

The role of water temperature in colon hydrotherapy

Colon hydrotherapy is also a form of thermotherapy (temperature regulation). For anyone whose body temperature is lower than normal, temperature modulated hydrotherapy and colon hydrotherapy is indicated, ie using water at different temperatures.

As people become more toxic, the rule of thumb is that there's a reduction in basal body temperature. Their body *is* cold, and they *feel* the cold more.

From a holistic point of view, an acute episode like a fever is a good thing as it demonstrates the body is capable of manifesting higher body temperature in order to shed toxicity. When the body is cold (lower than normal temperature) the energy required to raise the body temperature to the level of a fever is too great. Not good because the toxins stay in the body, chronically reducing health and well being.

Water is a great medium for heat exchange (adding or removing heat from tissue) thereby regulating temperature (thermotherapy).

For someone whose core body temperature has dropped, techniques to raise the body temperature are useful. Colon hydrotherapy is one such modality. There are others that can usefully be added to a holistic health recovery / optimisation regimen. (eg dry skin brushing, hot/ cold showers etc)

A persons response to colon hydrotherapy can often indicate the capacity and strength their body has to undertake other cleansing methods.

Often people set store by methods that appear to give quick results, however a better criteria than quick is sustainable.

What's the point of quick results that can't be maintained over time?

That's just the drug-remedy paradigm playing itself out in a different context, and look where that paradigm has gotten us.