

IS COLON HYDROTHERAPY RIGHT FOR ME?



*Angel of  
Water*®

Now the Angel of Water® is bringing colon hydrotherapy into the 21st century with elegance, simplicity and dignity.

Caution: RX ONLY

## REVOLUTIONIZING COLON HYDROTHERAPY

The Angel of Water's advanced design now brings elegance, simplicity and dignity to colon hydrotherapy. The Angel of Water Surround, a gravity-fed open design, is the premier colon hydrotherapy system and is the first choice for hospitals and clinics around the world. Whether used prior to endoscopic or radiological exam, as a pre-operative preparatory procedure, or for preventative maintenance programs, the Angel of Water is the safest, simplest and most effective solution for irrigating the colon.



*After the patient is comfortably positioned, the rectal nozzle is inserted about 1½ inches. A gentle flow of gravity-fed, one-hundred degree water begins. Water flowing into the colon initiates peristalsis and the patient responds by releasing water and waste repeatedly over the course of the next 35 minutes. This progressive irrigation and hydration that starts at the rectum, goes through the transverse section and then to the cecum, breaks up waste matter and achieves the complete evacuation of the colon.*

### THREE KEY POINTS FOR COLON HYDROTHERAPY USING THE ANGEL OF WATER CM-1®

#### 1) HYDRATION

Delivers water safely and comfortably to irrigate the colon.

#### 2) ACTIVATION

Hydration activates peristalsis of the colon.

#### 3) EVACUATION

Peristalsis evacuates the contents of the colon.

## WHAT YOU NEED TO KNOW

### **1. Is colon hydrotherapy safe?**

Yes. In fact, with the Angel of Water, sessions are much safer and easier than the common enema.

### **2. How does a colon hydrotherapy treatment compare to an enema?**

An enema only reaches the rectum and lower part of the colon, whereas with colon hydrotherapy the entire length of the colon is reached and it is many more times effective. According to learned centenarian Dr. Norman Walker, "One colon irrigation is equivalent to 30 enemas."

### **3. Do the treatments hurt?**

No. In fact many people report their colon hydrotherapy sessions as being both refreshing and relaxing.

### **4. How much of the intestines are actually cleansed during a colon hydrotherapy treatment?**

It is possible to cleanse the entire length of the colon during a professionally administered session. The small intestine is not specifically involved; however, the small intestine may be cleansed with the help of an oral intestinal cleanser.

### **5. Are there any contraindications to colon hydrotherapy using the Angel of Water?**

If you have a concern about your health or the appropriateness of colon hydrotherapy for you, you should consult your physician or licensed healthcare practitioner. Contraindications for the use of the Angel of Water include, but may not be limited to: recent colon, rectal or abdominal surgery, congestive heart failure, intestinal perforations, carcinoma of the rectum, fissures or fistula, severe hemorrhoids, abdominal hernia, renal insufficiency, first or last trimester of pregnancy and cirrhosis of the liver. Professionally administered colon hydrotherapy is otherwise very safe.

### **6. Is there any possibility of bacterial or viral contamination from prior use of the colon hydrotherapy equipment?**

The Angel of Water system uses single-use,

sterile rectal nozzles. The use of sterile disposables coupled with the implementation of the Angel of Water's multi-stage sanitation protocol with EPA registered disinfectants leaves no danger of contamination.

### **7. How long does a session take?**

Actual session time is about 30-40 minutes, but you should plan on about 1 ½ hours for your first consultation with session.

### **8. Does having a menstrual period at the time of a colon hydrotherapy session have any effect on the experience?**

No. Some consider it a good time to have a session since your body is already cleansing. Your flow will not interfere with the success of the session. However, some women prefer to wait until after their period is over to do a cleansing session.

### **9. What should I do to prepare for a colon hydrotherapy cleansing?**

Refrain from eating about 2 hours before the cleansing, be as relaxed as possible and maintain a positive, cheerful attitude.

### **10. Will I experience any intestinal discomfort or fatigue after the cleansing?**

Usually not, but everyone is different. Some report a slight feeling of tiredness, but this is similar to the feeling you have after exercising vigorously. After a session, sipping warm liquids is usually very soothing. If you have concerns, consult with your colon hydrotherapist.

### **11. Can I work directly after having colon hydrotherapy?**

Yes. You can work just as you would after a regular bowel movement.

### **12. Will I be left alone during the Angel of Water colon hydrotherapy session?**

No. A certified Angel of Water practitioner will be monitoring you throughout the session for both your comfort and safety.

***Clinics and spas around the world have chosen the Angel of Water because it is the premier colon hydrotherapy system. A practitioner's investment in the Angel of Water speaks volumes about the quality of their service and no one knows better the value of a great system than those who care for clients daily.***

*"Our guests have commented that the Angel of Water is more comfortable and private than other systems they have experienced."*

**Sally Halstead, RN, CHT, Manager, COMO Shambhala Estate, Bali**

*"I want to thank you for creating this wonderful equipment.  
My clients and I love everything about it."*

**Melvin Jenkins, Internal Cleansing Center, Columbia, SC**

*"Most importantly, the Angel of Water looks very welcoming and not intimidating at all."*

**Maria Sulindro, MD, Pasadena, CA**

*"Healthy Glow Clinic has been using the Angel of Water system for many years.*

*Our concern has all along been cleanliness, safety and effectiveness.*

*We find that the Angel of Water has fulfilled all of the above."*

**YM Wong, MD, Healthy Glow Clinic, Singapore**

*"I love the Angel of Water. It is easy to use, comfortable and aesthetically appealing."*

**Theresa Smith, RN, CHT, Phoenix, AZ**

*"My clients love the equipment and are so happy with their sessions.*

*My system is just beautiful."*

**Lori DeLang, Inner Health, Mansfield, MA**

**FOR MORE INFORMATION PLEASE CONSULT YOUR  
CERTIFIED ANGEL OF WATER PRACTITIONER**