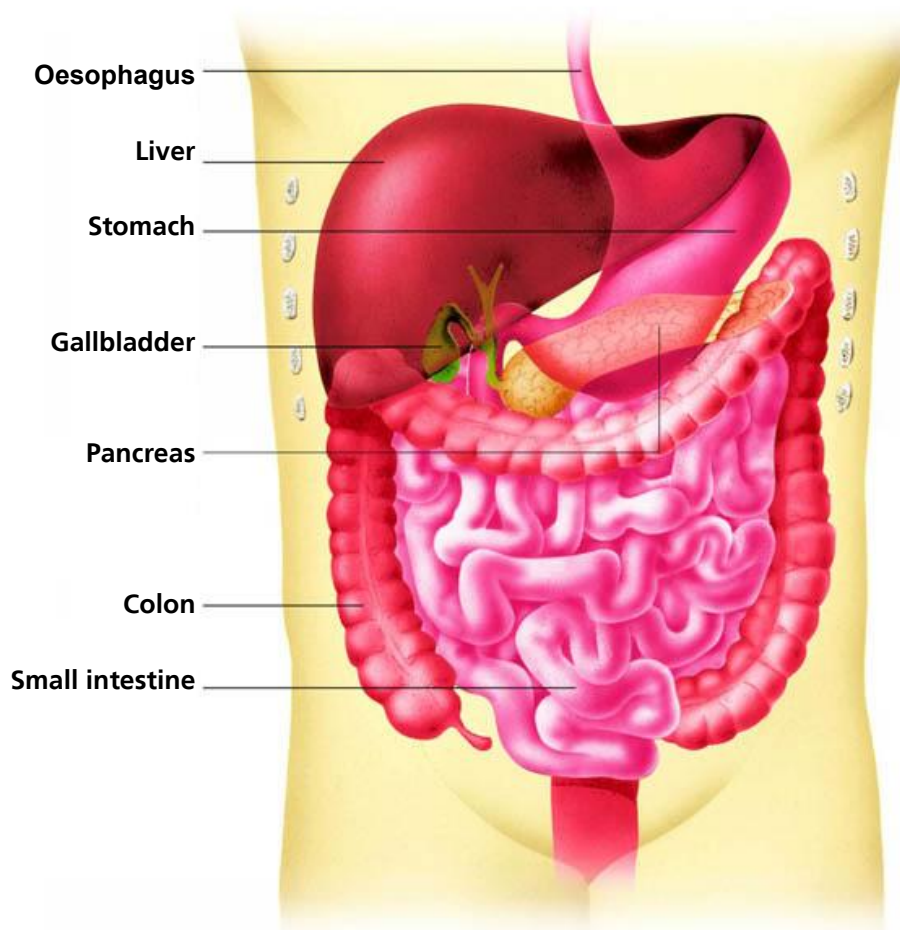


Colon-Hydrotherapy

With Abdominal Reflex Zone Massage



Introduction of the intestinal flora

The biological treatment of internal diseases always aims at reorganization and regeneration of the body's functional systems, as well as a detoxification and cleansing of the body tissue. The most intensive of all the elimination, reorganization and detoxification therapies, is the colon hydrotherapy. This is comparable with the traditional cleansing enemas, exceeds these however by far in intensity. The professional colon hydrotherapy provides a treatment of the entire large intestine, if a medical massage is part of the treatment.

With colon hydrotherapy, we are in a position to effectively fight the so-called dysbiosis, a disturbance of the natural coexistence between humans and their intestinal bacterial flora.

Thus, with the colon hydrotherapy and with a professional recolonization of the intestinal beneficial bacteria, which are given either orally or rectally, we can positively influence most abdominal regulation disturbances.

Through sterilized and denatured food, incorrect nutrition and lifestyle, environmental toxins and medical drugs, the equilibrium of the microbiota is disturbed. In particular, the ever more frequent use of antibiotics acts very negatively in this direction. As the detoxification capacity of the body tissue is decreased it results in slugging of the extracellular tissue, thickening and accumulation of protein in the lymph and thereby, to a

decreased oxygen supply for cells. The intestinal tract is, additionally, the most important organ of the immune system. (80% of the lymph system is in the walls of the thin and large intestines, in the form of Peyer's plaques). Thus, with a sluggish intestinal tract, mucous membrane permeability (leaky gut) and the wrong intestinal flora, the immune system is compromised.

Loss of vitality, tiredness, depression, lack of concentration, aggressiveness and negative psychological conditions can be the result. Illnesses, such as inclination to infections, constipation, respiratory problems and sleep disturbances are also the result. Chronic inflammations, such as rheumatism, poly-arthritis, skin inflammations, psoriasis and acne are also consequences. Circulation disturbances like high blood pressure, migraines and other cardiovascular problems are the indirect subsequent results.

