

Setting the Highest Standards In Providing Natural Health Care



“CONSTIPATION CAN SET UP A WHOLE TOXIC ENVIRONMENT FOR THE BODY. . . [AND] WHILE WASTE BUILD-UP CAN COMPROMISE THE SYSTEM, COLON HYDROTHERAPY CAN HELP TO UNBURDEN IT.”

Dr. Darlene Holloway, founder and chief therapist at the Alternative Health Center of Cary, has earned numerous accolades throughout her career. Her latest—the Connie Allred Award in Colon Hydrotherapy—holds special meaning. The award reflects not just professional excellence, but Dr. Holloway’s extensive efforts to support education, legislation, and credentialing to ensure quality in the field.

MULTI-FACETED APPROACH TO HEALING

At her natural health practice, Dr. Holloway and her colleagues offer clients colon hydrotherapy, ion detoxification, several varieties of massage, lymphatic drainage, reflexology, infrared sauna, and ear candling. Although the needs and constraints differ for each client, colon hydrotherapy remains a mainstay in the practice.

Over her years in client care, Dr. Holloway has seen a variety of health

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

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challenges on the rise. She believes nutrient-poor and sugar-rich diets contribute to a more toxic internal environment, driving increased disease. A seemingly simple problem like constipation can “set up a whole toxic environment for the body,” she explains. “It’s like the sewer system in your house: if it gets backed up, the toxins will be reabsorbed back into the blood and lymphatic system.”

While waste build-up can compromise the system, colon hydrotherapy can help to unburden it. Whatever the individual needs are, Dr. Holloway brings her extensive experience to provide healing care for that client.

PROFESSIONAL ACCOMPLISHMENTS OF A HEALING PRESENCE

Dr. Holloway’s skills reflect her own comprehensive health and learning journey. She is a Naturopathic Doctor (ND), a Colon

Hydrotherapist (CH), a Structural Integration Therapist (SIT, focused on the body’s connective tissue), and Licensed Massage Therapist (LMT). While her own health challenges initially motivated her, her clients’ needs continue to propel her to learn, teach, and share more.

A graduate of the Florida Institute of Natural Health and the Florida School of Massage, Dr. Holloway holds the highest level of certification as an instructor with the International Association of Colon Hydrotherapy (IACT)/National Board of Hydrotherapy. In Florida, she opened a branch of the school teaching colon hydrotherapy for the state, developing new curriculum and helping to update the exam used to assess aspiring practitioners. As a practitioner, she was named the first IACT International Colon Hydrotherapist of the year by her colleagues in 2009, and was voted in as Board Member At Large by the IACT Association.



The International Association of Colon Hydrotherapy’s Connie Allred award—given annually to honor a member’s work to support the association and its goals—has a very special meaning for Dr. Holloway. “Of all the awards I’ve received, this is the one that touches home—because it has to do with Connie. She was my mentor, my friend, and someone with whom I worked for so many years in support of this profession.”

CHILDREN AND COLON HYDROTHERAPY

“How children eat and exercise and how they feel emotionally and physically are the barometers of health, and our goal—we consider it a blessing—is to work with them to put them on a healing path,” shares Dr. Holloway.

Constipation is a frequent problem seen with children, and it is highly influenced by the food they eat, the amount of activity they get, and other lifestyle factors. “I’ve had people call about their four-year-olds, two-year-olds, even their one-year-olds—saying that they’ve been constipated since the day they were born,” she says. “When children cannot eliminate the normal wastes from their bodies, they also cannot overcome a cold or ear infection. This is because their immune system is struggling trying to fight off the toxins produced by constipation.”

Dr. Holloway always employs a team-approach with children—including their parents and other health care providers. They first work to optimize the diet and other factors contributing to their constipation. If children are old enough for colonic treatment, she gently works to overcome fear about the initial experience. “Once we move through this initial reluctance, I’ve never had a child who did not want to return for continuing treatment—including young autistic children,” she stresses. “Children quickly come to understand when they need to be flushed out.”

She has completed five years of study leading to certification by the American Naturopathic Medical Board as a Naturopathic Doctor (ND). The American Naturopathic Medical Association awarded her “*in honor and recognition of distinguished performance*” early on, and two years ago, she received the President’s Award, which recognizes outstanding service to the profession.

Even as she hones her own knowledge and practice, Dr. Holloway remains equally passionate about making sure all colon hydrotherapy practitioners offer such safe, experienced care.

CREDENTIALING: A PERSONAL MISSION

For over a decade, Dr. Holloway has persevered in an often-uphill battle to get credentialing established for colon hydrotherapy. Today, only Florida licenses colon hydrotherapy therapists, using the national board exam, which was painstakingly created by a small team including Dr. Holloway.

She laments that there are “no guidelines for colon hydrotherapy in this state. There’s no licensing.” Training is largely voluntary, so only those who want to become certified go through the training levels offered by the International Association of Colon Hydrotherapy (IACT). And even then, aspiring practitioners need only 100 hours of training and taking a foundation exam in order to claim certification in order to practice. After gaining certification, there is no ongoing check that practitioners are keeping up their IACT membership or completing the necessary continuing education to remain current in the field.

Dr. Holloway highlights some risks posed by the absence of enforced standards. “Someone that has not been properly educated does not know indications and contraindications,” she stresses. “There are all kinds of things that can happen: improper operations can result in a ballooned or even ruptured colon; insufficient training may result in performing treatment without understanding the contraindications for heart disease or cancer, or to performing hydrotherapy on someone with the highly contagious C.Diff infection. Someone without sufficient training may not even fully understand how to operate the equipment they use.”

Dr. Holloway herself maintains Florida licensing and, if she had her way, North Carolina would have a similar licensing program, encompassing rigorous training and continuing education. “The more exposure I have to different materials, educators, and classes, the more rounded I feel as a healer and the more holistic my care becomes,” she adds. And so, Dr. Holloway continues the charge to ensure high standards throughout the profession, continuing to lead the way for colon hydrotherapy and in the natural health community. *h&h*