

Historical View

Historians tell us the **practice** of **Colon Hydrotherapy** or, in it's 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



Colon Hydrotherapy

Is Your Colon Clean?

**"Your Colon is a terrible
thing to waste."**

**Constipation is
not normal!**

**When was your last
bowel movement?**

What Is Colon Hydrotherapy?

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.

About the Equipment

Modern colon hydrotherapy equipment is manufactured through compliance with strict FDA guidelines that dictate rigorous accountability. The **FDA-registered equipment** features **temperature controlled water** mixing and **back flow prevention valves**, pressure and temperature sensors, and a built-in chemical sanitizing unit and-or **water purification unit**. **Disposable single-use rectal tubes**, and/or speculae are highly recommended.



"Featuring the Open System for easier release"



How Many Colon Hydrotherapy Sessions Does One Need?

Of course, the **number** of **colon hydrotherapy sessions** desired will **depend** on the **individual**. **Every person's goals will differ**. Just as some people exercise on a daily or weekly basis to tone and tighten their outer body, some people follow an ongoing cleansing, toning and rebuilding regimen for the inner body. **Colon hydrotherapy** could be used as **part of any regular maintenance program**.

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.