

# Healthy Living Athy, Answers Your Questions

To announce the opening of the Colonic Hydrotherapies unit, Ultimate Health at Healthy Living in Athy Senior Therapist, Caroline Danaher answers some of the most frequently asked questions about Colon Hydrotherapy.

**Q. Suppose I have been suffering from constipation for a long time, will Colon Hydrotherapy help?** A. We want to state that constipation can be successfully treated with natural, harmless techniques, including the use of Colonics. There are three factors involved in having a well functioning colon: diet, exercise and attitude. All three must be in balance for the colon to function well. The process of Colonic hydrotherapy is excellent for cleansing and healing the colon sufficiently so that changes in diet, exercise, and attitude are then able to produce their effects. Many people find the relief provided by Colonics stimulates the motivation and enthusiasm to institute positive changes in their lifestyle.

Unless you are having a bowel movement for every meal you eat, you are constipated! In fact, many people are constipated without even recognizing the condition. When a person becomes constipated, the walls of his or her colon become encrusted with accumulated feces. Therefore, the passage through which the feces are forced to travel is greatly reduced so that stools become narrow in diameter, making it look like a normal stool. The average person has 5 to 20 pounds of accumulated waste matter in their Colon. Colonic hydrotherapy allows these accumulated feces to be washed free from the body.

**Q. Can Colon Hydrotherapy help with Irritable bowel syndrome (IBS)?**

A. Yes, IBS is one of the most common disorders that we see. Yet it's also one that many people aren't comfortable talking about. IBS is characterised by abdominal pain, cramping and changes in bowel function. This includes bloating, gas, diarrhoea and constipation, which can all be treated by Colon Hydrotherapy.

**Q. Do many medical professionals support Colon Hydrotherapy?**

A. Not only do many medical professionals endorse the use of Colonic Hydrotherapy, many even incorporate it as an integral part of their daily patient care and healing. The therapy can alleviate pre and post-menstrual discomfort and pain for women and ease prostate problems for men. Cancer patients experiencing constipation and increased toxic stress during chemotherapy and radiation treatment can also benefit from Colon Hydrotherapy.

**Q. But being constipated can't be that damaging to your health can it?**

A. Elimination and digestion are two basic requirements for natural health. If the elimination organs are not functioning properly, the body soon becomes choked with putrefying waste backing up into all the vital organs. Digestion then will be stifled with the end result being death. For most people, this is a slow process with various waste toxins building up over the years to produce arthritis, diabetes, ulcers, hypertension, strokes, cancer and heart attacks. Many sufferers experience headaches and a sluggish tired feeling for months/years before the final breakdown.