

# Colon Hydrotherapy Q & A

Qi Acupuncture & Wellness Center

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## *Interview with Rosalind Akins of Body N Balance*

By Renee V. Hotep

More often than not, whenever I give a health presentation I discuss eliminations (bowel movements) at which point my husband ALWAYS finds the nearest exit from the conference room, lecture hall, etc. If there is a door knob, he is turning it. He thinks I am obsessed with “eliminations,” but this is simply NOT the case. I do not offer colon hydration *nor* am I interested in performing the procedure. But digestive health, which includes eliminations, is very important and I am often concerned when my new clients reveal their elimination frequency or rather the lack thereof.

Since everyone seems to be cleansing, I would be remiss if I did not take this opportunity to discuss cleansing the colon. So I decided to consult Rosalind Akins, someone who is obsessed with restoring order to your colon in a supportive and safe space. She is a trusted & respected colleague and expert in digestive health and colon hydration (as well as a talented massage therapist) with over a decade of experience in the field. Let the questions begin!

### **Q: What is the goal of colon hydrotherapy?**

**A:** The goal of colon hydrotherapy is to hydrate the system, remove waste, stimulate peristalsis, and rehabilitate the nerves, muscles, glands, circulatory and immune system that form the components of the digestive system.

### **Q: Is colon hydrotherapy completely safe?**

**A:** Yes! In fact, with new hydrotherapy equipment therapy is much safer than the common enema.

### **Q: What is the major difference between enema and colon hydration?**

**A:** *They are two different worlds.* Colon hydrotherapy uses water, an element that is naturally occurring in your body, to promote removal of built up waste and toning of the colon. With an enema you are putting a chemical in your body. These chemicals can inhibit your body’s peristalsis ability causing it to become dependent on the chemical to achieve an [elimination].

### **Q: So your system will not become lazy and require colon hydrotherapy to eliminate?**

**A:** No. Physically colonics *are not* habit forming. Your body will not become reliant on them to eliminate.

### **Q: How often should someone have colon hydrotherapy?**

**A:** I always recommend a series of 3 to begin. Depending on the motivation for the series more may be required. Once the client's goal is achieved and the diet matches, I suggest a twice a year series of three. That's a good maintenance program. If there are major dietary problems I recommend once a month to establish toning of the colon.

**Q: What is toning of the colon?**

**A:** Think of toning as reminding the colon muscles how they should work.

**Q: What diet do you recommend after a session?**

**A:** Well after a session I recommend digestive enzymes, probiotics and fiber. I do not recommend a "diet", but suggest clean eating as a way to a healthier lifestyle. During a pre-session intake and evaluation, I examine a client's current eating lifestyle and *together* we attempt to modify eating habits.

For more information email [Rosalind@balancetheqi.com](mailto:Rosalind@balancetheqi.com)

*To schedule an appointment with Rosalind of Body N Balance call 602.772.2253*

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