The majority of allergies are assigned to the non-functioning of the intestines, since the intestine, with its over 300 m² surface, is the largest mucous membrane surface of humans. Thus, most toxic materials which are absorbed, pass through the gastro-intestinal tract and/or detoxified and excreted again. The liver, kidney, lymph, lungs and skin surface follow only in second place, as organs of detoxification.

Stress also, whether it is psychological or physical, affects the muscle tension of the intestine. It could cause cramping and subsequent inflammatory changes of the intestinal mucosa, even resulting in IBS.

Functions of the large intestine

The task of the large intestine is, above all, the absorption of water, minerals and vitamins. A further function is, as described above, the elimination of toxic materials. In most cases, it is the intestinal bacteria, which line the whole large intestine like a fine film, that make the distinction of what the intestines should eliminate and what may be absorbed. The large intestine is populated with several billion coli-bacteria and other bacteria, which synthesize vitamins, e.g. biotin, folic acid, nicotine acid and vitamin K. In addition, they prevent the penetration of toxic materials and, above all, destroy foreign or disease-causing bacteria. The functional intestinal flora is irreplaceable for the absorption of vitally necessary amino acids, fatty acids and trace elements.

Nutrition

Prerequisite for a functional intestinal flora is a healthy nutrition. One should aim at a balanced, regular diet of whole, natural foods: much fresh seasonal fruits and vegetables, leguminous plants and whole grains. Milk and milk products, pork and sausages are to be limited strongly or avoided completely, since animal proteins lead to increased rotting bacteria settling the large intestine, which leads to an increased inclination to inflammation of the intestinal villi, rotting gases and badly smelling flatulence.

Also, the consumption of sugar and sugary meals, as well as white wheat flour products should be reduced if possible, since this leads to an overproduction of mucilage of the organism and over acidifies. **Our nutritionist will be glad to answer any further questions.**

How does colon hydrotherapy function?

Contrary to normal enemas, the entire large intestine is treated. Over an intestinal tube, filtered water is introduced into the colon. In a closed system, the water and dissolved intestinal contents are led out again by a discharge hose. This occurs with a low intake pressure and accompanying massage of the lower abdomen, so that the treatment is very pleasant. The water temperature is adapted to the patient.

The colon hydrotherapy expels, in an effective way, accumulated, stagnated stool and rotted material of the walls of the intestines. The functional surface of the intestines is thus considerably increased which thereby improves its effectiveness in detoxification.

During the treatment, which takes 30-50 minutes, the patient remains relaxed on the couch. With the gentle massage of the lower abdomen, the therapist seeks remaining problem zones.

Through this strong vegetative and partially thermal stimulus (massage and warm/cold provocation), the intestines begin to work again and peristalsis is promoted. So, colon hydrotherapy has an effect on the stool regulation, extending far over the treatment cycle.

The treatment is completely clean, the couch remains dry and no disturbing smells are developed.

Measures on the day of the therapy

On the day of the colon hydrotherapy, no raw foods (salads and fruits) should be eaten. Suitable are: steamed vegetables with grains (rice, millet, quinoa) or potatoes.

Directly after the therapy, it is advisable, to set yourself on the WC for some minutes, as well as to walk up and down several times, in order to promote the complete emptying of the intestines. **After the treatment, drink plenty of water, tea or bouillon,** because since the colon hydrotherapy extracts water from the body.

Indications for colon hydrotherapy:

- All intestinal and abdominal disturbances
Chronic constipation or diarrhoea, food allergies, intestinal inertia, intestinal irritation, haemorrhoids, intestinal inflammations, including diverticulitis, colitis and Crohn's disease
- Emptying the intestines during fasting cures
- Skin diseases
The skin is, as an organ of detoxification, very closely connected with the intestinal tract and frequently reacts to entero-colonic toxification with eczema. Skin inflammation and eczema must therefore always be treated together, over the intestines
- Special indications
Open legs (ulcus cruris), leg eczema, lymph blockages of the legs and the pelvis, chronic abdominal disturbances with women, psoriasis, chronic eczemas, and neurodermatitis
- Candida and other general and non-intestinal fungal illnesses
- Rheumatic diseases
See above: Joint rheumatism, soft tissue rheumatism, chronic back problems and lumbago, over acidification problems
- Neurological disturbances
Chronic headaches, migraines, chronic fatigue syndrome, depression, weather sensitivity neuralgias, chronic vegetative disturbances, including heartbeat disturbances
- Lung diseases
Breathing problems, asthma, allergies, food intolerance

- Immune deficiency syndrome