



Colon Hydrotherapy

MAKING A CLEAN EXIT

by Judi Burton

The digestive system is one of the most enjoyable and disgusting parts of our bodies. As we munch and crunch and sip through our daily meals with pleasure and gusto, we are certainly not entertaining thoughts of that other, more odious, end of the digestive system. As a matter of fact, we don't discuss it at all. Propriety teaches us that poo (and that is one of the many delightful nicknames I will be calling it for the duration of this article) is not an acceptable topic of discussion. That is why we saved this particular nugget for the Men's Wellness Issue.

A Toxic Wasteland

The problem with avoiding this subject and acting as if it doesn't happen, when we all know for certain that it does, is that we make ourselves susceptible to diseases attributed to an unhealthy colon, including colitis, Crohn's disease, inflammatory bowel syndrome (IBS), toxic megacolon, and the most prominent disease: colon cancer. In fact, more lives are lost to colon cancer each year than to AIDS and breast cancer combined. It is the second-leading cause of death from cancer (lung cancer is the first). I believe a lot of this can be attributed to pure ignorance and being too polite for your own good. DeAnna Fryer, of Colonic and Wellness Care, in Myrtle Beach, agrees: "The colon is a major organ supplementing other eliminative organs and the lymphatic system,

and has the strongest defense against harmful bacteria. A clean colon through colon hydrotherapy ensures the early removal of toxins and wastes from the body before they are reabsorbed into the bloodstream. To ignore that particular area of the body can be deadly."

When You've Got to Go...

The last time it was acceptable to talk about #2 with an adult was when you were a toddler and your parents made a big fuss over you successfully depositing your waste into a potty rather than your diapers. There was much clapping and hugging, shouting and carrying on as you proudly did your deed. But almost as soon as you learned this nifty new trick, you were taught to hush up about it and never speak of it out loud. How strange it is that even now as an adult, you might feel uncomfortable doing your business in the public restroom and maybe offending your neighbor in the next stall. But the worst thing you can do is to hold it in and wait until you get home to your comfortable abode with your trusty commode. Beth Good, who owns Modern Cleansing, in Myrtle Beach, offering colon hydrotherapy sessions, seconds this: "I think you should go when you need to go. If you don't, you will stifle your muscles and then you can become constipated or even compacted." A quick blood-curdling lesson on the procedure for getting un-impacted is online, but for those of you who will not go the extra mile to find out, it involves forceps and a rod-like tool with a hook on the end. Once again, I tell you my friends, when you've got go,

just go already!

Like Clockwork

No matter how healthy of an eater you are there will be times in your life when you are, a little blocked up. If you look at your digestive system like an assembly line, food starts with your mouth and works its way down through many different organs until it reaches the exit. You will not see the same food you ate come out the other end the very same day. If you don't believe me, eat some corn to prove it. Rather, it takes about three days for the job to be done. If the assembly line is not moving along at a good regular pace, it is inefficient and destined to break down. Tracy Cribb, who is also from Colonic and Wellness Care, was diagnosed with IBS, colitis and leaky gut syndrome when she was a teenager. "I had been irregular for years and had gotten four colonoscopies. They couldn't figure it out. I started getting colonics, and my health changed rapidly for the better. I wanted to share my blessings with others, so I got an advanced certification in colon hydrotherapy about 10 years ago," says Tracy, who recently moved to the area from Nashville. "Colonics strengthen and tone the muscles in your large intestines. An unhealthy colon can lead to a myriad of issues that are often not associated to the colon at all. Being backed up can clog the body's natural flow and cause a weakened immune system."

It's Like the Dentist in Reverse

What many people don't realize is not all of what you put in comes out. A

lot of toxic build up is left behind (no pun intended) and keeps collecting over time. "For those who have normal bowel movements, there is still waste in the colon which is not completely discharged," says DeAnna. "This can cause a lot of problems." This is why it is important to clean yourself out once in a while. Hippocrates, "the Father of Medicine," was known to have flushed himself out with enemas at least three times a day. Beth suggests a routine cleansing of about four times a year coinciding with the seasons and holidays, since these are the times you often eat the most. I thought of the parallel between going to the dentist and going for a colonic. We hate the idea of going to both, but we know it's good for us. If we are paying attention to the beginning of the digestive system, which involves the teeth, then why the heck are we ignoring the end? Certainly there is "plaque" build up in both. Of course, people are not limited to going only four times a year. Many go much more frequently than that according to their bodies and what they are experiencing. It is often encouraged to get a colonic when you have a bug in your system, or if you take a large amount of medication. Some people go as many times as once a week to ensure they are staying very clean and less susceptible to diseases.

