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Frequently Asked Questions

WHAT IS THE COLON AND HOW DOES IT WORK?

The colon, or the large intestine, is a tubular organ approximately 5½ - 6 feet long and 2 ½ - 3 inches in diameter. Although most absorption occurs in the small intestine, the large intestine absorbs some minerals, nutrients and excess water from the digested residue of the food we have eaten. Most importantly, a large percentage of our immune system resides in the large intestine. When the colon is healthy, we experience a feeling of well-being because we are assimilating and eliminating properly.

In the digestive process, the contents of digestion (chyme) are moved along by mass muscular movements (peristalsis), which are initiated by the nerve supply to the colon. Toxins and waste materials are then discharged through the rectum and anus. The process of digestion and elimination normally takes between 12 and 24 hours. To ensure a healthy colon, sufficient water, good nerve tone, and the proper biochemical nutrients and intestinal flora are needed.

HOW WILL COLON HYDROTHERAPY HELP ME?

A large part of today's diet consists of refined and processed foods, which are high in saturated fats and low in fiber. It's my belief that eating these foods, combined with overeating, ignoring the call to eliminate, stressors, allergies and medications, can all contribute to poor colon health.

The colon contains the largest concentration of bacteria in the body. When waste stagnates in the colon, it alters the proportion of friendly bacteria to unfriendly bacteria. This disrupts the balance of microorganisms essential to the health of your colon and your body in general. Symptoms such as constipation, diarrhea, gas and bloating, or gastrointestinal pain may be a sign of colon distress.

From a naturopathic perspective, cleansing the colon may be valuable in minimizing the effects of dietary and environmental stressors as well as the impact on the immune system of the toxins that regularly bombard us. Colon Hydrotherapy helps the body to eliminate toxins, making you more fit to fight disease, in addition to feeling more relaxed.

WHAT ARE THE NATUROPATHIC BENEFITS OF COLON HYDROTHERAPY?

Cleansing the colon makes your body more capable of fighting disease. During the cleansing process, the body eliminates dietary and environmental stressors and toxins, minimizing their negative effect. Additionally, cravings are often diminished or eliminated while, at the same time, you may gain a heightened awareness of how different foods affect you. And unlike enemas or laxatives, Colon Hydrotherapy is not physically addictive.

Dr. Helene Pulnik, ND, notes that Colon Hydrotherapy has other positive physical effects of toning the colon while also hydrating and enhancing absorption.

WHAT HAPPENS DURING THE PROCEDURE?

I will first suggest a trip to the restroom to empty the bladder. You will then be given a gown and asked to disrobe from the waist down. For the procedure, you recline, covered by a sheet, on a padded massage table. At the foot of the table is a wall unit containing the hydrotherapy equipment. A disposable speculum

is partially inserted with a round-tipped applicator approximately 2-3 inches into the rectum. Two tubes extend from the outer portion of the speculum into the wall unit: the inflow carries water to infuse your colon and the outflow expels that water along with the waste it loosens. I am always present and closely monitoring the temperature and pressure-sensitive flow of water while paying particular attention to your comfort.

As soon as you feel full, I will release the water and waste material, which travels through the outflow tube and into the drainage system. While you are emptying, I may gently jiggle your abdomen to encourage easier, more complete elimination. This cycle of filling and emptying is repeated several times over 40 - 50 minutes. The session lasts about an hour, leaving time for a trip to the toilet, where gravity will help eliminate any excess water and waste. To ensure safety, the disposable speculum kit is thrown away and the instrument is sanitized. Longer sessions are available if necessary.

WHAT IF FEELINGS COME UP DURING THE SESSION?

In my experience, many colon issues are stress-related. As a colonic practitioner, I have witnessed emotional releasing during colon hydrotherapy and have developed a fine understanding of the art of letting go, meeting you wherever you are in your process, without pushing. With this understanding, I have created a safe space for any level of release that occurs. If you want to talk, I will listen with compassion. If you prefer to simply close your eyes, breathe, and relax into the experience, I will honor your silence. Whatever you need in the moment is where I am.

You can learn more about emotional release through reading. In her book, *Molecules of Emotion*, Candace Pert verifies that we hold emotional memory in the physical cells of our body, and Michael Gershon's *The Second Brain* explains how we hold emotions in the bowel.

WHAT CAN I EXPECT AFTER A COLON HYDROTHERAPY SESSION?

Clients generally report a wonderful feeling of lightness and well-being and are ready to resume normal activities right after the session. Occasionally, some discomfort may be felt, depending on the degree of toxic buildup and the release of many toxins. If this should happen, a second colonic within a few days may be advised to allow for a more complete detoxification.

HOW MANY SESSIONS WILL I NEED?

Having one session is the first step towards renewed health and vitality. Generally, I recommend a series of at least three sessions to appreciate what Colon Hydrotherapy can do for your body.

DO I NEED TO FAST BEFORE A SESSION?

No, fasting is not necessary. See Preparation & Aftercare for more details.

IS COLON HYDROTHERAPY HABIT FORMING?

