



Colon Hydrotherapy

Glastonbury Naturopathic Center, 18 School Street, Glastonbury, CT 06033

Dr. Helene Pulnik, N.D., Medical Director

phone 860.657.4105

Greetings, and thank you for your interest in Colon Hydrotherapy!

Colon Hydrotherapy is the safe, gentle infusion of warm, filtered water into and out of the rectum and large intestine using no chemicals or drugs. We use an FDA-registered system unsurpassed in safety, hygiene and comfort.

Colon hydrotherapy provides many health benefits. It helps to minimize the effects of dietary and environmental stressors by flushing unhealthy bacteria, toxins and stagnant waste from your colon, making your body more capable of fighting disease and restoring itself to health. Colon cleansing has been used for centuries for its natural healing and restorative benefits. Today, many physicians prescribe colon hydrotherapy as preparation for surgery and intestinal diagnostic procedures and note that it tones and hydrates the colon and enhances nutritional absorption.

Since 1980, I have performed over 40,000 Colon Hydrotherapy sessions, always striving to provide the highest quality of safe, comfortable and effective colon cleansing with compassion and care. I am certified through the National Board of Colon Hydrotherapy, and as an instructor through I-ACT, the International Association of Colon Hydrotherapists. I have served on I-ACT's Board, founded the New England School of Colon Hydrotherapy, and for twenty-four years, I managed Constance Jones and Associates in Boston.

I am located at Glastonbury Naturopathic Center and Wholistic Spa, where I am affiliated with Dr. Helene Pulnik, N.D. Initial appointments are ninety minutes, to allow time to meet and discuss the procedure. There is no charge for the extra half hour. Further appointments are typically one hour, but ninety-minute sessions can be arranged in advance. I have found that a series of three, one-hour sessions are best for you to experience the full positive effects of the cleansing. When you call for an appointment, be sure to ask about my special package rate. I am available Monday through Thursday including evenings and some Saturdays. Alternative times can be arranged with me directly.

My commitment to you is that you will experience a **nurturing and serene environment designed for your utmost privacy, and that you will leave your session with a renewed sense of well-being.** Please call me at 860-287-4558 with your questions, or at 860-657-4105 to make an appointment.

Yours for better health naturally,

Constance Jones

Please note: Insurance typically does not cover the cost of Colon Hydrotherapy. Your full payment is due at the time of your appointment and can be paid by cash, check, or credit card. If you should need to cancel or reschedule, we require 24-hour notice, or you will be billed for the full amount. *As a courtesy, we make a reminder call before your appointment. However, appointments are considered confirmed when they are initially made.*



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Client Information Questionnaire

Please help us provide you with the most appropriate and effective service by completing the following questions. All information is kept confidential.

PERSONAL DATA (please print)

First Name _____ Last Name _____

Address _____ City /State _____ Zip _____

Phone: Home _____ Work _____ Cell _____

E-mail (for newsletters and special offerings) _____

Occupation _____ Date of Birth _____ Gender _____

Primary physician _____ Physician's Phone _____

HOW DID YOU FIND US?

- Practitioner (name & specialty) _____ Connecticut Holistic Health Association
- Physician (name & specialty) _____ Door Opener
- Friend (friend's name) _____ Glastonbury Naturopathic Center Advertising
- Yellow Pages/Directories _____ Spirit of Change
- Internet search (specify) _____ www.cleanmycolon.com

COLON HEALTH

Is this your first Colon Hydrotherapy session? Yes No

If not, where and when was your most recent visit? _____

What, if any, is your prior experience with colon cleansing, other than hydrotherapy?

fasting juicing herbs enemas other _____

If you use laxatives and/or stool softeners, how often? _____

Are you currently fasting? Yes No Are you currently cleansing? Yes No

If yes, type of fast or cleanse program: _____

My intention for hydrotherapy is: _____

Which of the following apply to you? Use "C" for Currently, "P" for Past.

