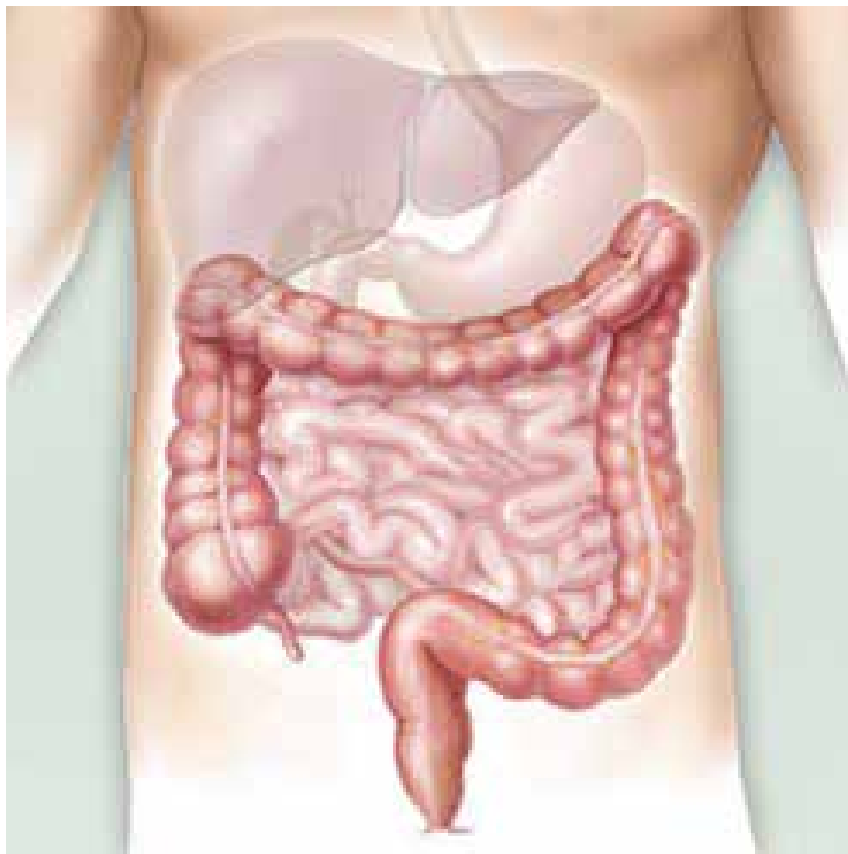




AMCHARA

COLONIC IRRIGATION FAQ'S



CHANGE FOR GOOD

Are colonics dangerous in any way?

Being an essentially natural process, there is virtually no danger with a colonic.

Will a colonic make me constipated or give me diarrhoea?

The most frequent post-colonic experience is to have a slight delay in bowel movements and then a resumption of a somewhat larger, easier to move stool. Sometimes there may be no bowel movement for some days following a colonic. However this is quite normal and should be interpreted as such. Very infrequently diarrhoea or loose bowels may be experienced. If this should occur, it is usually of very short duration.

Suppose I have been suffering from constipation for a long time, will colonics help?

In many cases constipation can be successfully treated with natural, harmless techniques, including the use of colonics. There are three factors involved in having a well functioning colon: diet & hydration, exercise and emotions. All three must be balanced for the colon to function well. The process of Colonic Irrigation is an aid for cleansing and healing the colon sufficiently so that changes in diet, exercise, and attitude are then able to manifest the desired results. Many people find the relief provided by colonics inspires motivation and enthusiasm to institute positive changes in their lifestyle.

Some people say that colonics wash out intestinal flora and valuable nutrients. Is this so?

Good bacteria can only breed in a balanced environment. It also stands to reason that valuable nutrients can better be absorbed in a clean environment than in a putrefied one. The important bowel bacteria are present on the bowel wall and are not removed during Colonic Irrigation treatment, thus leaving a large nucleus to grow naturally.

What effect does Colonic Irrigation have on our immune systems?

Recent European studies speculate that 80% of immune tissue resides in the intestines. Colon Irrigation is not a cure-all, but adjunctive therapy in the overall health care of the client.

Will it be okay to eat after having a colonic?

We suggest that you eat at your normal meal time, and consume a moderate amount of whatever seems gentle and nourishing to you. Just as it doesn't make sense to have your car cleaned and then immediately drive it through mud, eating a meal known to cause trouble in your abdomen directly after a colonic isn't an intelligent choice. Steamed or cooked vegetables, salads, vegetable soups or broths, fruit, or juices are the best choice.

Will one colonic completely empty the colon?

This will depend on many factors and will vary from one person to another. Everyone has different reasons for having a treatment so this will depend upon your personal objectives and can be discussed with your therapist.

How will I know when the colon is empty?

It will probably never be completely empty, as it is an organ in continuous use. The objective should not be an empty colon, but rather a well functioning colon.

Will a colonic clear up my skin?

Your skin actually "breathes" and is an important organ of elimination of waste material. Sometimes, if the colon, liver or kidneys are functioning poorly, the skin will suffer. As elimination is accomplished through its proper channels, the skin will very often clear up.

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!