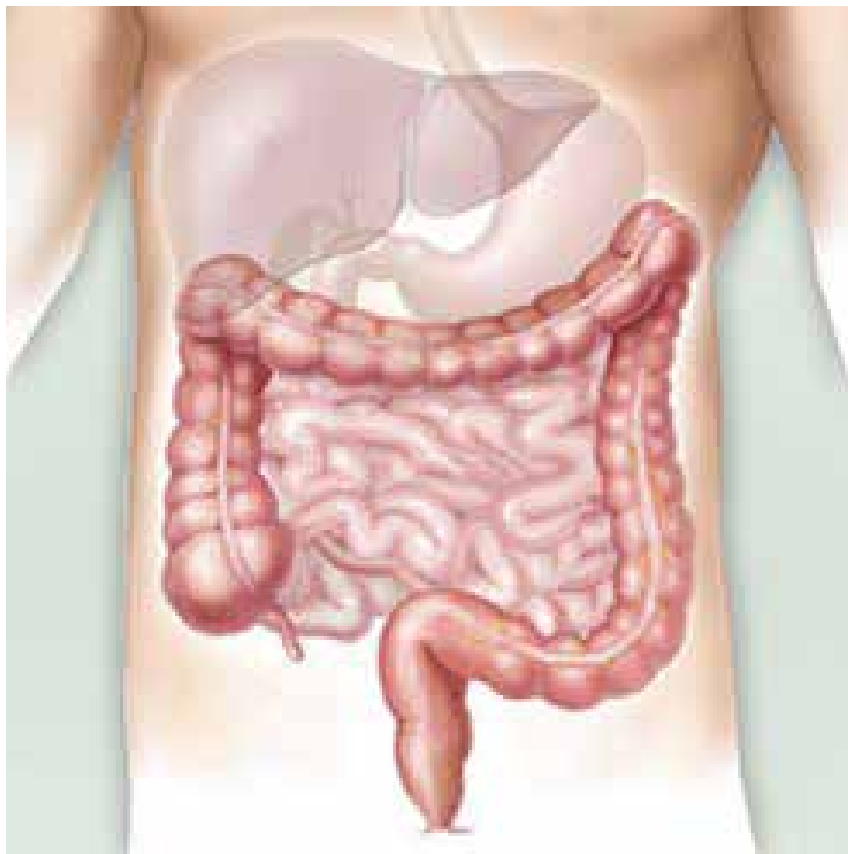




AMCHARA

COLONIC
IRRIGATION

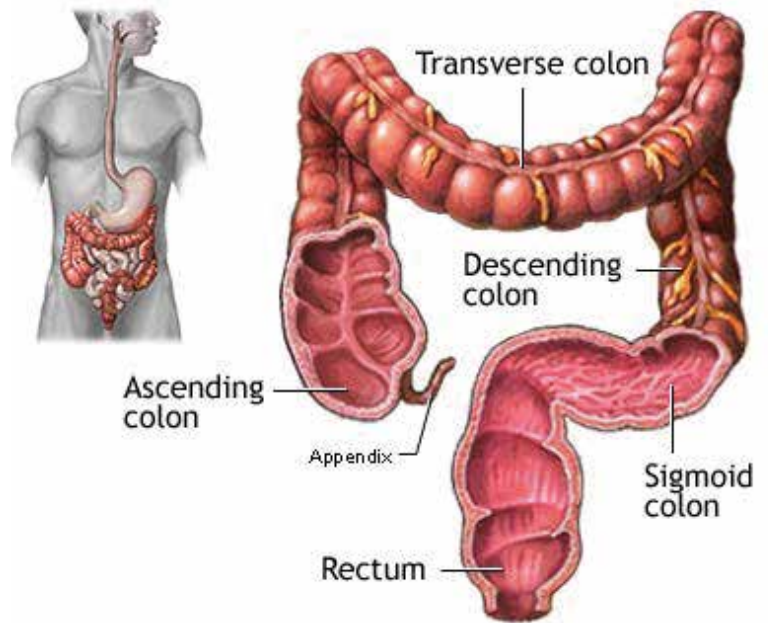


CHANGE FOR GOOD

The Colon

The colon, also known as the large intestine or large bowel is part of the digestive system, located at the end of the digestive tract in the abdominal cavity. It is divided into several regions. The appendix, ascending colon, transverse colon, descending colon, sigmoid colon and the rectum.

The colon is a hollow, tube-like organ made up of muscle structure that moves along digestive food and waste in a wavelike motion known as peristalsis. The function of the colon is to absorb digestive juices, water soluble salts and bile back into the blood stream and onward to the liver. It also stores food and other bodily waste products until elimination.



The colon acts as a host for vast numbers of beneficial bacteria, these bacteria help us with various tasks including immunity to infection, regulation of cholesterol levels and the production of vitamins.

