

Why Colonics

Given the lack of peer-reviewed research into colonics, one must go on a bit of a journey in order to establish a good reason to partake of the modality of colon hydrotherapy. Based on clinical experience, studying the readings of Edgar Cayce, and reviewing modern research, I believe colonics provide many very important health benefits.

Neurotransmitters

One of the things I think colonics provide is a "neurotransmitter tune-up." The following paraphrased excerpt from one of the Edgar Cayce readings given in 1938 for a 47 year old woman can help to support my theory:

If periods appear when the eliminations are lacking through the alimentary canal, then use colonic irrigations. **Not just enemas**, but the internal bath; that it may make for the ability of the organs of the system through their stimulated activity of the **spiritual forces** within self to replenish. For all healing is of a spiritual nature, whether it is the application from mechanical means, medicinal, suggestive or the laying on of hands. And these means are only to make for an activity to produce better **coordinating, cooperating of forces** of all the reproductive system itself as related to assimilation and distribution of assimilated forces, and to keep the eliminations in balance. (1678-1)

Next I present a paraphrased response Edgar Cayce gave in 1943 to a 50-year-old man who asked the question, "How often should the hydrotherapy be given?"

Dependent upon the general conditions, whenever there is a sluggishness, the feeling of heaviness, oversleepiness, the tendency for an achy, draggy feeling, then have the treatments. **Don't think that just because there is the daily activity of the alimentary canal there is no need for flushing the system.** But whenever there is the feeling of sluggishness, have the treatments. It'll pick the body up. For there is a need for such treatments when the condition of the body becomes drugged because of absorption of poisons through the alimentary canal or colon, sluggishness of liver or kidneys, and there is the **lack of coordination** with the cerebrospinal and sympathetic blood supply and nerves. Hydrotherapy and massage are preventive as well as curative measures. For the cleansing of the system allows the body-forces themselves to function normally, and thus eliminate poisons, congestions and conditions that would become acute through the body. (257-254)

Now, notice the following excerpted article from a more recent study...

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Normal GI function relies on a properly functioning brain-gut axis, which involves the **coordinated interplay of the GI musculature, the CNS, the autonomic nervous system, and the enteric nervous system (ENS).** The ENS contains millions of neurons embedded in the wall of the digestive tract and functions, at least in part, independently of the CNS. The size, complexity, and independent function of the ENS has resulted in application of the terms "the second brain" and "the mini-brain." **Impaired function or coordination** of any of these systems, or the communication between these systems and the GI musculature, can lead to symptoms of **dysmotility and altered sensory perception**, which are characteristic of IBS and select other GI motility disorders.

The neurotransmitter serotonin (5-hydroxytryptamine [5-HT]) is a predominant signaling molecule in the ENS. Most (90% to 95%) of the body's serotonin is found in the gut, and smaller amounts are found in the brain (about 3%) and in platelets (about 2%). In the GI tract, serotonin facilitates communication between the ENS and its effector systems (muscles, secretory endothelium, endocrine cells, and vasculature of the GI tract), thus playing a key role in normal GI tract functioning. **In addition, serotonin plays a role in the communication between the ENS and the CNS.**

Could "serotonin" be the "spiritual forces"?

Let's take a look at an excerpt from Wikipedia to give some more detail on the role of serotonin in the body (look here - <http://en.wikipedia.org/wiki/Serotonin> for the complete entry).

In the central nervous system, serotonin is believed to play an important role in the regulation of anger, aggression, body temperature, mood, sleep, vomiting, sexuality, and appetite. Low levels of serotonin may be associated with several disorders, namely increase in aggressive and angry behaviors, clinical depression, obsessive-compulsive disorder (OCD), migraine, irritable bowel syndrome, tinnitus, fibromyalgia, bipolar disorder, anxiety disorders and

intense religious experiences. If neurons of the brainstem that make serotonin—serotonergic neurons—are abnormal, there is a risk of sudden infant death syndrome (SIDS).

Recent research suggests that serotonin plays an important role in liver regeneration and acts as a mitogen (induces cell division) throughout the body.

Cayce recommended colonics for a wide variety of conditions, we can see now based on these two modern sources why this might be so. These sources certainly tie in quite nicely with what Cayce said over half a century ago.

Bacteria

Another benefit I believe colonics provide is a jump-start on restoring optimal bacterial balance in the colon. There have been numerous studies recently that have drawn a strong relationship between poor bacterial balance in the gut, called dysbiosis, and many chronic debilitating disorders. Dr. Natasha Campbell-McBride, MD gives an excellent treatment of this subject in her book titled "Gut and Psychology Syndrome."

It seems the natural world gives us clues as to the nature of bacteria by their fragrance. We typically find "unfriendly" bacteria rather unpleasant in aroma. When a person has gone for sometime without bathing, they tend to accumulate a degree of body odor. Bacteria are what produce this odor. A simple shower can help to solve this problem.

Similarly, an internal bath can help to restore colonic bacteria. It is not uncommon for someone to report after receiving a small series of colonic irrigations that their bowel movements no longer produce an offensive odor.

Laxatives

Many people have asked me why they can't achieve the same results with laxatives. One must analyze from whence a question like this comes. It seems we carry some degree of cultural baggage about our bowels, and quite often the thought of a colonic, or high-enema as it is often called, can give one the heeby-jeebies. To this I offer the following paraphrased reading excerpt given by Edgar Cayce in 1942.

As indicated, there are times when in the throat, nasal passages, or some indicated disturbance through some portion of the body is seen, or a feeling as of nausea or dizziness. These indicate some toxic condition of a functioning organ, and necessitate stimulating of the activities of the functioning system by a laxative or cathartic.

The senna based laxative increases not only the flow of lymph through the alimentary canal, thus flushing the system, but induces a better flow through the activity of the kidneys and liver, and upon the respiratory system. But if this were taken ONLY, and just greater doses taken, gradually the effect of this lessens, and there is the dependence upon such for the activity of the organs themselves.

Hence when these are used, let them be used sensibly. Of course, these only throw greater amounts of poisons from the functioning organs and the alimentary canal into the colon proper. These are not always eliminated from same. A colonic enables the colon to be purified, thus causing a *coordinating* throughout the body. (257-251)

I would encourage anyone to overcome their reluctance to try a colonic and experience for themselves what this most therapeutic treatment can offer. Just as external hygiene in the form of indoor plumbing produced the biggest boon in life expectancy in our history, imagine what we'll discover when we get our internal hygiene in order.