

## Debbie Dean - Colon Hydrotherapist

I have been a qualified colon hydrotherapist since 2012 whose governing body is the Register of Integrative Colon Hydrotherapists and Trainers (RICTAT).



I love my work and no two days are the same as no bowels are the same! I see clients going through physical and emotional problems with their gut and I work with a group of like-minded therapists in other fields of nutrition and alternative medicine to help every individual lead a happy, healthy life!

If your gut is not happy then you won't be happy, let's bring that smile back. Colon Hydrotherapy is a completely natural treatment that is enjoyed by thousands of people every day, from celebrities and film stars to ordinary people of all ages, from all walks of life.

It may seem a little strange at first, but the more you learn about the treatment and its many benefits, the more you'll see that it is a very normal and natural way to take care of your health and wellbeing.

## AN AGE-OLD TREATMENT

The ancient Egyptians and Greeks practised inner cleansing, as did traditional Chinese and Indian civilisations. Each of these cultures realised the many health and wellbeing benefits of this natural treatment, and the fact that it has endured for so long, and has spread so widely, is a testament to its effectiveness.

## MODERN-DAY TREATMENT

Colon Hydrotherapy is a gentle wash out of the colon or large intestine, using warm water to remove waste matter, rehydrate and exercise the bowel. Today we use a hygienic closed system, with clean, filtered water to cleanse the colon quickly and easily, with no fuss, no mess and no smell, making modern Colon Hydrotherapy safer and more convenient than ever before.

Think of Colon Hydrotherapy treatment as normal and natural as any other part of your regular health and wellbeing regime. Many of our clients have colonics on a regular basis, to complement other healthy lifestyle choices such as healthy eating, stress management and regular exercise.

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## WHY HAVE A COLONIC?

People have colon hydrotherapy for a wide range of reasons. Some are looking for relief from the symptoms of IBS and other gastrointestinal problems such as bloating, constipation or diarrhoea, while others simply want to maintain and improve their digestive health and enjoy the fresh, light feeling and enhanced energy levels that often comes from the treatment.

## WHAT HAPPENS AT YOUR APPOINTMENT?

Your first appointment will usually last about an hour and a half and include a consultation, a medical questionnaire and a full explanation of the equipment and procedure.

I have a friendly, open-minded, listening approach that helps me consider some of the possible causes of your digestive problems, and suggest some positive changes you need to bring your lifestyle back into a natural balance with your body. Following your consultation, it will take around 45 minutes for the actual colonic, during which modern hygienic equipment gently cleanses your colon using warm filtered water, in a simple, dignified procedure.

## HOW THE COLONIC WORKS

Warm filtered water is introduced into your colon through a small tube called a speculum that is gently inserted about an inch and a half into your rectum. As the warm water enters, you'll feel a fullness as your colon fills up, then a relaxing feeling as it empties. The water pressure and temperature are carefully controlled and all waste is drained away discreetly in a closed system with absolutely no mess or odours.

This filling and emptying process is repeated several times and massage is applied to your abdomen. Unlike an enema, colonic hydrotherapy reaches the whole length of your large intestine, with the massage from your therapist helping to ensure you benefit from an effective cleanse.

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## CUSTOMER COMMENTS

Using customer comments is the best way to describe how many people feel after an internal cleansing by colonic hydrotherapy. Some typical comments I hear over and over after clients finish their treatment are:

*"That was a lot easier than I expected."*

(A typical comment from a first time colonic recipient)

*"I feel 5 pounds lighter !"* {And sometimes are}

*"I really can't believe all of that came out of me."*

*"I feel light and clean! It's fantastic to feel less bloated ."*

*"I feel so clean inside."*

*"I only wish I had come in sooner instead of putting it off."*

*"I felt so comfortable and relaxed , it was actually enjoyable."*

## COMPLETE DISCRETION IS ASSURED

There is no need to be concerned about the treatment as I understand the sensitivity of the therapy and will work to preserve your dignity at all times. You will be given privacy to change and have access to private toilet facilities. You will only be exposed for a few seconds for the insertion of the speculum, and after that, you will remain covered throughout the treatment.

I do appreciate that you may feel a little embarrassed by such a personal procedure and I will do all that I can to put you at your ease.

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## COLON HYDROTHERAPY USEFUL LINKS

[justfortummies.co.uk](http://justfortummies.co.uk)

Fantastic info from the UK most influential colon hydrotherapist, Linda Booth

[www.optibacprobiotics.co.uk](http://www.optibacprobiotics.co.uk)

Great info on the probiotics and the gut

[www.bio-kult.com](http://www.bio-kult.com)

Again more great info on probiotics and the gut

[www.bragg.com](http://www.bragg.com)

Apple cider vinegar for acid reflux and more

[www.healthline.com/health/epsom-salt-detox](http://www.healthline.com/health/epsom-salt-detox)

Epsom Salts for constipation, detox and many other benefits

[www.colonic-association.org/about-colon-hydrotherapy/what-does-a-colonic-involve](http://www.colonic-association.org/about-colon-hydrotherapy/what-does-a-colonic-involve)

Great video of a colonic treatment

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