



*Temple
Cleansing*

Q&A's
**COLONIC
IRRIGATION**

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Foreword

By Angelika Fritz – Owner of Temple Cleansing Colonics

It is now to be recognised, that many physical illnesses we suffer with originate in the colon.

Because of our Western Lifestyle and the food we eat, our colons (or large intestines) are overworked, doing far more than they were designed to do. This is where disease sets in.

At Temple Cleansing we believe health disruptions as the body's cry for help and always recommend you see a doctor for health complaints; the idea sometimes perpetuated in the Wellness Industry is that disease can come from emotional blockages. While that is possible in rare cases it is important to live a lifestyle and practice habits that assist the body in avoiding and healing from medical disease.

Due to overwork, disease and unhealthy patterns, consequently, they are getting progressively more unhealthy and unable to cope with demands. In industrial countries, more than 30% of the population suffers from deficiencies. (We now know our soils are lacking vital nutrients and minerals to supply vegetables, such as boron [link]) Deficiencies are caused by improper nutrition and poor habits. The problem is then compounded by the way we use pesticides and other chemicals that pollute the atmosphere.

The good news! Something can be done about it.

Colonic irrigation is a method that has been developed to assist in cleansing and relieving the colon. It is a clinical process for cleaning the large intestine thereby enabling it to work more effectively.

In November 2004 four academics undertook a study of the subject of colonic irrigation in which they objectively evaluated 80 patients. In the medical research paper they presented the following conclusion:

“Many who may potentially benefit from the treatment option may never need a review from a bowel specialist.”

www.rednova.com/news/display/?id+106018

This little booklet is designed to explain what that process is and why it is needed for a healthy body.

Angelika Fritz

Introduction

Have you ever eaten junk food, fatty food, lollies or processed food, or food with preservatives, or even too much or too little food? Have you had a hamburger and fries? Have you ever drunk coked, soda pop, cordial, coffee, tea, or any drink with caffeine?

Some people say that if you eat the right food, your bowel will be healthy and will function properly; and that, of course, is true. However, in the real world in which we live, it is impossible to avoid at least some foods and drinks that are not good for you. So I'm sure that your answer to many of the above questions is, 'Yes.' If it is, you need Colonic Irrigation! Even a few sessions will make all the difference to how you feel and may even reverse damage to the colon from built-up plaque and mucoid.

The phrase 'Colonic Irrigation' may conjure up ideas that it is a bit 'scary' and when most people first hear about it many kinds of unpleasant images spring to mind. We can assure you, that the gentle infusion of temperate, purified water is actually quite pleasant, leaving an empty, clean fresh feeling to the bowl area.

You probably have many questions about Colonic Irrigation. We hope you will find answers on the following pages.

Chapter 1: Understanding Your Colon

The colon, also known as the large intestine, is a crucial part of the digestive system and plays a vital role in overall health. It is a long, muscular tube that extends approximately two meters in length, responsible for processing waste materials from the food we consume. While it may not be the most glamorous part of the body, its proper functioning is essential for a healthy life.

The primary functions of the colon include absorbing water and electrolytes from digested food, forming faeces, and eliminating waste products from the body. This process is crucial in maintaining the body's balance and preventing the build-up of harmful toxins.

In our modern Western lifestyle, the health of our colon is often compromised due to various factors. The foods we eat, particularly processed and unhealthy options, can overwhelm the colon, leading to issues such as constipation, bloating, and inflammation. Additionally, stress and sedentary habits can also contribute to colon problems.

To better understand the importance of the colon, it's essential to know how it works in the digestive system. When we consume food, it travels through the stomach and the small intestine, where nutrients are absorbed into the bloodstream. The remaining undigested material, known as faeces, then enters the colon.

Within the colon, water and electrolytes are reabsorbed, and the faeces become more solid. The colon's lining is also home to trillions of beneficial bacteria, known as gut flora, which aid in the fermentation and breakdown of certain foods. These bacteria play a significant role in synthesizing essential vitamins and promoting overall gut health.

When the colon is functioning correctly, it helps maintain regular bowel movements and facilitates the excretion of waste materials. However, poor dietary habits, stress, lack of physical activity, and other lifestyle factors can disrupt this delicate balance, leading to various colon-related health issues.

Some common problems that can arise in the colon include constipation, diarrhea, irritable bowel syndrome (IBS), diverticulitis, and inflammatory bowel disease (IBD). These conditions can cause discomfort, and pain, and, if left untreated, lead to more severe complications.

The health of your colon should not be overlooked, as it can impact your overall well-being. Neglecting colon health may lead to a range of health issues beyond digestive problems. It is essential to pay attention to your digestive system and take proactive measures to maintain a healthy colon.

