

Colonic Sudbury

Colonic Sudbury - A colon hydrotherapy is a process which works to gently flush water into the rectum in order to aid get rid of toxins and mucus from the colon. Also known as colonics, colon irrigation or colonic irrigation, the colon hydrotherapy treatment can be applied to treat constipation, help loose tight colon muscles, strengthen the colon, to cleanse the colon during periods of fasting, and to help in the detoxification process. Colonics are indicated when there is an rise of mucus and toxicity levels in the system. Dependent upon the patient's health condition, either warm or cool water can be used.

While many health conditions will show a benefit to colon cleansing, there are a few cases where this treatment is not utilized. Possibly serious or very life-threatening colon conditions which affects a patient like intestinal bleeding, inflamed hemorrhoids, or intestinal obstructions are specific instances when colon hydrotherapy is not utilized. Colon hydrotherapy is even contraindicated in hypertension and being pregnant.