Still Virtuous

I met Beth at her office on a sunny Sunday afternoon for a session appointment. After a quick reminder on how the digestive system works, she escorted me into a very serene-looking room with a small cot on the left, a toilet and sink in the center, and a strange-looking bed with a faucet on the right side of the room. Relaxing music was playing and the lighting was low and soothing. The strange-looking bed had a well in the center of it where I expected my waste to go. Under the well was a tube, which was reflected in a mirror above the bed. She put me on the little cot to the left and placed my legs into this unfamiliar machine, which moved my legs and hips left to right in a rocking motion. She said this was to relax the muscles in the large intestine. She left me alone for a bit as

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I got used to the movement. It reminded me of being rocked like a baby. In 15 minutes I was half asleep and she was back again. Beth showed me the small hose that would be placed in my rectum. It was about half the radius of my pinky, but it was a bit long. She explained that I would mount the strange looking bed, backside down and place the tube inside me. I asked nervously if I were going to lose my virginity in that particular area. She laughed and said, "Of course not." She showed me with

her fingers that it would only go in less than an inch. I sighed in relief as she walked out of the room so that I could strip and get into place. After a good amount of fumbling, I gingerly inserted the tube, which made my eyes widen for a split second, and then realized that Beth had told the truth and I was not to be violated this afternoon.

I Came, I Saw, I Took a 40-Minute Deuce

Beth came back into the room after I

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had properly covered myself with soft blankets. She asked me to pull a lever and push several buttons. The fluorescent light in the tube that I could see through the mirror above me turned on and a cool feeling passed into me making me giggle involuntarily. She told me it would heat up soon, which it did. The water pushed in with a little more force and suddenly I needed to go very badly. Beth recognized the look I was making and told me it was alright, all I had to do was push. I did, with a lot of force I might add, and low and behold, several pieces of feces were seen gliding down the tube. Happy with the outcome, I smiled, but soon I felt the rush come once again and I was pushing hard a second time, then a third and a fourth, etc. Beth talked to me the entire time while poking lightly on my abdomen in certain places and massaging my belly with hot stones. We talked about Elvis, who reportedly died with 60 pounds of impacted poop in him, and John Wayne, who was found with a similar amount. The amount of pain killers Elvis was taking could most likely account for his impaction, and John Wayne was a serious carnivore, with an unhealthy aversion to anything green, which coincidentally helps you go. I felt a little uncomfortable as the 40 minutes marched on, and who wouldn't; but it wasn't like having a baby or getting a

tooth pulled. After a while, I became quite used to the rushing, and then pushing; and before I knew it, the 40 minutes were up. She left the room again as I slowly got up and dressed.

The Perfect Poo

I walked down the hallway feeling a bit lighter on my feet. I told her I was ravenously hungry and was ready to eat a big honkin' steak. She warned me not to, and suggested a side of mashed potatoes instead. I understood her meaning and tried to take it to heart, but, boy, was I hungry. Earlier in the appointment, I had asked her what the perfect poo looks like. "A banana," she said without hesitation. "It should be long and smooth, with little to no excess left to wipe a second time, and it should be a little buoyant." I knew that I was not usually extracting such "clean sweeps," so I was eager to see how my newly cleaned out intestines would perform. We hugged and I exited the spa feeling like I hadn't eaten for a week. I did not experience a bodily need that night, but the next day, I deposited a prime specimen. It was long and sleek and floated a little. There was no odor, and I have to say, it made me a little proud. I know that it's silly, but it was one for the ages. The next day, I became more regular, adding two more, and each was just perfect. In fact it has been exactly a week since my visit, and I have had a wonderful experience every time.

Just Doo-Doo It

Whether you have an impossible amount of medication that is stopping you up, or you just happen to be a big fan of cheese, if you are feeling uncomfortable, it might be time to wash out the old pipes. The small amount of unease you might feel when getting the procedure done is far less than going to the hospital for a deadly disease. The amount of people dying each year from bowel movement-related complications is astounding considering how good Americans have become about personal hygiene in the last 100 years. Plus, you might actually lose a couple of pounds as a bonus. I know I did. What have you got to lose, but a whole lotta nasty poop?

Inspector Dookie Says:

The Soft Serve — Stay away from juice and soda for a few days. The sugar could be loosening your stool. You might be lactose intolerant as well. Switch to almond or soymilk as an experiment.

The XXL — You have a lot of fiber in you. Like a piece of rice being soaked all day, fiber expands with the perfect amount of water. Try eating some greens for a smaller-sized deposit.

Poo-phoria — Passing this blessed bowel movement might give you tingles and a little smile. This is the fault of the vagus nerve. The "high" is accompanied with a decrease in heart rate, blood pressure and blood flow to the brain causing a mild case of lightheadedness and a tingling sensation in your body.

The Cliffhanger — This one often happens when you are at work or on a hot date and don't have all day to wait for it to drop. The best thing to do is to rock back and forth and wiggle until the clinger breaks away freely. Try an enema or a colonic if this happens often, as you may have a good amount of residue in your colon.

The Ring of Fire — This fiery poo is caused by eating things that are just way too friggin' hot. If it goes in hot, it will come out hotter. If your hiney can't take the heat, stop using hot sauce in the kitchen.

Dingleberries — These little rabbit pellets can often be blamed on lack of fiber. Fiber is the glue that holds it all together, so go out there and eat some good old-fashioned bran muffins. Yummy!

References for Inspector Dookie Says come from the book *What Is Your Poo Telling You?* by Josh Richman and Anish Sheth, MD. For more info on Beth Good and Modern Cleansing, call 843-828-4665 or visit ModernCleansing.com. See ad page 39. For more info on DeAnna Fryer and Colonic and Wellness Care, call 843-907-9335. See ad page 16.