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Abdominal Gas | <input type="checkbox"/> Colitis | <input type="checkbox"/> Gallstones | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Anal discomfort/itching | <input type="checkbox"/> Constipation | <input type="checkbox"/> Gas after eating | <input type="checkbox"/> Parasites |
| <input type="checkbox"/> Anal /rectal bleeding | <input type="checkbox"/> Cramping | <input type="checkbox"/> Gastroparesis | <input type="checkbox"/> Polyps |
| <input type="checkbox"/> Appendicitis | <input type="checkbox"/> Crohn's | <input type="checkbox"/> Hemorrhoids | <input type="checkbox"/> Poor appetite |
| <input type="checkbox"/> Atonic colon | <input type="checkbox"/> Diverticulitis/osis | <input type="checkbox"/> Hernia | <input type="checkbox"/> Reduntant/prolapsed colon |
| <input type="checkbox"/> Bad Breath | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Hungry all the time | <input type="checkbox"/> Reflux/heartburn |
| <input type="checkbox"/> Belching / Bloating | <input type="checkbox"/> Fatigue after eating | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Spastic colon |
| <input type="checkbox"/> Carcinoma | <input type="checkbox"/> Fissure / Fistula | <input type="checkbox"/> Irritable Bowel Syndrome | <input type="checkbox"/> Vomiting |
| <input type="checkbox"/> Celiac disease | <input type="checkbox"/> Food Allergies | <input type="checkbox"/> Lactose intolerance | <input type="checkbox"/> Worms in stool |

Please list any intestinal-related procedures you have had, along with the year it took place:

- barium enema, year _____ colonoscopy, year _____ sigmoidoscopy, year _____
 surgery, year _____ other _____, year _____

BOWEL HEALTH

How many bowel movements do you usually have? Number Per day _____ Number Per week _____

Do you strain to have a movement? Yes No Does the movement feel complete? Yes No

Please check applicable responses. The stool . . .

- Shows signs of mucus Shows signs of blood Has a strong odor

GENERAL HEALTH

What is your blood type? A AB B O

Have you been hospitalized within the past year? _____ in the last 5 years? _____

Why? _____

Which of the following apply to you? Use "C" for Currently, "P" for Past.

- | | | | |
|---------------------------------|-----------------------------------|---------------------------------|--------------------------------|
| _____ Allergies | _____ Depression | _____ Heart condition | _____ Mental disorder |
| _____ Anemia | _____ Diabetes | _____ Heart disease | _____ Nerve disorder |
| _____ Anxiety | _____ Dizziness | _____ High/low blood pressure | _____ PMS |
| _____ Arthritis | _____ Eating disorders | _____ Irregular menstrual cycle | _____ Prostate condition |
| _____ Asthma | _____ Edema | _____ Kidney stones | _____ Renal insufficiency |
| _____ Auto immune disorder | _____ Environmental sensitivities | _____ Liver disease | _____ Sinus condition |
| _____ Bloodclot/vessel disorder | _____ Epstein-Barr | _____ Loss of sleep | _____ Skin condition |
| _____ Cancer | _____ Extreme weight gain/loss | _____ Low blood sugar | _____ Spleen/pancreas problems |
| _____ Candida | _____ Fainting | _____ Low libido | _____ Sweats |
| _____ Chemical toxicity | _____ Fatigue | _____ Lung disorder | _____ Thyroid problems |
| _____ Cholesterol high/low | _____ Fever/chills | _____ Lupus | _____ Toxicity |
| _____ Chronic pain | _____ Fibro/polymialgia | _____ Lyme disease | _____ Tumor |
| _____ Convulsions | _____ Fibroid cysts | _____ Metal poisoning | _____ Ulcer |
| _____ Currently _mnts pregnant | _____ Headaches/migraines | _____ Menopause | _____ Urinary tract infection |

Have you been recently diagnosed with a major illness? Please describe.

Have you recently had chemotherapy? _____

Do you use any of the following?