Hydrotherapy is not physically habit forming. Your body will not become reliant on Hydrotherapy to eliminate.

IS COLON HYDROTHERAPY SAFE AND PAINLESS?

Colon Hydrotherapy is a safe and effective way of cleansing the large intestine. It is typically painless, depending on the degree of toxic buildup you may have. I use pre-packaged disposable speculums and tubing. My FDA-registered Dotolo Research equipment, which is a closed system, is sanitized between each session with an anti-bacterial solution.

People often arrive at their first colon hydrotherapy session feeling anxious about the procedure, imagining that the water will rush in and release very forcefully, much like an enema. My approach is quite the opposite; the water enters at less than a pint per minute, and releases gently, too. The pressure-regulated equipment controls the flow in and out at low rates. Within the first five minutes, you will begin to relax and let go of any anxiety, surprised at the calming, gentle effect.

WILL MY ELECTROLYTE OR PROBIOTIC FLORAL BALANCES BE DISRUPTED BY COLON HYDROTHERAPY?

Effects of Colon Hydrotherapy on Serum Electrolytes by John Collins, N.D., Paul Mittman, N.D., & Mara Katlaps, B.A. establishes that electrolytes are not depleted in people free of serious pathologies. Dr. Helene Pulnik suggests that, after the session, you nourish your body with organic foods containing sodium, potassium and magnesium. This will naturally replenish the electrolyte level of the colon. Emergen-C or Recharge drinks can provide an extra boost after a colonic.

As far as healthy flora go, most of us on a typical American diet don't have many to begin with anyway! Colon Hydrotherapy may wash out some flora, healthy and unhealthy. However, It is my belief that the friendly flora have a better chance of proliferating in the cleaner environment that is established during the colonic and maintained subsequent to the session by consuming supportive foods and probiotics.

WHAT ARE THE SPECIFICS OF YOUR EQUIPMENT?

Our Toxygen Model B-SC-UV equipment is a closed system designed by Dotolo Research Corporation with safety and hygiene as primary requisites. Registered with the FDA, this system is both gentle and effective, designed with pressure-sensitivity and temperature-control features along with a disposable speculum kit, eliminating any possibility of contamination. The wall unit has a built-in double-check valve to prevent back-flow. Additionally, this state-of-the-art instrument is sanitized after each session with Cetylcide II solution.

WHY NOT JUST USE ENEMAS, SUPPOSITORIES OR LAXATIVES?

Enemas only reach the rectosigmoid area of the descending colon. Suppositories and laxatives are irritating and dehydrate the colon. Long-term use can damage the colon and you can become dependent on them. Colon Hydrotherapy re-stimulates your own natural peristalsis and is not addictive.

DO PHYSICIANS RECOMMEND COLON HYDROTHERAPY?

Medical science recognizes that much of our body's tremendous healing ability depends on water. As physicians become more aware of the value of natural healing, they are recognizing Colon Hydrotherapy as a safe and gentle method for hydrating and flushing the colon, making medical procedures easier and more effective. Physicians have prescribed Colon Hydrotherapy as preparation for surgery and intestinal diagnostic procedures such as barium enema, sigmoidoscopy and colonoscopy.

WHEN IS COLON HYDROTHERAPY NOT RECOMMENDED?

In the case of severe digestive conditions, recent colon surgery, or other critical health conditions, Colon Hydrotherapy may not be recommended. For in-depth information on these considerations, view our Informed Consent document. Dr. Helene Pulnik, ND, is also available to discuss whether colon cleansing may be the right choice for your health and wellness needs.

IS COLON HYDROTHERAPY COVERED BY INSURANCE?

Insurance does not generally cover Colon Hydrotherapy. However, I can provide a superbill for possible reimbursement through HSAs, FSAs, etc.

HOW CAN I LEARN MORE ABOUT COLON HYDROTHERAPY?

For further information on Colon Hydrotherapy, log onto the International Association for Colon HydroTherapy website. The following books are also recommended:

Your Gut Feeling by Henry Janowitz

Natural Cures by Kevin Trudeau

The Body Ecology Diet by Donna Gates

Colon Health Handbook by Robert Gray

Detox for Life by Loree Taylor Jordan

Healing Within by Stanley Weinberger

Dr. Jensen's Guide to Better Bowel Care by Bernard Jensen

Edgar Cayce's Guide to Colon Care by Sandra Duggan

Colon Health: The Key to a Vibrant Colon by Norman Walker

Essential Cleansing for Perfect Health by Brenda Watson

Renew Your Life and Gut Solutions by Brenda Watson

Staying Healthy with the Seasons and The Detox Diet by Elson Haas

I Was Poisoned by my Body and Invisible Illness by Gloria Gilbere

Health Begins in the Colon by Dr. Edward Group

The Complete Colon Cleanse by Dr. Edward Group

21 Pounds in 21 Days: The Martha's Vineyard Diet Detox by Roni DeLuz and James Hester

Molecules of Emotion by Candace Pert

The Second Brain by Dr. Michael Gershon

Timeless Secrets of Health and Rejuvenation by Andreas Moritz