The colon structure is made of smooth muscle, which is different from ordinary (skeletal) muscle tissue in so much as it works under the autonomic (or automatic) nervous system. This means we have no conscious control over it. Once we have chewed and swallowed our food, the rest of the digestive process is done for us, until it is time to empty our bowel which is partly autonomic, and partly voluntary.

The colon forms an important part of the elimination system of the body, it is therefore important to have a healthy and properly functioning colon to help the overall balance of the body.

Colonic Irrigation

Colonic irrigation is an internal cleansing bath that you give your colon, allowing for water to course through the entire organ in a gentle flow, flushing out all of the faecal matter and toxins from your colon.

At Anamchara we believe it is a private process that you can learn how to do for yourself. It is a self-administered practice that you are in complete control of. We will assist you with colonic "set-up" and procedure training before you embark on your colonics program.

We believe that intestinal cleansing is an important part of your detox experience at Anamchara. However it is not crucial or obligatory to complete this part of the program.



Reasons for Colonic Irrigation

After years of eating processed foods along with a high consumption of animal produce and a lack of sufficient fibre in our diets, our colons become congested and do not work properly. This leads to toxic residue forming in the colon tract and bowel walls. Toxic bowels destroy beneficial bacteria and are seductive breeding grounds for disease. This may lead onto conditions such as diverticulitis, colitis, cancer of the colon and other significant ailments.



It has been reported that the United Kingdom is the most constipated nation in Europe and has the highest per capita incidents of bowel cancer in the world with 20,000 new cases each year.

The intestinal tract is a complex organ that has to consume and digest every piece of food that enters your mouth. Often it is filled with denatured or processed foods that clog up and irritate the colon, making it extremely hard to process food and digest it efficiently.

Our colons are responsible for absorbing water, vitamins and minerals from our food. A clogged and toxic bowel is unable to adequately absorb these essential nutrients, which can lead to a nutritional deficiency.

When food has not been digested properly it begins to build up in your colon and irritate the delicate walls of the intestine. The natural reaction is for the bowel to create a glue-like mucus to protect it, which also builds up in your colon creating more of an irritation and dysfunction in the bowel. This slows up the digestive process, allowing for toxic substances that would otherwise be eliminated in a fully functioning bowel to pass through into the blood and lymphatic system. This then spreads into other tissues and can overburden other organs in your body such as the liver which now has the arduous task of dealing with this toxicity.

The body's white blood cells also have to work over time to fight these toxins, leaving very few to fend off pathogenic micro-organisms that lead to disease. And when the body's immune system is weak, cell and lymphatic disease, such as, cancer may develop over many years.

An immense amount of feculent material can foster itself in your bowels and can do so over a very long period of time. You may get constipated, experience flatulence, abdominal swelling, and irritable bowel syndrome. These are just some of the physical symptoms associated with bowel dysfunction. Other symptoms less obvious in relation to our colon are headaches, skin problems, difficulty in losing weight, low energy levels, liver disorders and emotionally held issues. If you are experiencing any of these your bowel most certainly would benefit from a detoxifying colonic cleanse.



Cleansing the Colon

When it comes to detoxing and giving your body a well-earned break from all the harsh chemicals and difficult to break down toxins that we put into our systems, cleansing the colon is the first and most important step. The immune system can only heal itself in a clean body. Cleansing the colon removes the mucoid plaque from your colon walls which is layers of faecal matter that has built up on the intestine wall over many years. Mucoid plaque can decrease the width of the intestinal passage inhibiting waste materials from passing through and being eliminated.

Disorders born from a dysfunctional bowel:

- Irritable Bowel Syndrome
- Liver Disorders
- Headaches
- General Fatigue
- Appendicitis
- Liver infection
- Blood vessels dysfunction
- Rheumatism
- Diabetes
- Digestive Problems
- Flatulence or Bloating
- Skin Problems
- Inability To Lose Weight
- Gallbladder infection
- Heart problems
- Arthritis
- Haemorrhoid's
- Constipation



The Benefits of Colonic Irrigation

- It empties pockets and improves muscle contraction
- It cleanses, tones and exercises the colon
- It improves faecal transit time
- It re-educates the colon helping it return to its more original form
- It balances the micro-flora ecosystem
- It increases the absorption of nutrients through the colon wall
- It decreases the enterotoxins from re-entering the body (leaky gut syndrome)
- It decreases the risk of colon cancer by regular health maintenance
- It improves the circulation



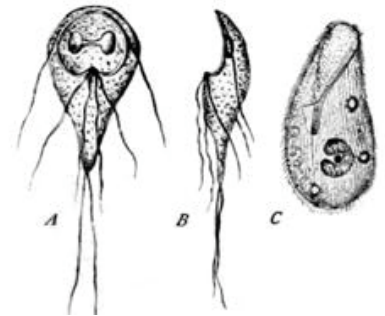
Colonics are great for anyone suffering from body odour or dermatitis due to the cleansing of gut toxins. Colonics work really well for people who suffer from irritable bowel syndrome, diverticulitis, lethargy, candida or thrush infections and much more.