- antibiotics _____ prescription drugs (please list) _____ supplements (please list) _____
- over-the-counter drugs _____
- pacemaker (how long?) _____
- prescribed birth control _____
- recreational drugs _____
- steroids _____
- antidepressants (please list): _____
- _____
- _____

DIET

Using the following key, please indicate your dietary usage.

F = Frequent (5-7 times a week)

L = Light (once a week or less)

M = Moderate (2-4 times a week)

N = Never (really, never!)

- | | | | | |
|---|---|--|--|---|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Cheese | <input type="checkbox"/> Fried Foods | <input type="checkbox"/> Poultry | <input type="checkbox"/> Soda |
| <input type="checkbox"/> Antacids | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Fruit | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Aspirin | <input type="checkbox"/> Dairy | <input type="checkbox"/> Gum | <input type="checkbox"/> Processed Foods | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Decaf Coffee / Tea | <input type="checkbox"/> Ice Cream | <input type="checkbox"/> Protein Shakes | <input type="checkbox"/> Tobacco/cigarettes |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Desserts | <input type="checkbox"/> Junk Food | <input type="checkbox"/> Psyllium Fiber | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Caffeinated Coffee | <input type="checkbox"/> Eggs | <input type="checkbox"/> Milk | <input type="checkbox"/> Red Meat | <input type="checkbox"/> Water |
| <input type="checkbox"/> Caffeinated Tea | <input type="checkbox"/> Fatty Foods | <input type="checkbox"/> Nuts / Seeds | <input type="checkbox"/> Salads | <input type="checkbox"/> Wheat/flour products |
| <input type="checkbox"/> Candy | <input type="checkbox"/> Fish | <input type="checkbox"/> Organic Foods | <input type="checkbox"/> Salt | <input type="checkbox"/> Whole Grains |
| <input type="checkbox"/> Carbonated Water | <input type="checkbox"/> Flax Fiber | <input type="checkbox"/> Pasta | <input type="checkbox"/> Smoothies | <input type="checkbox"/> Yogurt |

BRIEFLY DESCRIBE YOUR TYPICAL DIETARY INTAKE FOR THE FOLLOWING MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks / Desserts _____

Do you have any food cravings? No Yes _____

LIFESTYLE:

Are you currently under any excessive or unusual mental or physical stress? Please describe briefly:

How do you relax? _____

Do you exercise? No Yes What forms of exercise do you do? _____

Do you practice any forms of: Meditation Prayer 12 Step-Program Other _____

Are you, or have you been, addicted to:

Alcohol Coffee Sugar Tobacco Drugs Prescription drugs Other _____

If there are other areas of your life/lifestyle (such as emotional, mental, or physical trauma) that you feel would be appropriate for us to know in order to better meet your needs, please feel free to comment in the space below.

All information is strictly confidential.

Client Signature: _____ Date: _____



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Informed Consent

I, the undersigned, authorize Constance Jones or other certified colon hydrotherapists working with Glastonbury Naturopathic Center to administer Colon Hydrotherapy sessions. None of the certified colon hydrotherapists is a physician and therefore not qualified to diagnose or prescribe. As with any procedure, there are potential benefits and risks associated with it. I understand how Colon Hydrotherapy is performed and used, and I acknowledge the potential benefits and risks of it as described below:

Colon Hydrotherapy (or a *colonic*) is a gentle, purified water-washing of the large intestine. The client lies on a padded table and, with a Colon Hydrotherapy instrument, purified and triple-filtered water is run very slowly into the colon by the practitioner. When slight pressure builds up in the colon, the practitioner reverses the water flow to empty. As the water and waste are flowing out through an illuminated glass viewing tube, pressure points may be stimulated. This process is repeated several times during the period for 45-55 minutes. During one session, a total of approximately 2-5 gallons flows into and out of the large intestines. **Glastonbury Naturopathic Center uses a closed Colon Hydrotherapy system with single-use, disposable speculum and tubing. The Colon Hydrotherapist is *always* present in the room with the client during each session.**

Colon Hydrotherapy may be used to cleanse the colon by removing fecal material, gas, and mucus. It may also be prescribed by a physician in preparation for the diagnostic study of the large intestine or for other conditions.

