

Colonics to Relieve Back Pain?

Darlene Holloway, tapped as Colon Therapist of the Year by the International Association of Colon Hydrotherapists last year, often makes connections between health in the colon and health in other body systems.

“There are a range of health issues,” she says, “many of them inherited, genetic conditions, that are exacerbated by a less than clean, healthy, toxic-free colon.

“Recently I was working with a young man who is a carpenter. He couldn’t afford to miss work because it was difficult for him to bend, twist or lift. He was suffering with intermittent bouts of severe back pain.

“In fact, constipation frequently causes back pain. The muscles of the back have nerve pathway connections to the large intestines. Weakness in the intestine causes weakness of the back and makes it prone to injury.”

Very often, she says, “colonic irrigation is an excellent adjunct therapy for a great range of health problems. My carpenter with the hurting back needed to see a chiropractor, but the combination of colonic hydrotherapy and chiropractic is often far more effective than either therapy on its own—as was true for him.”

A condition as common as painful menstruation, an affliction sometimes passed on from mother to daughter, often benefits significantly from a course of colonic hydrotherapy. Explains Ms. Holloway, “If the colon is full of impacted waste, and a woman’s uterus swells during menstruation, there will inevitably be an increase of pressure that can evolve into pretty intense pain. Both colonics and menstruation are fundamentally cleansing procedures with the objective of moving toxins out of the body. They work well together.”

Many health care professionals and others schedule colonic irrigation sessions quarterly as part of a preventive good-health program, Ms. Holloway notes.

The purpose with colon hydrotherapy, she says, is to hydrate the system, remove waste, stimulate peristalsis—muscle movement—rehabilitate the nerves, muscles, glands, circulatory and immune systems that form the components of the digestive system, and to reposition the intestines.

“A colonic is beneficial for a lot of reasons,” she points out. “Everything we put in our mouth touches and affects the walls of the stomach, small



Darlene Holloway, LMT, CT, SIT working with a patient in the Alternative Health Center she founded in 1992.

Ms. Holloway encourages people considering colonic hydrotherapy to “choose with care. Check the therapist’s training and the equipment they use. At a minimum, it’s wise to choose a therapist who is a member of the International Association with training credentials at a very high level.

“There are two equipment systems in use, one described as ‘closed’ equipment, the other ‘open.’ The system we use at The Alternative Health Center of Cary is the ‘closed’ system, which allows the therapist to remain in the room with the client at all times in order to give more one-on-one, personalized attention.

“In my work, I have come to deeply understand the strong beneficial relationship between massage and colonic therapy. The colon is simply a muscle, and as with any muscle, without proper exercise it becomes lazy and less active. When I work with a client during colon hydrotherapy, gentle massage of the abdominal area, following the direction of the colon, is an important part of the process. The goal is detoxification—to move toxins out of the system.” *h&h*

intestine, and colon. When these substances or their by-products are toxic—which is increasingly hard to avoid—they damage the intestinal wall and cells, intoxicate the nerves and glands, and can be absorbed through the walls in the blood and lymph and ultimately the tissue.

“When the colon is congested with stagnant wastes, toxins can back up into the system and pollute the inner environment. These poisons can re-enter and circulate in the bloodstream making us feel ill, tired, or weak. Impacted materials impair the colon’s ability to assimilate minerals and vitamins. And a buildup of material on the colon wall can inhibit muscular action causing sluggish bowel movements and constipation.”

During a colonic, she explains, “toxic material is broken down and flushed away so it can no longer harm the body or inhibit assimilation and elimination. Through massage, the skilled colon hydrotherapist is able to work loose and eliminate toxic waste. When the colon is cleansed and healed, the wellness of the whole body is greatly enhanced.”

For more information about colon hydrotherapy and other therapies offered at the Center, contact:

ALTERNATIVE HEALTH CENTER OF CARY

**919 Kildaire Farm Road
Cary, NC 27511**

**Telephone: (919) 380-0023
www.ahealthcenter.net
www.coloncleansenc.com**