

**Whitby Naturopathic  
&  
Wellness Clinic**



**Julie Paterson, RMT**  
1145 Brock St. South  
Whitby, ON L1N 4M1  
905-666-0415  
[www.whitbywellness.ca](http://www.whitbywellness.ca)

# Colonics

## What is Colon Hydrotherapy?

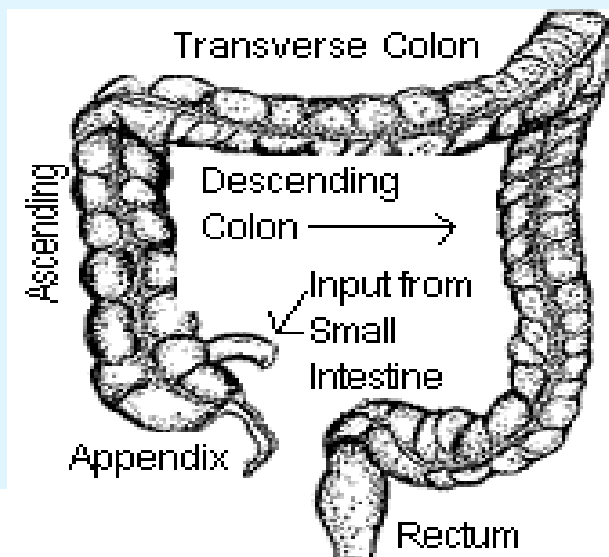
[www.mynaturalclinic.com](http://www.mynaturalclinic.com)

Colon hydrotherapy is a safe and gentle infusion of warm filtered water in the rectum using no chemicals or drugs. This is a restorative, painless procedure which is highly effective and incredibly beneficial.

While the patient lies comfortably on an examining table, a small speculum is inserted into the rectum. The therapist then monitors the temperature of the water infused into and out of the large intestine. Colonics cleanses the entire colon of built up and old waste; without causing stress to the individual.

At the clinic, stainless steel speculums are used for the patient's comfort. Speculums are sterilized at 450 degrees for 45 minutes AFTER EVERY TREATMENT. The water used, first goes through a double filtering system in order to remove all the chlorine and any sediments. All the waste material is eliminated through the instrument to a drain line avoiding any offensive odours during the treatment.

Despite daily eliminations, many people are not aware that they may have a bowel problem. Very often, the complete length of the colon is impacted with old, hardened fecal matter leaving only a narrow channel of the small, softer feces to pass through.



**If you suffer from any of the following, then colon cleansing may benefit you:**

- Constipation / gas / bloating
- Diarrhea
- Atonic (Sluggish) colon
- Colitis / Crohn's disease
- Spastic Colon / IBS
- Diverticulosis
- Liver congestion / toxicity
- Bad breath and coated tongue
- Hemorrhoids
- Parasites
- Fatigue
- Headaches
- Skin problems
- Asthma
- Allergies
- Dark Circles
- Depression
- Body Odour
- Surgery (pre and post op)
- Barium enemas (pre and post)

**Are there contraindications for colon hydrotherapy?**

Yes. Colon hydrotherapy is not advised when the following conditions exist:

- Congestive heart failure
- Intestinal perforation
- Aneurysm
- Severe anemia
- Severe hemorrhoids
- Cirrhosis
- Colon cancer
- Fistulas
- First and last trimester of pregnancy
- Abdominal hernia
- Recent colon surgery
- Renal insufficiency

**How does colon hydrotherapy compare with laxatives?**

Both natural and chemical laxatives can irritate the colon wall and destroy both friendly and unfriendly bacteria in the bowel. If laxatives are taken more than periodically, your body may adjust and become dependent on them. Laxatives may interfere with the rest of the digestive system and could cause further problems. Conversely, colon hydrotherapy uses water to gently clean the colon, and thus, does not irritate the colon walls. It poses no risk of dependency, and it does not interfere with the rest of the digestive system.

# On a personal note...

As some of you already know, I have been taking yoga classes for the past while now. I find this type of exercise to be both rewarding and fun. My yoga class, with Dr. Melissa West ([www.melissawest.com](http://www.melissawest.com)) is full of a variety of women (where are all you men out there that need this type of exercise also??!!) with different levels of capabilities. This class isn't about straining to touch your toes or stand on your head (but if you can do it, good for you!!), it's about regaining flexibility, regaining movement, reducing stress & stretching without intention. I have found that stretching without intention gives me the best results in a stretch. In my yoga class, I find relaxation, knowledge, a social aspect & fun. What more could you ask for out of a class? The instructor is knowledgeable and her classes are easy to follow. She takes the time to cater to each persons level of capability and offer alternatives to any particular pose (to take it up or down a notch). With each session that comes to an end, I sit and think of how busy my life is, things that need to be done, tasks that need to be finished & for a split second I feel I don't have enough time for the class. But as the last class comes to a close, my thoughts quickly shift to "How could I NOT do this every week?!" It's the best hour of my week. It's MY hour...and honestly, I'm just not disciplined enough to stretch/meditate/relax on my own on a regular basis!

If any of you are interested in her classes (she instructs both yoga & pilates, and also provides life coaching & cooking classes), I strongly recommend visiting her website & coming out to join a class.



