

A colonic, also called colonic irrigation, colonics, or colonic hydrotherapy, is a procedure done to wash the walls of the lower intestinal tract which is 5ft in length. This service is often marketed as a way to prepare for a colonoscopy, ease constipation and other digestive woes, as well as assist in detoxing, or otherwise enhance your wellness and appearance. There is no question that the gut health effects the general health of a person. Colonics differs from an enema in that, with an enema you can only fill the rectum and a small amount of the sigmoid colon then you'll have to quickly get to the bathroom to eliminate. With a colonic a disposable speculum is inserted 2 1/2 inches into the rectum, the speculum is no larger than any fecal matter that exits when having a bowel movement, attached to that speculum are two disposable hoses, one introduces filtered and temperature regulated water into the colon, the other carry's the waste straight into the sewer system. The procedure begins by filling and emptying the colon and is repeated a few times during the session with warm or cool water the waste is softened and loosened, resulting in evacuation through natural peristalsis.

The gentle procedure takes approximately one hour. At times there may be short periods when you may experience cramping similar to normal elimination. These cramps will quickly disappear once you have a release. Your comfort and modesty are of the utmost concern. The procedure is far more gentle than what you IMAGINE in you mind. It is an oder-free, gentle procedure that eliminates toxins that contribute to feeling lethargic and sick.