

Village Health Clinic

#105 - 15155 Highway 10, Surrey
T: 604.575.7275 F: 604.574.7290
www.villagehealthclinic.ca

Colon Hydrotherapy

Your colon, or large bowel/intestine, is the sight of fluid and electrolyte absorption from intestinal material. Over 400 species of human bacterial species reside in the colon, using undigested food particles as fuel for growth. The beneficial bacteria play an important role in our health, manufacturing short-chain fatty acids (acetate, butyrate, propionate), which are the preferred fuel of our intestinal cells and contribute to a healthy bowel pH level. These bacteria also inhibit the overgrowth of yeast, parasites, and pathogenic bacteria. Chronic constipation, digestive problems, food allergies, poor diet, and medications such as antibiotics and steroid medications often contribute to poor colon health, which may lead to many other chronic illnesses.

Colon hydrotherapy is a session, or series of sessions, using gentle “flow” of water to flush out intestinal material from the bowels. Unlike enemas, which only cleanse the last 12-18 inches of the 5-foot bowel, colon hydrotherapy directs water flow through the entire length. Such a method is used to treat various causes of constipation by stimulating normal peristalsis – the movement of the bowels. Spastic or atonic constipation can be treated using different methods of water flow such as contrasting the temperature of the water. Together with proper diet, exercise, and supplementation, constipation of various types can be effectively resolved.

Colon hydrotherapy may also be used as part of a cleansing or detoxification protocol. Colon hydrotherapy promotes the effective elimination of toxins and helps rectify digestive dysfunction. Implantations of restorative nutrients such as lactobacillus acidophilus, butyric acid, or chlorophyll can help promote proper bowel pH, provide fuel for the colon cells and beneficial bowel bacteria, and promote detoxification. These particular therapies are indicated for various autoimmune diseases (rheumatoid arthritis), immune dysfunctions (allergies, eczema), chronic pain syndromes (chronic fatigue/fibromyalgia), intestinal infections (candida, parasites, worms, pathogenic bacteria), irritable bowel syndrome and a multitude of other conditions.

Colon hydrotherapy sessions last about 45-minutes on average. A nurse or colon hydrotherapist performs the treatments under the prescription of your Naturopathic physician. Patients are prescribed on average three to seven sessions, depending on the goal of treatment and condition being treated. A screening exam is required before any prescription for colon hydrotherapy is written. Ask one of the Village Health Clinic physicians if colon hydrotherapy is appropriate for you.