Potential risks may include possible aggravation of symptoms existing prior to the session, digestive distress, appetite changes, or energy changes.

Possible contraindications are: severe cardiac disease, severe anemia, GI hemorrhage/perforation, severe hemorrhoids, cirrhosis, carcinoma of the colon, fissures/fistulas, advanced pregnancy, abdominal hernia, recent colon surgery (within 6 months), and renal insufficiency. *If you have any of these conditions or are taking certain medications, you must consult Dr. Pulnik or your physician first. Constance or another certified colon hydrotherapist will review your questionnaire at the first visit before you receive Colon Hydrotherapy to determine whether or not this procedure is appropriate for you.*

- » I affirm that I understand the purpose and potential benefits of Colon Hydrotherapy.
- » I understand and freely accept the potential risks of the procedure.
- » An offer has been made to answer any questions I have about the procedure.
- » I freely and voluntarily consent to the above procedure.
- » I realize that no guarantee as to the results that may be obtained has been given to me by Constance Jones, other certified colon hydrotherapists, Glastonbury Naturopathic Center, or Helen Pulnik, N.D.
- » I hereby release Constance Jones, other certified colon hydrotherapists, Glastonbury Naturopathic Center, or Helen Pulnik, N.D. from any and all liability which may occur in connection with the above mentioned procedure.
- » I understand that I am free to withdraw my consent and to discontinue participation in this procedure at any time.
- » I am not acting as an agent for any government agency, law office, or pharmaceutical company.

Signature of Patient (or of Guardian if under age 18):

Signature _____ Date _____



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Cancellation Policy

We require 24 hours advance notice for all cancellations.

We reserve your appointment space especially for YOU, and our colon hydrotherapists are here for you to prepare and provide therapies for you.

For your convenience, we make every attempt to call each client and patient to confirm your appointment in advance, but your appointment is considered CONFIRMED at the time you make your appointment with us.

We require a valid credit card number with expiration date in order to hold all appointments. In order to avoid having your credit card charged, please call us at least 24 hours in advance for all appointment cancellations.

You are responsible for the full fee of any late cancellation or missed appointment (no show).

If you fail to give us 24 hours advance notice of cancellation or you miss your appointment (no show), you will be charged the full amount.

I understand and agree to the cancellation policy and I also understand that I will be charged the full amount of any late cancellation/missed visit.

Signature _____ Date _____



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Financial Policies

COLON HYDROTHERAPY FEES	PRICE
60 Minute Session	\$111.00
a series of three 60 minute sessions	\$312.00
90 Minute Session	\$153.00
a series of three 90 minute sessions	\$430.00

SUPPLEMENTATION	PRICE
Colon Supplementation Procedure	Add \$20
Probiotic Additive	Add \$30

Payment for services is expected in full at the time they are rendered. We accept cash, checks, and credit cards.

- » Our cancellation fee is the full amount of the missed appointment if NOT cancelled one business day (24 hours at least) prior to appointment date. Appointments are considered confirmed when they are scheduled.
- » Special Discount Packages must be paid in full at the first session and are nonrefundable and nontransferable.
- » It is Glastonbury Naturopathic Center’s policy that all patients keep their accounts current.
- » Any accounts over thirty days will accrue interest at the rate of 1.5% per month. Accounts delinquent over 90 days are due in full and will be referred to collection. All collection costs and legal fees will be added to the account.
- » I understand and agree that I am responsible for the balance on this account for services including Colon Hydrotherapy fees, supplements, and any fees charged to me for missed or late cancellations of appointments.
- » Insurance does not cover the cost of Colon Hydrotherapy.
 - » Services at Glastonbury Naturopathic Center are not billable to most insurance providers; therefore patients are responsible for the costs incurred for these services.
 - » Clients may request a superbill which includes all necessary codes to submit to their insurance company for possible reimbursement through HSAs, FSAs, etc.
- » I have read and understand the above financial information regarding fees and financial policies of this office, and agree to abide by them.

