Historical View

Historians tell us the practice of Colon Hydrotherapy or, in its most basic forms, the enema, was first used by the Egyptians. The Ebers Papyrus, of the 14th Century B.C., and the Edwin Smith Papyrus (c. 1700 B.C.), both mention enemas and give direction for the use of the enema.

The Essene Gospel of the third century stated, “The uncleanness within is greater than the uncleanness without. And he who cleanses himself without, but within remains unclean, is like a tomb that outward is painted fair, but is within full of all manner of horrible uncleannesses and abominations.”

The 17th Century became known as the “age of the enema”, or the “age of clysters”. It was an acceptable practice in Parisian society to enjoy as many as three or four enemas a day, the belief that internal washing or “lavement” was essential to well-being.

By the late 19th Century and early 20th Century, with the advent of rubber, the enema or clyster slowly gave way to colon hydrotherapy equipment which improved the cleaning of the colon.

Dr. Kellogg reported in the 1917 Journal of American Medicine that in the treatment of gastrointestinal disease in over 40,000 cases, he had used surgery in only twenty cases. The rest were helped as a result of cleaning the bowels, diet and exercise.

Colon Hydrotherapy eventually gained the attention of James A. Wiltsie, M.D., who contended that “our knowledge of the normal and abnormal physiology of the colon, and of its pathology and management, has not kept pace with that of many organs and systems of the body.” He went on to say, “As long as we continue to assume that the colon will take care of itself, just that long will we remain in complete ignorance of perhaps the most important source of ill health in the whole body.”

I-Act's Mission Statement

The International Association for Colon Hydrotherapy (I-ACT) heightens the awareness of the colon hydrotherapy profession, ensures continuing and progressive education in the fields of colon hydrotherapy and implements professionalism beyond reproach.

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Colon Hydrotherapy

Is Your Colon Clean?

“Your Colon is a terrible thing to waste.”

Constipation is not normal!

When was your last bowel movement?
Colon hydrotherapy, is a safe, effective method of removing waste from the large intestine, without the use of drugs. By introducing filtered and temperature regulated water into the colon, the waste is softened and loosened, resulting in the evacuation through natural peristalsis. This process is repeated a few times during a session.

Colon hydrotherapy is best used in combination with adequate nutrient and fluid intake, as well as exercise. Today's sophisticated technology promotes both the safety and sanitation of this popular cleaning process.

Why Should I Be Concerned About My Colon?
The colon has been referred to as the sewer system of the body. It is the place where we store the waste material that most of us would rather not think about, and most of us don't, until our health becomes poor or we feel constipated or have diarrhea. It best benefits the body due to release of this accumulated congestion in the bowel.

Colon Hydrotherapy Client & Hydrotherapist Population
It is estimated that there are many hundreds of colon hydrotherapists in the United States assisting hundreds of thousands of clients who enjoy the benefits of colon hydrotherapy. Many of these clients claim that due to colon hydrotherapy, they have been able to live their lives without drugs, tranquilizers, muscle relaxants and pain pills. In a society where Eastern and Western medicine combined give us the best of both worlds, the acceptance of colon hydrotherapy has continued to grow with impressive results.

What Is Colon Hydrotherapy?
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What Is A Colon Hydrotherapy Session Like?
A session is a comfortable experience for many people and produces no toxicity. Techniques utilized allow a small amount of water to flow into the colon, gently stimulating the colon's natural peristaltic action to release softened waste. The inflow of a small amount of water and the release of waste may be repeated several times. The removal of the waste should encourage better colon function and elimination. During the session, most clothing can be kept on and you will be draped, or a gown might be worn to ensure modesty. Your dignity is always maintained.

I-ACT recommends the use of currently registered FDA equipment and disposable rectal nozzles/speculae. Should the therapist use reusable speculae, these speculum should, at a minimum be autoclaved for sanitation and cleanliness. Additionally, I-ACT recommends that each therapist not using equipment currently registered with the FDA, consider upgrading their equipment to FDA registered equipment in the very near future.

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