

'It worked for me'

# Colonic Irrigation



**As Sylvie Brown discovered, it takes guts to get all washed out**

**A**s I have suffered from constipation due to MS and have moderate Candida, I decided that perhaps the best way to tackle this was to try Colonic Irrigation – or Colon Hydrotherapy as it is sometimes known.

This involves gently filling the colon with warm filtered water through a small sterile tube. The water flushes in, and when it flushes out it carries with it any material built up in the intestine including water, waste matter, toxins and trapped gases. 15 gallons of warm water are used, of which about 10% are actually flushed through the colon.

Although I had a fair idea what the therapy would involve I preferred not to think about it too much! So with some trepidation I booked my appointment with Shirley Jay Lambert, a fully trained and registered practitioner in Sheffield.

At the first session she gave me a consultation with plenty of advice about diet and nutrition. I then went to the toilet to empty my bladder, changed into a white gown, and climbed up onto the bed. She then gave me a simple bowel examination.

I started lying on my side and then after insertion of the tube I could turn over onto my back. As a patient you don't actually see anything, you just let the

process be done to you, which I did find somewhat disconcerting and a bit of an ordeal emotionally. Physically though it was in no way painful or the cause of any discomfort.

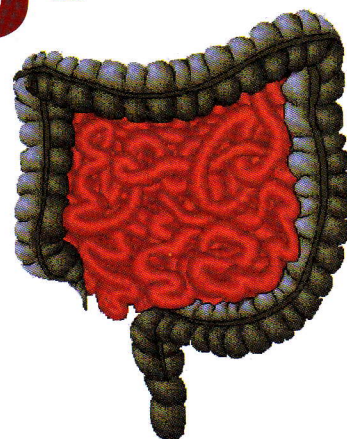
During the session Jay would press gently on parts of my lower abdomen to encourage the release of blockages. The final part of the therapy involves replenishing the colon with friendly bacteria, done by squirting a probiotic liquid up the back passage.

**The next day I felt as good as new**

Afterwards, I must confess, I did feel pretty washed out! Not surprising with all that water going in me. And I had lost more than 5 lbs of waste matter! It was an aftermath I wasn't fully prepared for. The next day, however, I felt as good as new and somewhat more buoyant.

Some people may experience a 'healing crisis' as toxins are eliminated from the body and so feel worse before they feel better.

I have since had a second session (only one more to go!) and this time the therapy was no big deal and I just had a really good chat with Jay. This lady is very down to earth, and keeps a sense of humour at all times. I think you'd have to with a job like that!



As this procedure is pretty invasive I wouldn't recommend it as the 'answer' though, especially as it doesn't come cheap, costing between £30 and £45 (depending on how many sessions you pay for at once).

Since the treatment I have had daily bowel movements, which for me is most unusual. Although I think this is partly helped by the sesame seeds I am now eating daily, along with plenty of fruit and vegetables.

I've also been feeling less bloated, more energetic and somewhat lighter and clearer generally. Though I would hesitate to give all the credit for this to colonic irrigation. ■

## Info Box

For more information or to find your nearest registered practitioner contact:

Colonic International Association, Administrative Department, 16 Drummond Ride, Tring, Hertfordshire HP23 5DE (England).

Tel. 01442 825632.

Fax 01442 827687

Website:

[www.colonic-association.com](http://www.colonic-association.com)

Shirley Jay Lambert: Greenways Natural Health Centre, 180 Baslow Road, Totley, Sheffield, S17 4DS. Tel. 0114 2360890