

Frequently Asked Questions

Q. How long are the colonic sessions?

A. The sessions are 35–45 minutes.

Q. Can one session do the job?

A. There cannot be a predetermined number of sessions, since each person has different goals, baseline conditions, and symptoms.

Q. Is it painful?

A. The majority of clients feel no discomfort at all. Most clients report feeling exceptionally well following a session. However, a few clients may experience mild cramping or discomfort during the session; this is the exception rather than the norm.

Q. Are the use of laxatives or enemas as effective?

A. An enema may be useful, but it usually cleans only the sigmoid portion of the colon (approximately one foot). In contrast, a colonic is intended to cleanse the entire colon (approximately 5½ to 6 feet). An enema may place pressure on the anus and potentially worsen hemorrhoids, whereas a colonic does not place pressure on the anus.

Q. What problems can occur from the use of laxatives?

A. Laxatives, whether herbal or synthetic, can irritate the body and may leave impacted waste behind. Frequent laxative use may contribute to sluggish bowel function, constipation, bleeding hemorrhoids, and abdominal discomfort.

Causes of Waste Buildup

- Eating too much or too quickly
- High-fat foods
- Low-fiber diets
- Poor dietary habits
- Drinking large quantities of liquids with meals

“The following information reflects the educational materials and opinions provided by Restorative Health Wellness Center and does not necessarily represent established medical consensus. Individuals should consult their healthcare provider regarding digestive health concerns and treatment options.”