

About Eastern Colon Health

With the highest of standards and commitment to excellence, Eastern Colon Health is a private and purpose built clinic in Montrose VIC, servicing the Yarra Valley, Dandenong Ranges, Outer Eastern suburbs of Melbourne and beyond.

We utilise the 'closed system' of Colon Hydrotherapy, which affords a more comfortable and effective procedure. Our state of the art equipment offers the highest quality in safety and sanitation. All consumables are single use and disposable.

At Eastern Colon Health, a certified therapist will be with you at all times and is in full control of the procedure to optimise the outcomes of your treatment. We use temperature and pressure controlled water, pulsating techniques and abdominal massage to stimulate and flush the colon.

Our professional standards ensure that your dignity and privacy is maintained at all times. At Eastern Colon Health we are on board with you, to help you achieve your goals for health and vitality.



EASTERN COLON HEALTH

Colon Hydrotherapy
clarity - vitality - restoration

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Colon Hydrotherapy – What Is It?

Colon Hydrotherapy is a safe and gentle internal cleansing process. It involves the infusion of filtered and purified water into the colon via the rectum. The colon is flushed and hydrated, removing waste material, impacted faecal matter, pathogenic gut flora, excess mucous, gas and toxins in the process.

Colon irrigation or colonics as it is also referred to, is essentially a rejuvenating and detoxifying treatment. It helps to restore bowel function which over time is affected by such things as stress, dehydration, lifestyle and dietary choices, medications, lack of exercise and parasites.

A healthy, well-functioning bowel is essential for the maintenance of optimal health.

Who Would Benefit From Colonics?

In short – almost everyone!

Every cell and tissue in the body is fed by the bloodstream. It makes sense that we must consider the bowel first when considering our health as toxins in the bowel can re-enter and circulate in the bloodstream. They can make their way into every cell and tissue of the body, causing any number of conditions, ailments and even disease.

Why Consider Colon Hydrotherapy?

People receive colonic treatments for a wide variety of reasons, such as for relief from signs and symptoms of intestinal distress, for assisting the management of physical conditions, through medical referrals, as a part of a cleansing program or detox, for emotional reasons, to compliment a lifestyle change, for general health maintenance and as a preventative measure against disease.

If you experience any of the following conditions then Colon Hydrotherapy is most likely to be of benefit you...

constipation, diarrhoea
bloating, flatulence
cramping, poor digestion
irritable bowel, indigestion
headaches and migraine
PMT, fatigue or lack of energy
candida – thrush or yeast infections
coated tongue, bad breath
food intolerances and allergies
skin conditions such as eczema, acne
and psoriasis
colitis, parasitic infestations
sluggish metabolism, leaky gut
dark circles under the eyes
chronic dehydration

"It is the bowel that must be cared for before any effective healing can take place."

Dr Bernard Jenson

How Might I Expect To Feel Following Colon Hydrotherapy?

Most people remark on how clean and light they feel. Increased energy and feelings of wellbeing are common responses.

The benefits of Colon Hydrotherapy can be quite profound and may include such things as:

A feeling of lightness

Increased energy and mental clarity

Better digestion and bowel function

Improved sleep patterns

Removal of bad bacteria and parasites

Removal of dead bacteria post antibiotics

Accelerated detox / liver cleanse process

Improved weight management

Strengthened immune system

Preventative measure against disease

Clearer skin

Cleansing the bloodstream

Flatter stomach