# Stress

A stressor is any demand on mind or body. A distressor is any demand resulting in harm to mind or body.

- > Stressors remain facts of life with no ill effects. When physical upset or emotional turmoil result, stressors become distressors.
- > Demands do not cause harmful effects, rather harmful effects result from the person's interpretation of those demands.
- > Body influences mind, mind influences body.

## Symptoms of Distress

trembling hands	edginess	fuzzy thinking	stomach churning
anxiety	accelerated speech	tight shoulders	depression
irritability	sore lower back	poor concentration	short-temperedness

## (di) Stress-Related Disorders

migraine headaches	lower-back pain	colitis	psoriasis
tension headache	dizzy spells	gastritis	non-cardiac chest pain
ulcers	high blood pressure	heart attack	panic attacks

## (di) Stress contributes to illness in the following ways:

- by imposing long-term wear and tear on the body and mind, thereby reducing resistance to disease, such as catching a cold during exams or developing ulcers after years of chronic work pressure
- by directly precipitating an illness such as heart attack or tension headache
- by aggravating an existing illness such as increased arthritic pain or flare-up of psoriasis
- by precipitating unhealthy or even illness-generating coping habits such as smoking, alcohol abuse, overeating, or sleep deprivation

**Psychological distress can include severe depression, debilitating anxiety, disoriented thinking, paranoia, or lack of motivation to perform daily routines.**

## Key points to effective (di) stress management:

- anticipate, monitor, and regulate stressors insofar as possible
- awareness of and control interpretations of stressors
- practice daily deep relaxation in order to balance chronic excitation of the stress response
- maintain positive health buffers —> daily exercise, good eating habits, adequate sleep
- recognize early warning signs of mental & physical stress
- personal responsibility: self-care rather than dependence
- holism: there is no one way of controlling stress. Various activities may help (proper diet, regular activity, meditating, taking vacations, massage therapy, etc)
- gradualism: no one should adopt too many stress management methods at once. If you try too hard or expect change too soon, you will be frustrated & overloaded. Introduce methods slowly, and remember that change comes slowly. It's a lifestyle change.
- awareness: what your stressors are, what causes them, how they affect you (positive or negative), and how you handle them.

## Stress cont'd.

**Atherosclerosis:** larger deposits develop and partial blockages of fat and cholesterol developed within the inner lining of coronary arteries. The deposits (coronary plaque) increase in size & cause tiny breaks & tears, which the body is capable of repairing. During this repair, scar tissue builds and fatlike substances get stuck within it, eventually building and narrowing the passageway for blood. The most dangerous of these fatty substances is cholesterol. Although vital for building cells, constructing hormones, etc, too much of it traveling through the bloodstream causes it to attach to the walls of the arteries. More lesions, more clotting and scarring, more closure, less blood flow, more lesions, etc. Finally, the blood clot may break away, blocking the line and stopping blood flow completely.

**Low Density Lipoproteins (LDL):** - “bad” cholesterol  
- delivers the cholesterol throughout the body

**High Density Lipoproteins (HDL):** - “good” cholesterol  
- discards cholesterol to the liver

The term coronary artery disease refers to the partial closing of one or more coronary arteries. A heart attack or myocardial infarction occurs when a coronary blockage causes complete cessation of blood to an area of the heart, resulting in tissue death.

**Tension Headaches:** pain that comes from tense muscles rather than the constriction & dilation of blood vessels (migraines).

### Coping Options

- focus on dealing with your own fear, anger, or guilt reaction to the situation
- focus on attempting to deal constructively with the stressor
- focus on constructive action, such as a sense of internal control/challenge/commitment based on optimism
- alter the stressor or avoid the stressor, if possible
- adapt to the stressor (manage self-talk –be ok no matter what, control physical stress response –breathing/relaxation methods, manage actions –listen/communicate/assertiveness, maintain health buffers –exercise/nutrition/sleep)

**Key Points:** Control interpretation of the stressor  
Control the physical stress response  
Control the behavior or coping response

**Relaxation Methods:** Breathing (ex. Diaphragmatic/countdown breathing, breathing slowly)  
Meditation  
Visualization  
Other (ex. Music, yoga, T'ai Chi, massage, hydrotherapy)

**Manage Time:** prioritize, schedule (and schedule yourself breaks too!), and implement

# SPINACH CHEESE SHELLS

- 1 pkg of JUMBO pasta shells
- 1 pkg of spinach (frozen –make sure water is squeezed out once thawed)
- 3 tbl spoons butter
- 1 small onion –chopped
- 1 glove garlic
- 1 can spaghetti sauce
- 2 eggs
- 2 cups cottage or ricotta cheese
- ¼ cup parmesan cheese
- ½ -1 cup shredded mozzarella cheese
- salt & pepper to taste

Makes approx 24 shells (the bag)

- Cook onion & garlic in butter until soft
- Add spinach & cook for 3 mins.
- Cool
- Stir eggs in cheeses until blended
- Combine with spinach mixture
- Cook shells until el dente (12-15mins)
- Stuff shells
- Pour spaghetti sauce in bottom of pan
- Place shells in pan
- Pour sauce over shells also
- Bake at 350 for 30 mins.