In the following chapters, we will explore the benefits of colonic irrigation as a method to cleanse and rejuvenate the colon, promoting improved digestion, overall wellness, and a healthier lifestyle. Let's embark on this journey to better understand the significance of colonic irrigation and its positive impact on your health.

Chapter 2: The Impact of Modern Lifestyles on the Colon

In our fast-paced modern world, the Western lifestyle has significantly affected our colon health. Our daily habits, dietary choices, and stress levels all play a crucial role in determining the well-being of our digestive system, particularly the colon. Understanding the impact of these factors can help us make informed decisions to improve our colon health and overall well-being.

The Western Lifestyle and its Effects on Colon Health:

The Western lifestyle is characterized by convenience, fast-paced living, and a reliance on processed and unhealthy foods. This lifestyle often leads to poor dietary habits, including the consumption of high-fat, high-sugar, and low-fibre foods. Such dietary choices can disrupt the natural balance in the colon, contributing to issues like constipation, irregular bowel movements, and increased risk of colon diseases.

Moreover, the lack of physical activity is prevalent in the Western lifestyle, leading to sedentary habits. Regular exercise is crucial for maintaining colon health as it helps stimulate bowel movements and promotes overall gut motility. A sedentary lifestyle, on the other hand, can lead to sluggish bowel movements and an increased risk of colon-related problems.

The Role of Diet and Processed Foods in Colon Health:

The food we eat has a significant impact on the health of our colons. A diet high in processed foods, refined sugars, and unhealthy fats can lead to inflammation and an imbalance of gut bacteria. These unhealthy dietary choices can slow down the transit time of food through the colon, resulting in constipation and the build-up of waste materials.

Additionally, the lack of dietary fibre in processed foods can further exacerbate colon problems. Fibre plays a crucial role in promoting regular bowel movements and providing fuel for beneficial gut bacteria. A diet low in fibre can lead to a sluggish colon, making it challenging for waste materials to be eliminated efficiently.

How Stress and Sedentary Habits Affect the Colon:

Stress has a profound impact on our overall health, including the health of our colon. When we experience stress, the body's "fight or flight" response is triggered, diverting blood flow away from the digestive system. This can lead to decreased bowel motility and contribute to issues like bloating and indigestion.

Moreover, stress can disrupt the balance of gut bacteria, leading to an overgrowth of harmful bacteria in the colon. This imbalance can further compromise colon health and increase the risk of inflammatory conditions.

Sedentary habits, such as sitting for prolonged periods, can also contribute to colon issues. Physical inactivity can slow down bowel movements and decrease muscle tone in the colon, making it difficult for waste materials to be eliminated effectively.

Taking proactive steps to address the impact of modern lifestyles on the colon is essential for promoting optimal colon health. Making dietary changes that prioritize whole, unprocessed foods rich in fibre can aid digestion and support a healthy colon. Regular exercise and stress-management techniques, such as mindfulness practices, can help reduce the negative impact of stress on the digestive system.

In the following chapters, we will explore how colonic irrigation can assist in cleansing and rejuvenating the colon, providing a valuable tool to counteract the detrimental effects of modern lifestyles. By adopting a holistic approach to colon health, we can pave the way for a healthier, more balanced life.

Chapter 3: Introduction to Colonic Irrigation

Colonic irrigation, also known as colon hydrotherapy or colon cleansing, is a clinical procedure designed to cleanse and detoxify the colon. It involves the gentle infusion of purified water into the colon through a specialized tube, allowing for the removal of accumulated waste materials, toxins, and harmful bacteria. Colonic irrigation is a safe and effective method to promote colon health and overall well-being.

What is Colonic Irrigation and How It Works:

Colonic irrigation is based on the premise that a clean and healthy colon is essential for optimal digestive function and overall health. The procedure is performed in a controlled and hygienic environment by a trained professional, ensuring the utmost comfort and safety for the client.

Purified water is then introduced into the colon at a carefully regulated temperature and pressure. The water flows into the colon, gradually loosening and softening waste materials, allowing them to be expelled through a separate waste tube.

The process is repeated several times during the session, thoroughly cleansing the entire length of the large intestine. The procedure is not painful and typically lasts between 30 to 45 minutes.

Understanding the Procedure and Its Benefits:

Colonic irrigation offers several benefits for colon health and overall well-being:

- **Elimination of Toxins and Waste:** Colonic irrigation effectively removes accumulated waste materials, toxins, and harmful bacteria from the colon. This cleansing process helps to reduce the burden on the colon, promoting better digestion and nutrient absorption.
- **Improved Digestive Function:** By removing impacted faeces and waste build-up, colonic irrigation can improve bowel regularity and relieve constipation. The procedure may also help alleviate symptoms of irritable bowel syndrome (IBS) and promote better gut motility.
- **Enhanced Nutrient Absorption:** A clean and healthy colon can absorb nutrients from the food we eat, leading to improved overall health and vitality.
- **Balanced Gut Microbiome:** Colonic irrigation can help restore a healthy balance of gut bacteria, supporting a diverse and thriving gut microbiome. A balanced gut microbiome is essential for a strong immune system and overall gut health.
- **Increased Energy and Vitality:** Removing toxins and waste from the colon can lead to increased energy levels and a sense of rejuvenation.

