Colon-Hydrotherapy

With Abdominal Reflex Zone Massage

**Introduction to and meaning of the intestinal flora**

The biological treatment of internal diseases always aims at a reorganization and regeneration of the body’s functional systems, as well as a detoxification and cleansing of the tissues of the whole body. 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, as, with the modern colon hydrotherapy, a treatment of the entire large intestine can be obtained, if a professional massage is made at the same time.

With colon therapy, we are in a position to effectively fight the so-called dysbacteria, a disturbance of the natural partnership between humans and their intestinal bacterial flora. We can thus, with colon hydrother-
apy and with a professional reconstruction the intestinal flora with preparations, which are given either orally or rectally, positively affect most abdominal regulation disturbances.

Through sterilized and denatured food, incorrect nutrition and ways of life, environmental impacts, poisons and abuse of medicines, the equilibrium of the bacteria is disturbed. In particular, the ever more frequent used of antibiotics acts very negatively in this direction. The detoxification of the body's tissues is then no longer correctly ensured, it comes to a slaggling of the intermediate cell tissues, thickening and accumulation of protein in the lymph and thereby, to a decreased oxygen supply of the body's tissues. The intestine 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 intestinal inertia and the wrong intestinal flora, the defense forces weaken.

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 poison materials which the intestines take up, pass through the intestines and again are expelled through the intestines. The liver, kidney, lymph, lungs and skin surface follow only in second place, as organs of detoxification.

Stress, whether it is psychological or physical, affects the muscle tension of the intestines, leads to cramping and can cause inflammatory changes of the intestinal mucosa, up to colitis ulcerosa.

**Functions of the large intestine**

The task of the large intestine is, above all, absorption of water, minerals and vitamins. A further function is, as described above, the elimination of poison 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 dietary 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 endgut. 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 adapt 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 diarrhea, food allergies, intestinal inertia, intestinal irritation, hemorrhoids, intestinal inflammations, including diverticulitis, colitis and Crohn’s disease
- Emptying the intestines during fasting cures
- Skin diseases
  The skin is, as a spare organ of detoxification, very closely connected with the intestines and frequently reacts to entero-colistic toxification with eczema. Skin inflammations and skin eczema must therefore always be treated together, over the intestines
- Special indications
Open legs (Ulcer 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