Signature of Patient (or of Guardian if under age 18):

Signature _____ Date _____



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Preparation and Aftercare

DIETARY GUIDELINES

For a day or two before and after a session, you should drink lots of filtered or distilled water, herbal teas, and fresh juices, along with eating fresh, organic and seasonal vegetables, fruits, whole grains, soups, and lighter proteins. Eating this way naturally creates a healthier intestinal cleansing atmosphere and also reduces the possibilities of both excess gas build-up and delay in resuming your proper elimination function.

Minimize your consumption of dairy, sugar, wheat, and red meat and please remember to chew thoroughly!

The following are examples of healthy, cleansing foods to include:

- » Herbal teas – chamomile, dandelion, green, peppermint
- » Fruits – apricots, bananas, blueberries, figs, grapes, melons, oranges, papayas, peaches, pears, prunes
- » Protein shakes – whey, rice
- » Proteins – fish, poultry, tempeh, tofu, seeds
- » Juices – vegetable and fruit
- » Vegetables – preferably seasonal, beets, celery, cucumber, lettuces, parsnips, squashes, sweet potatoes, sprouts, yams; leafy greens such as collard, kale, lettuces, mustard, swiss chard, watercress, parsley
- » Seaweeds – dulse, kelp, kombu, nori
- » Whole grains – amaranth, barley, basmati rice, long grain brown rice, buckwheat, millet, quinoa
- » Breads (if you must) – gluten-free, Ezekiel's Food for Life, or Essene varieties

DAY OF SESSION

On the day of your session, eat or drink mostly vegetables and fruits. This puts your body into a deeper cleansing mode. Remember water. However, try to avoid eating or drinking for two hours before your appointment so that you're not digesting or needing to empty your bladder during your session.

After your session you may eat and drink as soon as you'd like, following the recommendation for this day. Electrolyte-type drinks, such as Emergen-C and Recharge, are suggested along with a probiotic supplement or food including acidophilus and bifidus, like goat's yoghurt or kefir. Also consider miso, sauerkraut, rejuvelac, and chlorophyll-rich foods, such as wheat grass, dark greens, or algae. This is an excellent time to juice.

AFTER THE SESSION

It is not uncommon for 1-3 days to pass before your first bowel movement after a session. Please be patient. Remember that the whole digestive tract is one long tube (7 times the length of your body if stretched out!) so it may take some time for your colon to refill. What you eat and drink will determine how the redefining of your colon's shape and movement will occur. Remember to drink lots of water. If you are particularly sensitive, avoid raw vegetables, red meat, and alcohol. Please avoid overeating.

Until you have a bowel movement, I suggest that you eliminate foods that you know to be allergic, constipating, gas producing and bloating. Some of these may be:

- » Bread, cheese, chocolate, desserts, fatty & fried foods, ice cream, junk & processed foods, milk, sugar & wheat products, along with caffeine, carbonated drinks, and sodas
- » Gas-producing foods: beans, cruciferous vegetables (such as broccoli, brussels sprouts, cabbage, and cauliflower), onions, peppers, raw & unpeeled apples, and soy products

OTHER HEALTHY EATING TIPS

There are many beneficial eating systems to choose from within the health food spectrum ranging from raw foods to macrobiotics. Dr. Peter D'Adamo's "Eat Right for Your Type" and "Live Right for Your Type" seem particularly helpful for people with digestive issues. Scott Ohlgren offers a wonderful primer on his website www.howhealthworks.com on how to get started on the road to excellent health through food. No matter which foods you prefer, fresh, organic, and seasonal are musts.

SUB-SUBHEAD: SUPPLEMENTS

Supplementing healthy eating before and after colon hydrotherapy with an herbal intestinal cleansing program is another way to accelerate your process. To learn about Glastonbury Naturpathic Center's 21-day detox program, please go to www.naturopathicwellness.com. Other healthy practices that can nourish and complement your Colon Hydrotherapy experience are deep breathing, castor oil packs, abdominal hot and cold packs, dry skin brushing, slant board, squatting, warm baths, massage and yoga. Gentle exercise such as walking, swimming, or trampolining is always beneficial.



