

## COLON-HYDROTHERAPIE KURS

### What is Colon Hydrotherapy?

Colon Hydrotherapy, is a deep irrigation of the entire large intestine with filtered, purified water, through a tube inserted in the rectum. The cannula is a two-way system; during the session water enters on one side and exits several times during the session via another (waste tube).

The filtered water as well as pressure, temperature and flow rate are regulated by an electronic device controlled and managed by the therapist throughout the session.



### Dates and times

The course is tailored to the need and timing of future professional therapist.

### Qualification obtained

Having successfully completed the theoretical and practical tests, certificates of the Spanish Association of Colon Hydrotherapy (AEHC) and David Granizo Bermejo certifying the number of hours and taught agenda will be obtained. Degree with quality seal and registration of APTN-Cofenat.

### Course duration

Approximately two to three days. Possibility of increasing it to 10 days.

### Program and content

- Overview of Colon Hydrotherapy.
  - Detoxifying effects.
  - History.
  - Effects, indications and contraindications.
  - Difference between enemas, laxatives and Colon Hydrotherapy.
  - Clinical applications and preventive actions.

- Diarrhea and constipation.
  - General considerations of diarrhea.
  - Infectious diarrhea.
  - General considerations of constipation.
- General therapeutic applications of Colon Hydrotherapy.
  - Applications for radiological tests.
  - Preparation for surgery.
  - Other preventive and therapeutic applications.
- Introduction to colonic visceral osteopathy.
  - Principles and bases.
  - Mobilization.
  - Massage.
- Practice Colon Hydrotherapy.
  - Indications and contraindications.
  - Operation and management of Colon Hydrotherapy machinery.
- Procedures and application techniques.
  - Practice with patients.
  - Solutions to problems encountered during a session.
  - Tips and Techniques.
  - Action protocol in emergency situations.

### Lecturer

#### David Granizo Bermejo

- APTN-COFENAT member: 2265.
- Chairman of the National Commission of Colon Hydrotherapy [Comisión Nacional de Hidroterapia de Colon]
  - President of the Spanish Association of Colon Hydrotherapy [Asociación Española de Hidroterapia de Colon (AEHC)]
  - Trained by the Royal University Center Maria Cristina [Real Centro Universitario María Cristina] in Osteopathy, Naturopathy, Chiropractic, Herbal Medicine, Neural Therapy, C.P.R. & First Aid and Kinesiology.
- Author of the book: "Homotoxicología, depuración e hidroterapia de colon" ["Homotoxicology, cleansing and colon hydrotherapy"]
  - Expert and pioneer in the modernization and scientific research of colon hydrotherapy.
  - Responsible for the first scientific study of colon hydrotherapy worldwide: study of intestinal microbiology applied to colon hydrotherapy.