



COLON HYDROTHERAPY PREPARATION

What you need to know before your treatment:

Colon Hydrotherapy is one of the most powerful digestive detoxification treatments available. It is a gentle and effective way of eliminating toxins, waste and gas that have become trapped in the colon for various reasons. The deposits will be gently flushed away using filtered water at a controlled temperature combined with abdominal massage. A course of colonics can remove between 2 and 9 kilograms of waste material.

Filtered water is used in a single colonic session. The whole system is totally enclosed from the water inlet to the outlet that goes straight down the drain. All equipment is sterilised to hospital standards using approved solutions or is disposable.

There is no need to empty your bowels before the treatment. However, we do advise that you avoid at least a day prior to your appointment:

- *Wheat*
- *Yeast*
- *Alcohol*
- *Sugar*
- *Gas forming foods (onions, cabbage, broccoli, cauliflower, chickpeas, lentils and beans)*

Please drink lots of water or herbal teas the day before and after your treatment. It is recommended to avoid eating 3-4 hours before the treatment as abdominal massage forms part of the treatment. The therapist is very experienced in dealing with nervous and first-time clients. She will discuss your symptoms/problems to insure this is the correct treatment for you. She will also explain the whole procedure to you and answer any questions you may have.

The insertion of the speculum is not painful and allows simultaneously for the intake of water and expulsion of waste. You will feel a slight pressure in the abdomen, which constantly builds up and releases during the treatment. Various massage techniques are used on the abdomen to stimulate the release of unwanted matter.

It is highly unlikely to cleanse the entire colon in one session alone. You will typically need between three and six treatments relatively close together. Once the initial build up is cleared a treatment may be recommended every few months. This varies from client to client depending on their reason for seeking treatment.

Cancellations or alterations to your appointment is strictly 48 hours prior to treatment within business hours preferably.



Booking in advance: If you are a new client, it is advised to book at least two appointments close together e.g Monday and Friday.

Bookings fill up fast and preferably want to avoid waiting too long between treatments. Bookings can be modified on the day of first treatment if need be.

Address: 1 Milner Rd, Tamboerskloof. Dental and Medical Centre on the corner of Milner Rd opposite the Cape Milner Hotel.

Please take a seat in the waiting area upstairs until the therapist comes to meet you.