



## How Effective is Colon Hydrotherapy Melbourne?



Colon Hydrotherapy is a process which involves the introduction of water into the colon and rectum via an irrigation method. The intent is to cleanse the colon of all toxins, bacteria and impacted fecal matter, which have built up over time from years of usage. The colonic irrigation as it is commonly referred to, is also sometimes called [colon hydrotherapy](#). Colon hydrotherapy is performed in a medical office setting or at home under the care of a certified physician or other licensed medical personnel.

The benefits of colon irrigation or colon hydrotherapy are well known to the medical community. Those who suffer from colon cancer, for example, have reported that the treatment has reduced their risk of developing the disease by as much as 60%. People suffering from inflammatory bowel diseases such as Crohn's Disease, also have reported drastic improvements in their symptoms. In addition, those who suffer from weight issues, skin

conditions and even irritable bowel syndrome have all reported significant improvements in their colon health after suffering through the treatment.

One of the primary reasons why colon hydrotherapy is used to treat those with various bowel problems is due to the method of delivery - the colonic tube. Through the introduction of warm filtered water through the rectum, waste material is removed from the body in this method. One of the key contributors to the growth of unhealthy bacteria in the colon is found in the small intestine. This is the area where the waste material passes through the body before being eliminated. By increasing the amount of water that is able to travel throughout the small intestine, this can prevent the buildup of waste material and allow the colon to operate at optimal levels.

