

How many colonics can you safely have in one year?

Colon hydrotherapy is a need-oriented health approach; it's very safe, so safety is usually not the issue.

It's safer than conventional medical treatment, which believe it or not, is the 3rd highest cause of death in the UK (source:

<http://www.yourmedicaldetective.com/public/335.cfm> , see note1.)

But colonics are not a medical treatment; they are an adjunct approach for healthfulness. Colonics do not promise a cure for any illness, but they do help restore a healthy colon terrain.

Because the ENS (enteric nervous system) is associated with the immune system, its healthy status contributes to overall healthfulness. Colon hydro therapists are fond of commenting that both vital health and dismal death are rooted in the health or otherwise of the colon.

What matters in the use of colonics is integrating its use with changes in lifestyle and diet.

Colonics are not standalone.

I believe that when one decides to have colonics, its best to commit to at least 3. Why 3? Well, I have a bee in my bonnet about the power of three! Definitely, one colonic may (and often does) give a good result, however it is not systemic in its effects. (I.e. it relieves the colon, but usually little else.) A second colonic taken reasonably close to the 1st does a little more. And a 3rd, again not left off too long, starts to have a systemic effect; a genuine adjunct to other health measures one may take.

I have one client who has had 17 treatments in one year, with benefit. Of course, I am careful to provide very high quality probiotics, and to ensure that colonics are not being used as a purging mechanism to compensate for an unhealthy lifestyle. (Actually my experience is that those who do have regular colonics, say once a month or once every 2 months, become more self aware about their body's needs, nutritional and otherwise.

They become more *mindful*. And it's not out of place to comment that the ENS is commonly referred to as the 2nd brain.

Note 1: "Medical error is the third most frequent cause of death in Britain after cancer and heart disease, killing up to 40,000 people a year - about four times more than die from all other types of accident."

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