

**Townsend Newsletter  
for Doctors & Patients**  
Edited by Sheila Shea MA

I want to inform you that the August/September 2000 issue (#205/206) of the Townsend Letter for Doctors & Patients is devoted to Colon Hydrotherapy. The letter is entitled the Value of Colon Hydrotherapy Verified by Medical Professional Prescribing It. It is a groundbreaking work documenting the purposes and benefits of Colon Hydrotherapy. I'm sure you will relate to the various cases or have friends or family members that have similar conditions. For the unedited article, go to <http://www.tldp.com>. I have abbreviated 6 pages down to 2 pages using mainly quotes. Get ready!

**Leonard Smith MD, GI Surgeon (FL)**

"Without reservation, I wish to see Colon Hydrotherapy become an established procedure for many kinds of gastrointestinal problems."

"It's a fact that most people fail to fully evacuate the colon, something they don't realize. People undergoing colon hydrotherapy on a prevention basis become quite surprised at how much waste is removed by the procedure."

**Paul Flashner MD, General Surgeon and  
Emergency Medicine (MA)**

Flashner 'has incorporated Colon Hydrotherapy as a regular Complementary and Alternative Medicine (CAM) technique.' He describes the case of Tommy, an 8-year old boy with severe constipation. 'I improved the child's diet and removed all junk foods. Then I instigated an

exercise program, had him drink lots of water, balanced his colonic flora and added fiber food supplements. Most vital for Tommy's welfare is that he took colon hydrotherapy under my prescription. The beneficial effect was dramatic for within six months he was experiencing a natural and normal bowel movement every day.'

'My approach to medical practice is to balance the GI tract using stool testing. I find various pathologies result from bacteria, yeast and parasites. A lot of disease comes from imbalances in the colon as manifested by inflammatory bowel disease, ulcerative colitis, autoimmune diseases, allergies, multiple sclerosis and certainly constipation. Such imbalances can be corrected by means of colon hydrotherapy, herbal supplements and diet.'

**Sharda Sharma MD (NJ)**

Dr Sharma has a holistic medical practice that includes colon hydrotherapy, chelation therapy, massage therapy, acupuncture, reiki and more. 'I have trained and certified colon hydrotherapists working as part of my staff...they are rendering care for constipation, abdominal cramps, allergies and a variety of other conditions including ten patients with hepatitis C. These hepatitis patients respond to colon hydrotherapy and do well.'

'A 42-year old high school teacher suffered with constipation and no bowel movements for six days at a stretch. She was bloated, fatigued, lethargic, headachy and crampy. My treatment

choice was enzyme supplements and colon hydrotherapy twice weekly for thirteen weeks. These treatments solved the constipation problem.'

**Emil Sayegh MD Urology (VA)**

Dr Sayegh's practice spans 60 years. He has a large male clientele who have sought his help correcting Benign Prostatic Hyperplasia and prostatitis. Listen up, guys! 'These two common medical difficulties are closely associated with having weak abdominal muscles. Those men possessing flaccid and weak abdominal muscles experience enormous pressures on their bladders that never let up. ... Cleansing the colon markedly assists the functioning of the pathological male bladder and prostate organs. Colon Hydrotherapy given to involved men at two-week intervals for three times to start and then administered every four weeks for an unlimited period does solve prostatitis and benign prostatic hyperplasia.'

**Douglas Brodie MD Oncologist (NV)**

Dr Brodie 'has developed CAM methods for treating cancer and other degenerative diseases aimed at strengthening the immune system. He emphasizes natural and humane approaches to these conditions with colon hydrotherapy being among them. 'I do recommend that most of my cancer patients take colon hydrotherapy because they often improve by having such treatment. Liver cancer in particular shows benefit from colon hydrotherapy but any internal tumors show effectual change too.'

**Arthur Brawer MD Rheumatology (NJ)**

'Silicone breast implant exposure resulting in disease symptoms responds very well to colon hydrotherapy. I am in the center of this silicone breast implant controversy by having consulted with over 500 women from around the world for the toxic environmental exposure caused by such implantation. I use colon hydrotherapy for the treatment of such silicone toxicity since it does work to chelate silicone out of the body. ... Colon hydrotherapy is perhaps the best way and also ... Ayurvedic medicine, hyperthermia, steam baths, saunas, oxygen therapy, ... reiki and qigong. Any dietary approach has to be more an exclusionary basis – take the patient off processed foods and have them eat organic.'

**Robert Charm MD Gastroenterologist and Clinical Professor of Medicine at UC (CA)**

'Some people don't poop enough! Let's get people thinking about eating and pooping. If these don't occur together, colon hydrotherapy should be employed.'

**John Diamond MD Medical Director of the Triad Medical Center, (NY)  
Coauthor of An Alternative Medicine Definitive Guide to Cancer**

'For some patients with chronic constipation or extensive yeast problems, colon hydrotherapy works advantageously to get rid of the physical load of pathology in the gastrointestinal tract. This treatment stimulates the liver and gets rid of the debris that's sticking to the mucosa.'

He describes one case history that sounds similar to some clients I see. 'A women, 46, has a long history of antibiotic usage for chronic sinusitis. She is a sugarholic to the extent that her food is totally carbohydrates with hardly any protein or fat. She exhibits a variety of symptoms including extreme fatigue, migraine headaches, irregular menses, chronic constipation, abdominal pain and yeast growing in the bowel. ... The only program that gave relief was colon hydrotherapy three times a week.

It took me a month to get my patient stable but finally the treatment's effect kicked in. The lady did get her bowel cleaned up. She's now experiencing normal stools. I have her following a restrictive protein diet. Her energy has returned. She has been showing normal menses for the last two months. Her migraines disappeared. ... I needed to get the woman back to normal bowel function, off antibiotics and onto probiotics all the time. Now she takes colon hydrotherapy on a regular once-a-month schedule. She will likely be forced to stay on her therapeutic program continuously.'

#### **Janet Beaty ND (MA)**

Beaty, graduate of the prestigious naturopathic college John Bastyr in Seattle WA uses colon hydrotherapy for constipation, to allow other healing modalities to work better, for detoxification, allergies, arthritis and any health problems. ... 'The ideal treatment program I follow is that the patient receives colon hydrotherapy from 4 to 8 weeks. This time frame is necessary for unloading ... toxins from the liver.'

'It is a very helpful tool for nearly any patient to get the bowel peristalsis to work. An effective technique for stimulating such peristalsis is to start out giving colon hydrotherapy using warm water and gradually decreasing the water temperature as treatment continues. This lower temperature tends to stimulate the bowel muscles. The cold temperatures cause good peristaltic action for a retraining of the bowel.'

#### **James P Carter MD PhD (LA)**

'Colon Hydrotherapy is an excellent detoxifier for the overindulgence of alcohol drinking and drug addictions of all kinds. Residues of drugs and other agents in the tissues are eliminated with colon hydrotherapy. ... Colon Hydrotherapy should be part of nearly any addict's therapeutic regimen.'

#### **My Closing Comments**

As you can see, Colon Hydrotherapy touches men, women and children's issues as well as a host of other health issues that effect all of us. Please read the complete article for the most comprehensive understanding of each doctor regarding colon hydrotherapy and various health conditions.