Colon Parasites

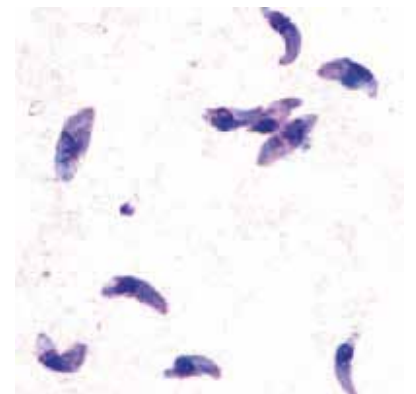
Unfortunately the colon is a happy breeding ground for dangerous invaders such as harmful bacteria, yeasts, fungus, and colon parasites. The overall amount of risks will vary from person to person, depending on each individual lifestyle and diet choices.

Intestinal parasites can be particularly dangerous to the health of the colon, as they not only leech nutrients from the body and destroy the permeability of the colon, they also emit harmful toxins that can further weaken the colon. Here is a closer look at colon parasites and what you can do to repel these dangerous organisms.

Giardia lamblia — Giardia are protozoan parasites that commonly infect humans via the consumption of contaminated food and water. This common colon parasite is commonly found in untreated water supplies, and therefore frequently infects travellers and hikers. If you are not sure of the quality of the drinking water, make sure to use a good water filter to purify it. Giardia is responsible for the condition known as giardiasis that causes diarrhoea, bloating, flatulence, abdominal cramping, weight loss, greasy stools, and dehydration.



Toxoplasma — The Toxoplasma parasite is another protozoan organism that can make its home in the colon. It is commonly found in cats and dogs and can be easily transmitted to humans by the handling of cats and/or their faeces. It is also possible to become infected by breathing in the parasite's eggs. Toxoplasma is responsible for the disease toxoplasmosis that can cause chills, fever, headaches and fatigue. If a pregnant woman contracts this condition, it can lead to serious birth defects such as blindness, mental retardation, and even miscarriage.



Roundworms — Roundworms are colon parasites in the Nematoda family. They are the most common intestinal parasite in the world, affecting over one billion people worldwide. Roundworms are also one of the largest parasites, as they can grow to up to thirty inches in length. These parasitic worms are found throughout the world, primarily in tropical and subtropical areas.



Humans can contract a roundworm infection by eating improperly cooked meat or by handling felines infested with parasites. Symptoms of a roundworm infection include loss of appetite, allergic reactions, coughing, abdominal pain, edema, sleep disorders, and weight loss. Children may present these symptoms as well as failure to thrive, nervousness, and colic.

Hookworms — Hookworms are able to penetrate the human skin. These colon parasites can enter the body through the feet in individuals that walk barefoot through contaminated areas. They can be found throughout the world in warm, moist tropical areas. A hookworm infection may cause symptoms such as itchy skin, blisters, nausea, dizziness, anorexia, and weight loss. Hookworms can live in the intestines for up to fifteen years.



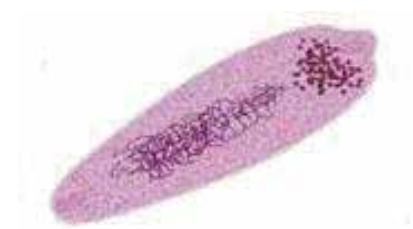
Trichinella — The Trichinella parasite can cause a number of symptoms in the human body. It has been estimated that this parasite can mimic the symptoms of up to fifty different diseases. A Trichinella infection is caused by the consumption of raw or undercooked pork. Possible symptoms of infection include muscle soreness, fever, diarrhoea, nausea, vomiting, edema of the lips and face, difficulty breathing, difficulty speaking, enlarged lymph glands, and extreme dehydration.



Tapeworms — Tapeworms are the largest colon parasites that are known to infect humans. There are numerous types of tapeworms, such as beef tapeworms, pork tapeworms, fish tapeworms, and dog tapeworms. These colon parasites can grow to several feet in length and live in the intestines for up to twenty five years. A tapeworm infection may cause symptoms such as diarrhoea, abdominal cramping, nausea, and appetite changes.



Flukes — Flukes are smallish flatworms that can directly penetrate the human skin when an individual is swimming or bathing in contaminated water. Fluke parasites can travel throughout the body, making their home in the liver, lungs, or the intestines. Symptoms of a fluke infection include diarrhoea, nausea, vomiting, abdominal pain, and swelling.