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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 2½–3 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 diets consist 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 stresses 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 3/4-inch in diameter (narrower than a healthy bowel movement!) 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 sterilized. Longer sessions are available if necessary.

WHAT IF FEELINGS COME UP DURING THE SESSION? HOW DO YOU DEAL WITH THEM?

It's possible to have an emotional release during a colonic. We tend to hold many unexpressed feelings in our gut, so the cleansing can occur on more than the physical level.

In my experience, many colon issues are stress-related. As a colonic practitioner, I have witnessed many emotional releases 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. Many people say the sessions are easier and more relaxing than they imagined.

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 Cetylceide 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, [click here](#). (link to advised consent form) 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



Colon Hydrotherapy

Glastonbury Naturopathic Center, 18 School Street, Glastonbury, CT 06033
Dr. Helene Pulnik, N.D., Medical Director phone 860.657.4105

Directions

PARKING INFORMATION

Our driveway is located immediately to the left of our building at 18 School Street. To park, turn right into the driveway. Proceed right to the parking lot directly behind the house and follow the walkway to our front entrance. Reception is straight through the hallway on the first floor. Please do not park in the lot to the left of the driveway.

DIRECTIONS FROM POINTS NORTH, NORTHEAST AND WEST

From Points North:

- » From Springfield area, take I-91 South to left-lane Exit 30, I-84 East/Route 2. Almost immediately, get off of I-84 East, taking Exit 55/Route 2 East.

From Points Northeast:

- » From Boston, take I-90 West to I-84 West: near Exit 57, move to center lane and take left-lane Exit 55/Route 2 East.
- » From Manchester, S. Windsor, & Vernon: take I-84 West to Exit 55/Route 2 East.

From Points West:

- » From Hartford, West Hartford & I-84 East, take I-84 East to Exit 55/Route 2 East.

» *Directions from Route 2 East:*

- » Follow Route 2 East to Exit 6 - Griswold Street.
- » At the end of the ramp, turn right onto Griswold Street.
- » At the light, turn left onto Main Street. Proceed down Main Street through six lights.
- » After the stop sign at the intersection of Main Street & Hebron Avenue, proceed to second left and turn onto School Street.
- » Glastonbury Naturopathic Center is located at 18 School Street.



DIRECTIONS FROM POINTS EAST:

- » From New London, take 85 North to 11 North to Route 2 West.
- » From Providence, take Route 6 West, to 395 South, to Exit 82, to West Town Street, to Route 2 West.
- » From Norwich, take Route 2 West.

» ***Directions from Route 2 West:***

- » Follow Route 2 West to Exit 8 – Hebron Avenue.
- » At the light at the top of the ramp, turn right and immediately get in the left lane.
- » At the light, turn left onto Hebron Ave, 94 West, towards Glastonbury Center.
- » Proceed to the stop sign at intersection of Hebron Ave and Main Street.
- » Turn left onto Main Street and take the second left onto School Street.
- » Glastonbury Naturopathic Center is located at 18 School Street.

DIRECTIONS FROM POINTS SOUTH:

- » From New York & New Haven areas, take I-95 North to I-91 North.
- » From Danbury & Waterbury areas, take I-84 East to I-691 East. Take 691 East to I-91 North.

» ***Directions from I-91 North:***

- » From I-91 North: take Exit 25/26 – Route 3 North – Old Wethersfield/Glastonbury.
- » Stay in the left lane on the exit and go over the Putnam Bridge.
- » On the bridge, take the first exit on the right – Main Street/Glastonbury.
- » At the end of the exit ramp, turn left onto Glastonbury Boulevard.
- » At the light, turn right onto Main Street. Proceed down Main Street through six lights.
- » After the stop sign at the intersection of Main Street & Hebron Avenue, proceed to second left and turn onto School Street.
- » Glastonbury Naturopathic Center is located at 18 School Street.