

## TREATMENT TRIED & TESTED

# COLONIC HYDROTHERAPY

This month we get anal  
over our beauty regime

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**WHAT IS IT?** Colonic hydrotherapy is the rinsing of the colon with warm water – sometimes with added herbal, coffee and probiotic solutions – to remove encrusted fecal matter, gas and mucus. “A well functioning colon is essential to maintaining optimal health, while a weak and poorly functioning colon is a breeding ground for disease,” says Amanda Griggs of Balance, a clinic specialising in colonic hydrotherapy. “The ideal transit time of food through the body is 18 to 24 hours, but due to out of shape colons it currently takes an average of 60 hours for men and 70 hours for women!”

### WHAT REALLY HAPPENS?

Prior to the treatment, I consulted my doctor about having hydrotherapy. My doc reasoned that the treatment could wash away good, as well as bad bacteria, but felt a few treatments would be harmless, and may have some benefits.

“The truth is, washing out putrefied material in the large intestine increases the good intestinal flora,” says Amanda Griggs. “Good bacteria can only breed in a clean environment that has been washed free of putrefaction. Each time you clean out the rubbish and make a better environment for the good flora, they start to multiply.”

On that note, me and my good bacteria were ready to go forth and multiply. I filled in a form on my medical history and eating habits, and was then asked to disrobe from the waist down and lie on my side. Once in position, my therapist inserted a lubed-up tube into my rear. It wasn't painful, just a little uncomfortable and embarrassing (I was glad to be facing the wall).


**‘After just one treatment my skin cleared up, and my midriff bloat was instantly reduced’**

Then I lay on my back, and while my therapist massaged my torso and pressure points in my feet for 30 minutes or so, water from the tube filled my colon, which was then dispelled carrying bum fodder. Glamorous this treatment ain't, but it's surprisingly sanitised; there's no smell, no farty sounds, and you don't see what's flowing out. The worst part is when the pipe leaves your posterior – the feeling is so akin to passing a ‘number two’ that you momentarily panic that you've done just that, right there on the therapist's bed.

After the treatment, I had to dash to the loo to ‘evacuate my bowels’ (therapist speak), then I was given my diagnosis. It wasn't good. Because my colon had been sluggish for so long, it

had been severely weakened, bathed in toxic waste, stretched and constricted by chronic tension in the colon. This overload of toxins had resulted in a negative effect on other eliminative organs including my skin (hence spots).

A further two colonics were recommended over a two-week period, and I was to avoid sugary foods, including fruit, for a week to minimise gas. Also cow products, fried food, wheat and yeast were off the menu; dry skin brushing, exercise and drinking two litres of water a day to stimulate the lymphatic system were recommended. In addition, I was given a course of herbal and probiotic supplements to further aid in the cleansing process.

**DID IT WORK?** Yes. After just one treatment my skin cleared up, and my midriff bloat was instantly reduced. After two consecutive treatments, I felt detoxed and was, er, ‘evacuating’ on a regular basis (though that was in part due to the supplements I was still taking). Best of all, old clothes – which I'd grown (widthways) out of – fit me again. 

*Colon hydrotherapy costs £80 for a 60-minute session at Balance, The Clinic, The Courtyard, 250 Kings Road, Chelsea, London SW3 5UE. To book call 020 7565 0333. For more info, visit [www.BalanceTheClinic.com](http://www.BalanceTheClinic.com).*



Correction: In the June issue, details for Vistabel treatments were incorrectly printed. To find out more about treatments, call 020 7493 5905, email [Enquiries@kcclinics.co.uk](mailto:Enquiries@kcclinics.co.uk) or visit [www.KCClinics.co.uk](http://www.KCClinics.co.uk).