

COLON HYDROTHERAPY

Can help improve our body's overall health and wellness in all of the following ways:

1. It makes the digestive system more effective, clearing the way for good nutrient absorption.
2. Prevents constipation.
3. It increases energy - releasing the toxins from our body.
4. A colon that's been cleansed allows only water, vitamins and nutrients to be absorbed into the bloodstream, creating an unobstructed path for essential nutrients to filter into the body.
5. Concentration improves - the build-up of mucous and toxins in our colon can keep our body from getting what it needs to function.
6. Kick starts weight loss - the average human colon weighs about four pounds empty and can hold up to eight meals' worth of food before digestion finally occurs. A colon cleansing can result in significant weight loss and kick-start our metabolism.
7. It decreases risk of colon cancer - all the toxins that we eat, drink, breathe and absorb through our skin end up processed by our gastrointestinal system, kidneys, and liver..
8. Increases fertility - a colon that is weighed down by years of build-up can also press on the uterus and surrounding reproductive organs in women, causing strain. Colon cleansing rids the body of many chemicals and toxins that affect the egg and sperm count.
9. It maintains PH balance in the bloodstream - foods that cause colon blockages are acid-forming, causing the colon's tissue to eventually become inflamed and reduces its ability to do its job, which is to allow only water, minerals and vitamins to pass into the bloodstream.
10. Ridding the colon of waste and toxins by releasing layers of colon build-up can lead to feelings of lightness, increased energy, and overall good health.

I understand that clients will be nervous at their first appointment, so I put them at ease by explaining:

- What will happen at their appointment
- How colon hydrotherapy works
- The benefits of colon hydrotherapy (as described above)
- Reassure them that complete discretion is assured at all times
- Discuss a healthy diet

Sensitivity is required and I work to preserve my client's dignity at all times. They will be given privacy to change and have access to private toilet facilities. They will only be exposed for a few seconds for the insertion of the speculum and after that they will remain covered throughout the treatment.

I fully appreciate that my client will feel a little embarrassed by such a personal procedure and will do all I can to put them at ease, always acting in a thoroughly professional, courteous, friendly and empathic manner. As a member and representative of RICTAT I take my ethical obligation seriously in relation to hygiene standards and client safety both of which are of paramount importance.