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Colonic Hydrotherapy Prices from £65.00

The Colon

The colon, or large intestine, is an important part of the digestive system, some 5 feet in length and 2.5 inches in diameter, situated at the end of the alimentary canal. It completes the digestive process and handles our food waste and much other body waste. It is normally populated by millions of friendly bacteria which assist in detoxifying waste, synthesise vitamins and help us guard against infection. These same bacteria make up some 70% of the dry weight of our faecal waste. The colon structure is smooth muscle and is broadly divided into three segments; the caecum and ascending colon into which food waste enters in a fluid state through the ileo-caecal valve, the transverse colon where water, minerals and vitamins are re-absorbed and the descending colon where mucus is secreted to coat the faeces prior to defecation through the rectum and anus. In health, bowel transit time from eating to defecation is 24 hours or less and bowel movement is at least once daily. In disease, poor digestion, yeast overgrowth, spastic colon, irritable bowel syndrome, chronic constipation and diarrhoea are usually accompanied by auto-intoxication, literally, "self poisoning" – the re-absorption of soluble wastes into the blood stream – which place a heavy burden upon the other eliminative organs of the body, the kidneys, the skin and the lungs.

Chronic constipation can lead to further complications, diverticulitis, haemorrhoids, fissures, atonicity, spasticity, prolapsis, colitis and even bowel cancer as well as chronic toxic conditions in the rest of the body, like the skin (e.g acne and eczema), the cardio-vascular system, the nervous system and the liver.

Correct functioning of the colon is a necessity for good health

What is Colonic Hydrotherapy

Colonic Hydrotherapy is an internal bath that helps cleanse the colon of poisons, gas, accumulated faecal matter and mucus deposits. Such techniques were first recorded in 1500 BC and have been used in traditional and naturopathic medicine since that time. Using sterilised equipment, filtered water is gently introduced into the rectum which progressively softens and expels faecal matter and compacted deposits.

Colonic hydrotherapy is more effective than an enema, since the whole colon is treated and water is not purposely retained. It is best used as a complimentary technique to other therapies. By improving elimination, response to dietary, homeopathic, herbal, manipulative and other therapies is markedly improved.

Why Colonic Hydrotherapy

Poor elimination can lead to many chronic conditions. It is these very conditions that colonic hydrotherapy can help; constipation – diarrhoea – mucous colitis – spastic colon – diverticulitis – liver sluggishness – halitosis – headaches – flatulence – haemorrhoids – skin problems – (acne, eczema and psoriasis) – abdominal bloating – asthma – allergies – fatigue – many psychological states such as depression, lethargy, etc. It is also of benefit prior to and following barium enemas and during therapeutic fasting. Some complex conditions such as crohns disease, myalgic encephalomyelitis (ME) and intestinal candida are also helped by the resultant detoxifying effect of colonic hydrotherapy.

What is involved?

Conducted by our Colonic Hydrotherapy Specialist, with state of the art equipment in the Henley Clinic Medical Suite.

Filtered water at a carefully regulated temperature is introduced under gentle gravitational pressure through the rectum into the colon. With special massage techniques, the water begins to soften and cleanse the colon of faecal mater and old deposits which are piped away with the waste water. The specialist works progressively around the structure of the colon allowing water alternately to flow in and release. The whole process takes about 45 minutes to 1 hour. The modesty of the patient is preserved to the utmost during the process.

How many treatments

Depending upon the condition being treated, the individual and initial results, anything between 6-12 treatments may be recommended spread over one to two months. Deposits built up over a lifetime cannot be shifted with one or two treatments only.

Following your course of treatment, it is recommended to have a treatment every six months to maintain inner cleanliness and good elimination.

Safety

Henley Clinic is certified by Healthcare Commission and fully adheres to all healthcare commission guidelines.

The equipment used in colonic hydrotherapy is disposable and/or sterilised using healthcare guidelines and hospital sterilisation solutions, which kill all prevalent bacteria, viruses and fungi in minutes. The water pressure is very

low and is pre-filtered, so there is no danger of bowel perforation and ensures comfort through the treatment.

Results

Most people experience improved mental clarity after colonic hydrotherapy. With their toxic load diminished and elimination improved, a greater feeling of well being and lightness is felt. Obvious relief from bloating and constipation, toxic headaches, painful haemorrhoids and skin problems. In the longer term, bowel disease risk is also reduced and nutrients are better absorbed leading to improved all round health.

Special course prices can be found in the treatment course section of this website

Full detailed fact sheet is available

You can book for a completely free and without obligation consultation with the Colonic Hydrotherapy Medical consultant to discuss your needs, requirements and questions

***ASK AT RECEPTION OR SIMPLY CALL US ON
01491-573344***