



Gravity Colon Hydrotherapy FAQ's

Q. What is colon hydrotherapy?

Colon hydrotherapy is a washing out of impacted waste and gas from the Large Intestine with filtered water.

Q. What happens during a colon hydrotherapy session?

Our treatments take place in a private, comfortable bathroom specifically designed to perform the treatment. You will be lying down on a cushioned table. A drape towel will be supplied for your privacy. We employ the Wood's Gravity-Centered Colonic method. This means the water enters the intestine because the source is located above your body, allowing the water to flow in and out without any means of motors or pumps. The natural peristaltic motion of the colon is prompted once the water enters the organ. You will not need to push. Simply relax and the therapist will work with the rhythm of your body. The colon hydrotherapist is with you in the room throughout the entire session. The therapist will utilize abdominal massage to assist the flow and momentum of the session.

Q. Does colon hydrotherapy hurt?

The treatment should NOT hurt. If the water encounters gas or impaction, then you may feel some temporary discomfort or cramping. Once the gas is released, you will feel relief. Before your session, follow the dietary suggestions we offer to lessen/prevent any discomfort.

JOYCE ROCKWOOD, CCH • Dir. Colon Hydrotherapy

www.thespringsla.com • 213-223-6226 • 608 Mateo Street Los Angeles CA 90013
www.joycerockwood.com joyce@thespringsla.com

Q. How will I feel after the colon hydrotherapy is over?

You should feel rejuvenated, happy, light, open, and a sense of overall wellbeing. Increased sense of sight and smell is common. Lower back pain may be alleviated or relieved after one treatment. If you feel sluggish, sleepy, dizzy, etc., this is a sign that your body is releasing toxins (acidity) and is working toward an optimal state of alkalinity. A follow-up session within one week (or even sooner) is not too soon.

Q. Can I resume normal activities (IE: work, errands, exercise) after a colonic?

Yes, feel free to go about your day.

If you are new to colonics, we suggest you schedule your first couple of sessions allowing ample time after your treatment to see how your body responds.

Q. How often should I get colonics?

Frequency depends on the individual's goals, diet, and health history. Your therapist will be able to answer this question more accurately after the experience of working with you, seeing how your body responds, and hearing your intentions.

Q. Can I receive treatment during my menstrual cycle?

Yes. It is perfectly fine to get a colonic during any phase of your cycle. A treatment can also aid in relieving any uncomfortable symptoms that you may encounter monthly. The release of waste and gas can relieve painful pressure, cramping, and bloating, promoting an ease of flow.

Q. Can I receive treatment if I am feeling sick?

Yes. In fact, a colonic is one of most effective things you can do to speed your recovery. Symptoms of "illness" are most often a sign the body is overwhelmed with waste and toxicity, which has not been able to exit through the usual channels of elimination. Removing the burdensome waste and gas will diminish the symptoms and promote healing.

JOYCE ROCKWOOD, CCH • Dir. Colon Hydrotherapy

www.thespringsla.com • 213-223-6226 • 608 Mateo Street Los Angeles CA 90013
www.joycerockwood.com joyce@thespringsla.com

Q. Will the colonic wash out my healthy bacteria?

No. Cleansing the intestine of putrefied waste and gas will create an environment for healthy bacteria to thrive. It is a good idea to re-hydrate with water, especially unpasteurized coconut water, and vegetable juice after each colonic. Daily consumption of freshly pressed vegetable juice will help foster the regeneration of your flora over time. And it helps you to radiate your true essence!

Q. Will my body become dependent on colonics?

- *Gravity colonics strengthen your colon. The more waste your body releases in each session, the stronger your colon becomes and the more regular your own elimination will be.*
- *Gravity colonics encourage proper elimination in a similar way that a treadmill strengthens your heart! As your colon eliminates layer upon layer of waste, it will naturally become more capable of regulating itself.*
- *It is a process and each session yields new and revealing results. Be patient with the journey. Each of us has a unique past and our systems respond to this work individually.*
-

Q. What can I do to get rid of painful gas/constipation?

- *Immediately stop eating fruit until your next colonic or at least for a day or so after your treatment.*
- *Follow favorable food combining principles as best as you can (see www.joycerockwood.com for the food combination chart).*
- *Drink fresh ginger or peppermint tea: Boil sliced fresh ginger in water for about 10 minutes, and then drink the water*
- *Do inverted yoga postures - they move gas: Downward dog, Shoulder stand, Head Stand, and/or Hand Stand.*
- *Take a Brisk Walk: this helps move gas by creating motion in the intestine.*
- *Employ a Castor Oil Pack: Massage castor oil on your abdomen all the way down to the pelvic region. Wrap yourself in saran wrap, cover yourself, and place a filled hot water bottle on top of your abdomen for 20-30 minutes.*
- *Breathe throughout a busy day or stressful situations. Take time to think situations through before reacting. Stress causes gas but your breath can carry you "home"!*

© 2015 JOYCE ROCKWOOD

JOYCE ROCKWOOD, CCH • Dir. Colon Hydrotherapy

www.thespringsla.com • 213-223-6226 • 608 Mateo Street Los Angeles CA 90013
www.joycerockwood.com joyce@thespringsla.com