



Refresh From the Inside Out

As one of Orange County's Premier Wellness Centers, Your Inner Health has been specializing in colon hydrotherapy (colonic) since its inception in 2007. Our philosophy is to aide in the body's natural ability to bring itself into balance. Using only brand new, sterile and non-toxic materials, your comfort and safety is our top priority. Enjoy your own private, serene and comfortable room assistant by a highly trained colon hydrotherapist.

What is Colon Hydrotherapy?

Colon hydrotherapy is a method of removing waste from the large intestine, without the use of drugs. By introducing filtered water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. This process is repeated a few times during a session.

Why Should I Be Concerned About My Colon?

The colon has been referred to as the sewer system of the body. It is the place where we store the waste material that most of us would rather not think about. Healthy colons absorb water and produce Vitamins B and K. Healthy digestive tracts help support a healthy immune system.

How Many Sessions Do I Need?

The number of colon hydrotherapy sessions desired will depend on the individual. Every person's goals will differ. Just as some people exercise on a daily or weekly basis to tone and tighten our outer body, some people also have their own ongoing cleansing, toning and rebuilding regimen for their inner body. Colon hydrotherapy could be used as part of any regular maintenance program.

What Is A Colon Hydrotherapy Session Like?

Sessions are a very comfortable, therapeutic experience for most people; however, if discomfort is experienced, the session can be stopped at any time. Techniques utilized allow a small amount of water to flow into the colon, gently stimulating the colon's natural peristaltic action to release softened waste. The inflow of a small amount of water and the release of waste may be repeated several times. The removal of waste should encourage better colon function and general health.



Sanitation Policy

Our modern colon irrigation equipment is manufactured following strict federal compliance guidelines that ensure rigorous accountability. Disposable single-use rectal tubes and speculae are used then disposed of immediately after each individual session. Your Inner Health staff upholds the highest sanitation and safety standards ensuring that the facility is immaculate and safe at all times.

Historical View

Historians tell us that the practice of Colon Hydrotherapy or, in its most basic form, the enema was first used by the Egyptians. The Ebers Papyrus of the 14th Century B.C., and the Edwin Smith Papyrus (c. 1700 B.C.), both mention enemas and give directions for the use of the enema.

The essence Gospel of the third century stated, "The uncleanness within is greater than the uncleanness without. And he who cleanses himself without, but within remains unclean, is a like a tomb that outward is painted fair, but is within full of all manner of horrible uncleannesses and abominations."

By the late 19th century and early 20th Century, with the advent of rubber, the enema or clyster slowly gave way to colon hydrotherapy equipment.

Dr. Kellogg reported in the 1917 Journal of American Medicine that in the treatment of gastrointestinal disease in over 40,000 cases, he had used surgery in only twenty cases. The rest were helped as a result of cleansing the bowels, diet, and exercise.

Colon hydrotherapy gained the attention of James A. Wiltsie, M.D., who contended that "our knowledge of the normal and abnormal physiology of the colon, and of its pathology and management, has not kept pace with that of many organs and systems of the body." He went on to say, "As long as we continue to assume that the colon will take care of itself, just that long will be remain in complete ignorance of perhaps the most important source of ill health in the whole body."



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