



Natural Vitality Centre

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"Cleanse, then Rejuvenate"

Nataly Belinska, President

THE COLON IRRIGATION PROCEDURE

In a 30 to 45-minute colon irrigation procedure as much as 20 to 35 gallons of water is used to gently flush the colon. Colonic procedures are able to loose and eliminate far more toxic waste than any other short-term technique, especially if the colon therapist uses appropriately such complementary means as massage, pressure points, reflexology, breathing techniques. The subsequent colonic irrigations will remove even more. The number of procedures you may wish to have will depend upon your personal objectives.

Colonic cleansings is an essentially natural process and virtually safe. It can be performed on an elderly person who is severely constipated. Though, colonic procedures are never performed on pregnant women, a person with currently active ulcerative colitis, or following recent colon surgery.

Our intent is to provide a safe and healthy repair so that you do not have to worry. Cleaning and sterilization of the necessary equipment is done as normal procedure and clean linen is used for each colonic cleansing as well.

Washing out putrefied material in the large intestine, which is only partially reached on any colon irrigation, increases the good intestinal flora. Good bacteria can only breed in clean environment that has been washed free of putrefaction and accompanying harmful bacteria. That is why the intestines of a new born baby immediately begin to grow good intestinal flora. Each time you clean out the putrefying garbage and make a better environment for the flora, they start to multiply immediately in their natural media. It also stands to reason that valuable nutrients can better be absorbed in clean environment than in a putrefied one.

You will be asked certain medical and health questions to make sure that it is not dangerous for you to receive colonic irrigations. Also your objective for receiving colon cleansing will be discussed. Any questions or concerns will be answered at this time as well.

Following the colon procedure you will be instructed to prepare for colon cleansings and to alleviate any bladder or bowel pressure at that time. Then you will enter the colon irrigation room. First, a deep intestinal massage will take place if applicable. Instructions will be given how to lie on the table while gentle insertion of the rectal tube is accomplished. Filling and flushing water into and out of the colon is the next step.

Waste material can be viewed by the patient with a specially designed tilted mirror. Cleansing of the colon lasts approximately 30 to 45 minutes which is decided by the colon therapist and depends on the case. You will be asked to turn on both sides and back during a colonic procedure so that the water can reach as much of your colon as possible. When your colonic cleansing is completed, gentle withdrawal of rectal tube is performed. After this the colon irrigation is completed and you can return to your normal daily routines. After your colonic irrigation procedure, you may be given some probiotics, which contain beneficial bacteria to keep your digestive system healthy. The probiotics may either be inserted into your rectum, or taken as tablets.

Note: This information may not cover all possible claims, uses, actions, precautions, side effects or interactions. It is not intended as medical advice, and should not be relied upon as a substitute for consultation with your doctor, who is familiar with your medical situation.

