



Body Ecology's Detoxification Training: Handout #7

Bonus Call with Pam Craig

I-ACT – the International Association of Colon Hydrotherapists. You can find them at <http://i-ACT.org>.

Your Colon gives you messages about what's happening in your body. 70% of your immune system is in your gut.

Why cleanse your colon?

- Abdominal pain
- Depression
- Gas (foul smelling gas indicates an inner ecosystem imbalance)
- Bloating
- Constipation
- Diarrhea
- Foul smelling stools
- Distended belly from carrying fecal matter
- Good bacteria will not grow if your colon is not healthy

Types of Colon Cleansing

- **Enema** – Use as quart of water in an enema bag or bucket. You slowly hydrate the left side of your colon so fecal matter can leave your body.
- **Coffee enema** – Organic coffee is used to cleanse the liver. This is fine to cleanse the liver after the colon has become cleaner, but start with the basics and cleanse your colon first. People who use coffee enemas regularly begin to lose minerals. It's better for a short-term method. A high quality supplement, like LivAmend is recommended over coffee enemas because it supports your gall bladder, liver and bowels to release toxins.
- **Colema** – Like a home enema, but you have a 5-gallon bucket to hydrate your colon. You will cleanse more of your colon in a colema (across your transverse colon).
- **Colon hydrotherapy** – You go see a professional certified colon hydrotherapist and 25 - 30 gallons of water. There is no odor and it's completely sanitary. You see everything leaving your body through a viewing tube. We recommend *slow fill* colon hydrotherapy. There are open systems and closed systems used in colon hydrotherapy. Both are excellent and we recommend you experiment with both to see which is best for you.
 - **Open system** – more like a home colema, but with much more water.
 - **Closed system**

Healthy Stool

- 4 – 8 inches long
- Easy to push out
- Brown color
- Consistency of toothpaste
- Enter the water smoothly
- Very little gas or odor

Unhealthy Stool

- Rapidly sinking stool - might indicate dehydration or not getting enough fiber or vegetables.
- Dark stool – not drinking enough water
- Pale or gray stool – too much or not enough bile.
- Stool that sits on the side of the bowl and is hard to flush away – may not be digesting fats well. Digestive enzymes can help with this.

If you notice any changes in your stool, consult with your physician or health care practitioner.

Constipation

- Your colon is a muscle. Constipation is when your colon becomes dehydrated and sluggish.

What causes constipation?

- Stress – multi-tasking, overactive thoughts, 24/7 lifestyles, shallow breathing
- Lack of sleep or poor quality sleep
- Poor diet
- Under active thyroid and adrenals – minerals, B vitamins, vitamin C and good fats are important. Sea vegetables, cultured vegetables, probiotic liquids, Ocean Plant Extract and sea salt and digestive enzymes are great.
- Too little Hydrochloric Acid (HCl)
- Lack of Hydration – consider putting minerals in your water or taking Ancient Minerals with a glass of water.
- Mal-absorption
- Disconnection from your body – how often do you get still and tune into your body?
- Toxins
- Antibiotics
- Negative emotions

- Eating too fast – not chewing enough, not breathing deeply during meals
- Food allergies

Diarrhea – a form of constipation.

Support for Cleansing Your Colon

- **Castor oil packs** – when you rub castor oil on, toxins are absorbed from the lymph, allowing toxins to leave your body. Rub castor oil on your body, then put a hot water bottle on your abdomen and go to sleep. This can help you have a bowel movement in the morning.
- **Magnesium** – 85% of people are deficient in magnesium. Many people like Natural Calm powdered magnesium supplement to help with elimination. This helps relax your muscles so they aren't so tight. It can also help improve your sleep and relieve stress.

How to tell your colon is cleaner

- Better skin
- Bright whites of your eyes
- Feeling energized
- Feeling better overall
- Belly becomes flatter

How often should you cleanse your colon?

- This is an individual question for each person. A colon hydrotherapist will work with you to come up with a plan that is right for your particular health situation and goals.
- Many people do colon hydrotherapy sessions with the season changes.

How to find a good colon hydrotherapist?

- Use the I-ACT referral tool to find a good, certified colon hydrotherapist - <http://i-act.org/IACTSearch.HTM>
- Call the colon hydrotherapist and interview them.
- Pay attention to the questions they ask you, the answers they give and the rapport you develop with them.

Pam Craig does paid consultations for anyone who is not in her area (Atlanta, GA). She can be reached by e-mail at: pamcraig1@bellsouth.net

Watch a Colon Hydrotherapy Session on YouTube:

<http://www.youtube.com/watch?v=TeWjxHspRKs>