Dispelling Myths and Misconceptions about Colonic Irrigation:

Despite its many benefits, colonic irrigation has faced misconceptions and myths over the years. Some common misconceptions include:

- **Dehydration:** Colonic irrigation does not dehydrate the body. On the contrary, the procedure can help hydrate the colon and soften waste materials for easier elimination.
- **Dependency:** Regular colonic irrigation does not lead to dependency or weaken the colon. In fact, the procedure can help tone and strengthen the colon muscles, leading to improved bowel function.
- **Loss of Beneficial Bacteria:** While colonic irrigation may remove some bacteria, it also helps to restore a healthier balance of gut flora by eliminating harmful bacteria.

Colonic irrigation, when performed by a skilled professional using the appropriate equipment, is a safe and beneficial procedure. It is essential to follow the guidance of trained practitioners and maintain a balanced lifestyle for optimal colon health.

In the upcoming chapters, we will delve deeper into the specific benefits of colonic irrigation and its role in promoting a healthier colon and overall well-being. By understanding the facts and dispelling myths, you can make an informed decision about incorporating colonic irrigation into your wellness routine.

Chapter 4: The Benefits of Colonic Irrigation

Colonic irrigation offers a range of benefits that contribute to improved colon health and overall well-being. Let's explore some of the key advantages of this procedure:

Removing Toxins and Waste from the Colon:

Over time, the colon can accumulate waste materials, toxins, and harmful bacteria. These substances can lead to an imbalance in the gut microbiome and hinder proper digestive function. Colonic irrigation effectively flushes out these accumulated materials, promoting a clean and healthy colon.

By removing toxins and waste, colonic irrigation reduces the burden on the colon and helps prevent the reabsorption of harmful substances into the bloodstream. This detoxification process supports the body's natural ability to eliminate waste and enhances overall health.

Improving Digestion and Nutrient Absorption:

A clean and healthy colon plays a critical role in efficient digestion and nutrient absorption. When waste materials build up in the colon, they can interfere with the absorption of essential nutrients from the food we eat. This can lead to nutrient deficiencies and other health issues.

Colonic irrigation helps to clear the colon of impacted faeces and waste build-up, allowing for improved nutrient absorption. When the colon is free from obstructions, nutrients can be better absorbed into the bloodstream, supporting optimal health and vitality.

Enhancing the Body's Natural Detoxification Processes:

The body has its own detoxification mechanisms, but these can become overwhelmed by the toxins and waste accumulated in the colon. Colonic irrigation acts as a complementary therapy, assisting the body's natural detoxification processes.

By promoting a cleaner and healthier colon, colonic irrigation supports the liver and other organs involved in detoxification. This enhanced detoxification can lead to improved skin health, increased energy levels, and a stronger immune system.

It is essential to note that colonic irrigation is not a standalone solution for all health issues. It is a valuable tool to support overall health, but it works best when combined with a balanced diet, regular exercise, and other healthy lifestyle practices.

Chapter 5: Preparing for Colonic Irrigation

Preparing for a colonic irrigation session is essential to ensure a smooth and comfortable experience. Here are some necessary preparations before the procedure:

Consultation with a Professional:

Before scheduling a colonic irrigation session, it is crucial to have a consultation with a qualified healthcare professional or colonic therapist. They will assess your health history, address any concerns, and determine if colonic irrigation is appropriate for you.

Hydration:

Staying hydrated before the procedure is essential. Drinking plenty of water helps prepare the colon and can make the process more effective and comfortable.

Light Meal Before the Session:

On the day of the colonic irrigation, opt for a light meal that is easy to digest. Avoid heavy, greasy, or processed foods that may lead to discomfort during the procedure.

Preparation:

Address any concerns or fears you may have about the procedure. Colonic irrigation is a safe and gentle process, and the therapist will guide you through the entire session, ensuring your comfort.

Comfortable Clothing:

Wear comfortable clothing to the colonic irrigation session, as you will be lying on a treatment table for the duration of the procedure.

Addressing common concerns and fears about colonic irrigation is essential for a positive experience. It is normal to have questions about the procedure, and a skilled colonic therapist will take the time to address these concerns and provide guidance throughout the process.

