

## Colonic Kingston

Colonic Kingston - Colon Hydrotherapy, otherwise known as colonics, colon irrigation or colonic irrigation, is a method that gently flushes water into the rectum so as to help in emptying the colon of all the mucus and toxins. Colon hydrotherapy treatment is utilized so as to alleviate constipation, assist the body's detoxification process, assist relax the muscles of a tight colon, strengthen a relaxed colon as well as to cleanse the colon all through fasting. Colonics are indicated when there is an rise of toxicity and mucus levels inside the body. Dependent upon the patient's physical condition, either warm or cool water may be utilized.

While colon cleansing can be useful in lots of physical conditions, there are some times where it is not utilized. Serious or possibly serious physical conditions which affects the patient's colon like colon cancer, diverticulitis, ulcerative colitis, intestinal obstruction, intestinal bleeding or inflamed hemorrhoids are specific times this therapy is not used. Colon hydrotherapy is also contraindicated in hypertension and being pregnant.