There are a number of things that you can do to reduce your risk of a parasite infection. These include:

Wash Your Hands Frequently — Carefully washing your hands throughout the day can remove the parasites and parasitic eggs that you may have come in contact with. Be sure to wash your hands before eating or handling food, and after using the toilet, handling pets, cooking, or changing a baby's diaper.

Thoroughly Cook Meats — Do not eat meats such as beef, pork, fish or chicken that have not been properly cooked.

Know Your Water Source — Contaminated water is a frequent source of parasitic infection. Use filtered water for drinking or cooking if you do not know the source of your water supply, or if it is in any way questionable. And do not bathe in water that may be infested with parasites.

Keep Your Shoes On — Colon parasites can enter the body through the soles of the feet. So be sure to wear shoes, especially if you are in an area, such as a beach or park that may contain animal faeces.

Wash all Fruits & Vegetables — Be sure to remove any parasites from fruits and vegetables by washing them before eating them.

There are many things you can do to help treat harmful organisms living in your intestinal tract. First, you want to clean the intestinal tract of any excessive faecal matter that may be compacted and ultimately providing an optimal habitat for these parasites. Doing a colon cleanse or following a high fibre diet will help improve your digestive system.

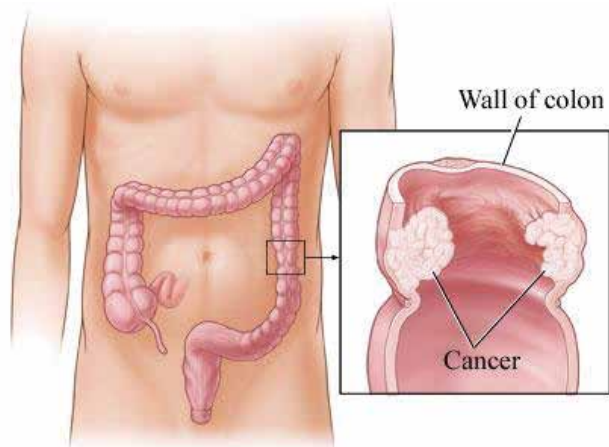
Colon Cancer

Colon cancer (also known as rectal, colorectal or bowel cancer) affects the lower part of the digestive system. The condition is rare in people under 40 and almost 85 per cent of cases are diagnosed in over 65-year-olds. It affects men and women equally, and is the third most common type of cancer in men and the second most common in women. One in 20 people in the UK develops colon cancer.

The exact cause of colon cancer isn't known, but there is believed to be a genetic link to a small number of cases, as those with a family history are more likely to develop it themselves.

Diet is also a key factor identified by scientists. Low-fibre, high-fat diets are thought to have increased the rates of colon cancer.

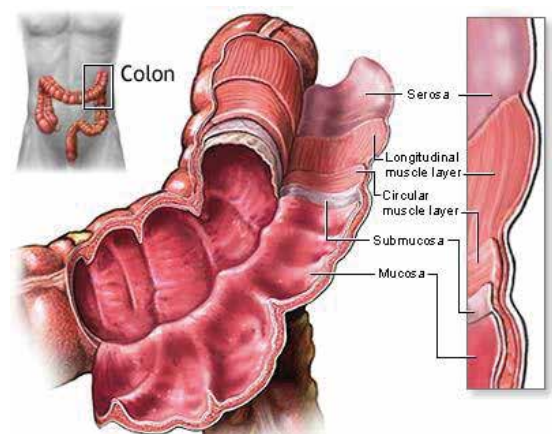
Colon cancer and rectum cancer are also sometimes known as colorectal cancer. They are known to invade other organs and tissue as well as spread to other parts of the body to form new cancerous cells.



Contra-indications

Colonic Irrigation may not be suitable for those who have existing medical conditions and there are contra-indications to this treatment programme. If you have any of the following conditions below you will be unable to participate on the colonics programme.

- Haemorrhoids
- Crohn's Disease
- Ulcerative Colitis
- Abdominal Hernia
- Severe/Uncontrolled Hypertension
- Pregnancy
- Congestive Heart Failure
- Eating Disorders
- Anaemia
- Diverticulitis
- Dysentery
- Any form of cancer
- Recent colon or rectal surgery
- Liver Cirrhosis
- Heart Diseases



Improve your Gut Health with Amchara

The opportunity to immerse yourself in an atmosphere of healthy habits at an Amchara retreat can be a great kickstart to your long-term goals. Our practitioners can not only recommend dietary suggestions personalised to you, they can also advise the best detoxification strategies for your lifestyle. A better picture of what's happening in your gut can be gained by testing your stool to discover the balance of bacteria present, along with the types of molecules they produce.

[Click here](#) to find out more about optimising your gut health at Amchara, or call us on 01823 213 111 to ask us a question. We'd love to hear from you!