By following these preparations, you can ensure that your colonic irrigation session is effective, comfortable, and contributes to your overall colon health and well-being.

Chapter 6: What to Expect During Colonic Irrigation

Colonic irrigation is a gentle and effective procedure that aims to cleanse and rejuvenate the colon. Here is a step-by-step guide to help you understand what to expect during a colonic irrigation session:

Preparation and Comfort:

Once you are ready for the session, the therapist will ask you to lie comfortably on a treatment table. They will provide privacy and ensure your comfort throughout the procedure.

The equipment used at Temple Cleansing Studio is an open-fed gravity system which means it does not require the constant attendance of the therapist so it is not embarrassing at all. A pencil-thin disposable tube is self-inserted by the client. Throughout your 45-minute session, our therapist will check on you to ensure your comfort.

Colon Irrigation is a safe effective method of removing waste from the large intestine, without the use of drugs. The procedure involves gently mixing warm filtered water into your rectum, which softens and loosens faeces, resulting in evacuation through natural peristalsis. There is no odour and modesty are maintained at all times. You will be covered with a disposable towel. Most people find colonics very effective for many issues and that the procedure is relaxing and refreshing.

Insertion of the Tube:

A disposable tube, connected to the colonic irrigation equipment, has been inserted by the client who is covered with the disposable towel.

Infusion of Warm Filtered Water:

The therapist will gradually introduce warm filtered water into your colon at a controlled temperature and pressure. The water will flow into the colon, loosening and softening waste materials.

Waste Elimination:

As the water flows into the colon, waste materials, toxins, and harmful bacteria are expelled breaking up around the tube, and going into the sewer where the client can relax while watching it on a screen if they so wish. The therapist will monitor that the elimination process goes all right.

Relaxation and Comfort:

Throughout the procedure, the therapist will ensure you feel relaxed and comfortable. You can communicate any concerns or discomfort, and the therapist will make adjustments accordingly.

Completion of Session:

Once the colonic irrigation session is complete, the client will slide back on the colonic bed, remove the tube, and use the toilet if needed as gravity pushes more water out. The therapist may provide post-session recommendations for aftercare.

Chapter 7: Post-Colonic Care and Aftercare

After a colonic irrigation session, it is essential to care for your colon to maintain its health and benefit fully from the procedure. Here are some tips for post-colonic care and aftercare:

Hydration:

Drink plenty of water after the session to stay hydrated and support the body's natural detoxification processes.

Light Meals:

Opt for light and easily digestible meals after the procedure to give your colon time to adjust.

Fibre-Rich Foods:

Incorporate fibre-rich foods into your diet to support healthy bowel movements and colon function. Note: Slippery elm powder is the best used for bowel issues.

Probiotics:

Consider taking probiotics to restore beneficial gut bacteria and maintain a balanced gut microbiome.

Gentle Exercise:

Engage in gentle exercises, such as walking, to promote bowel motility and support colon health.

Avoid Heavy Foods:

Avoid heavy, greasy, and processed foods that may burden the colon.

Rest and Relaxation:

Allow yourself time to rest and relax after the session to support your body's healing process. Or it's also okay to go right back to activities.

Addressing Side Effects:

If you experience any discomfort or side effects, such as bloating or gas, consult your colonic therapist for guidance.

Chapter 8: Frequently Asked Questions about Colonic Irrigation

Colonic irrigation may raise questions and concerns for some individuals. Here are answers to common queries and concerns:

Is Colonic Irrigation Safe?

Yes, when performed by a trained professional using sterile equipment, colonic irrigation is safe and effective. The procedure is non-invasive and gentle on the colon.

How Long Does a Session Last?

A typical colonic irrigation session lasts between 30 to 45 minutes. The duration may vary depending on individual needs and colon health.

Will Colonic Irrigation Dehydrate Me?

No, colonic irrigation will not dehydrate you. In fact, the procedure can hydrate the colon and soften waste materials for easier elimination.

Does Colonic Irrigation Cause Dependency?

No, colonic irrigation does not cause dependency. It is a tool to support colon health and can help improve bowel function over time.

Are There Any Side Effects?

Most individuals experience no side effects from colonic irrigation. However, some may experience mild discomfort or bloating, which typically subsides quickly.

Are There Success Stories from Colonic Irrigation?

Many individuals have reported improved digestion, increased energy, and a sense of rejuvenation after colonic irrigation. Testimonials from previous clients can provide insight into the benefits of the procedure.

Remember that colonic irrigation is just one aspect of a holistic approach to colon health. Combining it with a balanced diet, regular exercise, and a healthy lifestyle can promote optimal colon function and overall well-being. Consult a qualified colonic therapist to determine if colonic irrigation is right for you and embark on a journey toward improved colon health and vitality.

Have a great day and enjoy your colonic

