

COLON HYDROTHERAPY COURSE LEVEL 1

CONTENTS:

- Colon-Hydrotherapie C.H. - Definition
- Definition of Colon Hydrotherapy. C.H.
- History and evolution of Colon Hydrotherapy. C.H.
- The digestive system. Anatomy and physiology.
- Syndrome: TOXIC METABOLIC OVERLOAD.
- Symptoms and causes of a toxic colon.
- Diagnostic methods. (Medical history, palpation, visual etc.)
- Treatments. (Different techniques that help a better outcome in therapy.)
- Intestinal Flora. (The importance of our immune system and its function).
- Probiotics, prebiotics and synbiotics. (Definition and function).
- List of recommended foods during the treatment process.
- Foods that retain the intestinal flora.
- Recommended foods in intestinal disease processes. (Constipation, diarrhea, intestinal parasites etc.).
- The practice of Colon Hydrotherapy.
- Material removed. (Mucous, drug residues, cholesterol, poorly digested food, etc.)
- Interpretation and conclusion of the removed material. (Colors, shapes, etc.).
- Intestinal parasites. (Advice and recommendations).
- Indications and contraindications of Colon Hydrotherapy. C.H.

* **TRAINER: ANA MARIA MONTELLANO MORILLAS**

* **A dossier on the course and sheets on intestinal reflexology are included.**