

The Art of Health School of Colon Hydrotherapy

An International Association of Colon Hydrotherapy Certified School

LEVEL I Colon Hydrotherapy Training Course

will cover:

The Procedure of Colon Hydrotherapy

History of the treatment
Effectiveness of colon hydrotherapy
Indications and Contraindications
Different types of colonic equipment
Use of disposables
Importance of hygiene and hygiene protocols
Introduction of basic treatment techniques

Practicum

Observing, receiving and administering sessions
Initial interview, health questionnaires
Case history training and review of contraindications
Evaluating and processing session information
Pre and Post session care
The Gentle Heart Approach:

- ♥ Creating a Safe Space and Setting Boundaries
- ♥ The Art of Listening, Clear Language and Being Present
- ♥ Gentle and Slow is the Way to Go

Treatment Techniques and Complimentary

Therapies

Treatment enhancement techniques:
Timing, temperature and flow control
Related therapies: massage, nutritional advice, reflexology and emotional release support

Anatomy and Physiology of the Digestive System

Tour the digestive system, from the mouth to the anus
Main principles of digestion; anatomical roles and functions of each section: stomach, small intestine, liver, gall bladder and pancreas and their part in the absorption and assimilation of nutrients

Anatomy and Physiology of the Large Intestine

How the colon works and what it does
Diseases of the colon
Colon inhabitants: probiotics, other bacteria and parasites
Colon hydrotherapy as a means of ensuring optimum balance in the bowel
Effect of different lifestyle factors on the bowel

Constipation

What can contribute to constipation
Ways of dealing with constipation
Nutritional, emotional and activity-related management of constipation
Different types of laxative compounds; bowel toning herbs and other natural remedies and their pros and cons
Colonic management advice to constipated clients

Nutrition and Digestion

The main nutrients and how the body processes them
The importance of fiber, hydration and lubrication
Sources of fiber, essential fatty acids and water
Acidic and alkaline foods etc...
Digestion of carbohydrates, proteins and fats and the relationship to elimination
Importance of chewing
Detoxification protocols
Probiotics and other supplements
Importance of aftercare and supplementation

Business Aspects of Colon Hydrotherapy

Practice

Frequently asked questions
Extraordinary customer service
Attracting the Perfect Customer
Phone etiquette
Suppliers and supply management
Insurance and membership in professional organizations
Importance of continuing professional development
Insurance and legal requirements
Colon hydrotherapy in various venues

- Holistic medical centers
- Therapeutic or spa/salons
- Private office

***I-ACT Level I Testing
and Membership Registration***

-Optional-

The next LEVEL I Colon Hydrotherapy Training Course:

WHEN: *Call or Email for dates of upcoming courses.*

At The Art of Health School of Colon Hydrotherapy

TUITION: \$2700

The course begins on Saturday afternoon with lunch and orientation and ends on the next Sunday afternoon. The course includes hands-on training, lectures and experience concluded by Testing on the final day. **

After we receive your deposit, you will be sent a study manual. You must bring the open book exam, completed, to class.

PREQUISITES:

Must show proof of the following, (within 6 months of completing the course) to receive certification:

- High school diploma, GED (or equivalent)
- Completion of post secondary education A & P (3 semester hours)
(If you do not have A & P, please speak with Jeannette about an online course)
- Must have current CPR certificate and have received 1-3 colonics
(Unless medically unable to comply)

Included in the tuition:

- ~ Study Manuals
- ~ Books
- ~ Kimberton Whole Foods Gift card (for lunch during course)
- ~ Two follow up consultation calls with the instructor

LOCATION:

The Art of Health School of CHT is located in the village of Kimberton, above Kimberton Whole Foods. Visit: www.kimbertonwholefoods.com
2140 Kimberton Road, Kimberton, Pennsylvania 19442 (not a mailing address)

For an application and to contact the instructor,
call 610-935-0701 or email: ponder@theartofhealth.us
PO Box 363 Kimberton, Pa 19442 website: www.theartofhealth.us

