

colonic hydrotherapy

Paramedical Aesthetician **Selina Schiedel** explains the benefits of colonic hydrotherapy. Brenda McCormick reports.

For many people, the benefits of a healthy diet and lifestyle can be somewhat hampered by a persistent sluggish, bloated feeling. Colonic hydrotherapy can offer a solution to this as well as providing other benefits. And as colonic hydrotherapist Selina Schiedel from Sydney's Lily Room explains, the procedure is a not new one. She says, 'Colonic hydrotherapy is one of oldest procedures on the planet. It is difficult to identify the exact time in history that it emerged but many historians trace it back to the ancient Egyptians, which makes it over 2,000 years old.'

Today with an increasingly high profile and celebrity reputation the therapy is becoming more and more popular. Schiedel says colonic hydrotherapy is suitable for 'anyone who wants inner health (a healthy gut) and healthy-looking, glowing skin.' Indeed, colonic hydrotherapy can offer a number of benefits to patients. It can be used as a general detox treatment and can reduce bloating and water retention. It can also help with weight

loss and the maintenance of a healthy digestive system.

'It's all about gaining tonicity to your large bowel and removing waste product,' says Schiedel. The process, which is performed in a hygienic, therapeutic and relaxing environment, is a relatively simple one. 'Prior to the colonic we offer a blood test to check the client's liver function and cholesterol levels to complete their experience and knowledge about their health.'

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Schiedel uses an open colonic hydrotherapy system, which is fully controlled by the patient in a private, hygienic room. The water in the system is gravity fed, therefore there is no pressure exerted when delivering the water to the patient's colon. Specially treated water (which is 99.9 percent carbon filtered and UV light purified) is gently delivered through a pencil-thin tube into the rectum to the large intestine. There are two different temperature cycles used during the procedure: cold water to relax the colon and warm water to exercise the colon. The procedure can remove toxins and accumulated waste from the colon and large intestine. The process is often accompanied by a stomach massage, which not only relaxes the patient and minimises tension but can also result in a more effective procedure.

There are a few protocols to adhere to before having a colonic hydrotherapy treatment. Schiedel says, 'We advise patients not to drink alcohol for 24 hours prior to the treatment and stick to a light, healthy diet of unprocessed foods, fruits and vegetables.'

She adds, 'For best results we also suggest an infrared sauna 30 to 60 minutes before the colonic hydrotherapy. After the colonic we provide a probiotic formula to replenish healthy bacteria in the intestinal tract, a big glass of electrolytes, a green formula and an enzyme drink shot to stimulate the digestive system and improve the overall metabolism.'

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There are no side effects associated with colonic hydrotherapy and there is no down time required after undergoing treatment. Colonic hydrotherapy can involve a series of treatments, carried out a week apart to achieve a full detox and to get back on track with a healthy diet and revitalised lifestyle, or a once-a-month cleansing treatment to maintain a general feeling of wellbeing. **acsm**



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