

## **A BRIEF HISTORY OF COLON HYDROTHERAPY**

**“Despite treatment dating back to Biblical times, there still seems to be a great deal of ignorance about the healing benefits of colon therapy” Dr. J.E.G. Waddington.**

**Colon therapy is a very ancient method of treatment and form of healing. Enemas were recorded as early as 1,500 B.C. in the “Eber Papyrus”, and ancient Egyptian medical document, but the Chinese used it long before then. So did Ayurvedic medicine from India, where techniques such as panchkarma included colon cleansing as part of their routine .Hippocrates, Galen and Pare also promoted the use of enema therapy. In these earlier times, people implemented enema treatments in a lake or river using a hollow reed to allow water to flow into the rectum.**

**At an early time in America ...enemas were a commonly used procedure to help maintain health and stave off disease. For example, before the departure of the Lewis and Clarke expedition, a physician instructed them in the appropriateness of using enemas in cases of fever and illness.**

**Our grandparents and great-grandparents grew up with the use of enemas as a widely accepted procedure for reversing the onset of illness.**

**In the early 1900’s in Battle Creek, Michigan.. John Harvey Kellogg, M.D., extensively used colon hydrotherapy on some forty thousand of his patients. In 1917 he reported in the Journal of the Medical Association that in all but 20 cases--he used no surgery for the treatment of gastrointestinal disease in his patients.**

**“In times past, knowledge of the bowel was more widespread and people were taught how to care for the bowel. Somehow, bowel wisdom got lost and it became something that no one wanted to talk about anymore” Bernard Jensen D.C.**

**The popularity of colon hydrotherapy reached its apex in the 1920’s, 30’s and 40’s. At that time, colonic irrigation was regularly used in Doctors surgeries and hospitals. But in the ensuing 50 and 60 years the public’s use of, and access to , this valuable health treatment greatly decreased. The public’s present lack of knowledge regarding this, and other personal health care treatments, together with the widely held belief by orthodox medicine that such treatments are no longer useful may be the single most important factor in the current ill-health of our population.**

**Proper bowel management and health will never be achieved through the use of drugs and / or surgery. The answer lies in a time-proven and natural approach.. ..Colon Hydrotherapy !**

**In the last 10 years there has been a resurgence of interest in complimentary medicine and personal health care responsibility. Once again people are discovering the many health benefits of maintaining a strong and biologically sound colon. This return to using colon hydrotherapy has been bolstered by the development of colon hydrotherapy techniques, which make this therapy both safe and convenient. It is hoped the grass roots movement towards personal health responsibility, using complimentary health therapies to restore and maintain superior health, will be joined by traditional health care practitioners.**

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