

InternaPure

Holistic Health Center

Rejuvenate your body and your mind through a detox with Colon Hydrotherapy.



Welcome to *InternaPure* Holistic Health Center. We have put together this informational packet to help you know what to expect during your first colon hydrotherapy experience with us and to help facilitate a speedy check-in process for you. Please fill out the attached paperwork and bring it with you to your appointment.

You may also visit our website at www.InternaPure.com and view our videos on Colon Hydrotherapy for additional information and demonstrations.

Here at *InternaPure* we strive to offer the best colon hydrotherapy experience possible with

- ✓ a soothing atmosphere,
- ✓ attentive and knowledgeable staff,
- ✓ complimentary Bach Flower Remedy if you are experiencing anxiety (upon request),
- ✓ a clean and safe environment,
- ✓ complete confidentiality and respect,
- ✓ privacy and modesty during your session,
- ✓ aromatherapy at no additional charge (upon request)
- ✓ complimentary probiotics and electrolytes (upon request)

What to expect during your first appointment:

You should plan to be in the clinic for at least 90 minutes during your first colon hydrotherapy session (the actual "table time" will only last about 45 to 50 minutes). You will come in and fill out some paperwork (unless you bring the attached packet in with you), then you will have a short consultation before your session.

During the consultation we will go over any health contra-indications or concerns and answer any questions that you may have regarding colon hydrotherapy. We will also go over what you can expect to experience during your session.

We will then educate you on how the colon hydrotherapy device works and instruct you on how to insert your nozzle and start your session. Only after you have had all of your questions answered and feel comfortable to begin your procedure will your therapist will leave your room to allow you time to undress from the waist down, get up on the colon hydrotherapy table, insert your nozzle and turn your water on.

Your therapist will be available to you during the entire session to answer any questions and to instruct you in abdominal massage and other techniques that will help your cleanse to be as productive as possible.

How to Prepare for a Colonic:

- ✓ It is best to refrain from eating for at least 2 hours before the cleanse.
- ✓ Try to arrive in as relaxed a state as possible. (If you have high anxiety about your session we do offer a Bach Flower Essence Remedy for Anxiety upon request. Please let your therapist know you would like the remedy upon arrival.)
- ✓ Arrive for your scheduled appointment on time.
- ✓ After the session it is best to give yourself the gift of a couple of hours to allow your body to reset. Most people will come away from a colonic feeling lighter in mood and body but occasionally you may feel tired, hungry or have aches and you need to honor that and allow your body time to rest and rejuvenate. Detox is hard work!

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Here at *InternaPure* we get asked many questions about colon hydrotherapy every day. We have taken some of the most common questions and comments and printed our answers for you here.

Does colon hydrotherapy hurt?

No. In fact, most people report a general sense of well-being and an experience of feeling hydrated, refreshed and relaxed. You do need to remember, however, that the colon cleanse will stir up a lot of old debris and toxins and you might experience some nausea or fatigue. Occasionally, as these toxins are stirred up, you may also experience passing waves of mild to moderate cramping. These "waves" will pass as soon as you eliminate the water and fecal debris. People have also reported a sense of "pressure" or "fullness" before they expel the water they are taking into the colon, but you will not experience pain during the session.

How much of the intestines will I cleanse during the session?

It is possible to cleanse the full length of the colon (or large intestine) during a colonic series. The small intestine is not part of a colon hydrotherapy cleanse. The small intestine may be cleansed with the help of an oral (herbal) intestinal cleanser.

Will one session be enough?

The number of treatments that are necessary to help our clients reach their health goals are varied and not the same from person to person, but the short answer to this question is that one session is **almost never** enough. Most of us have 10 or more pounds of impacted fecal matter in our colons. This waste is often so old and hard and is deeply lodged into the colon wall so that it takes a series of colonics to allow this matter to be sufficiently softened and brought out of the colon. Your therapist will be more than happy to discuss a plan to help you reach your health goals at the beginning of your session.

Can I have a colonic if I am on my menstrual cycle?

Yes! As a matter of fact, it is usually a good time to receive a colon hydrotherapy treatment since your body is already cleansing. Your flow will not interfere with your elimination on the colon hydrotherapy table.

Do I need to take probiotics after the colonic to replace intestinal flora that was washed out of the colon?

While we do recommend the use of probiotics, it is not because the treatment washes out intestinal flora. Colon hydrotherapy does not "wash out" your intestinal flora. Colon hydrotherapy is done to improve the health of your colon and probiotics work to improve the bacterial balance in the colon, thus promoting the overall health of the colon - that is why colon hydrotherapy and probiotics go hand in hand. We do offer probiotics after every colon hydrotherapy session, free of charge.

Can I get the same results with laxatives or enemas?

According to Dr. Norman Walker "One colon irrigation is equal to 30 enemas". An enema is only able to reach the rectum and the lower part of the colon, whereas with colon hydrotherapy the entire length of the colon (5 to 5 1/2 feet in length) is reached. Colon hydrotherapy is many times more effective than enemas. All laxatives are acidic in nature and therefore are an irritant to the colon. In an effort to expel the laxative that you have taken your colon will spasm violently, instead of being gently exercised as with colon hydrotherapy. Laxatives contribute to the overall constipated condition by leaving behind more acids and toxins and because of this can be very habit forming.

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Colon Hydrotherapy Pricing and Session Options

Standard Session Pricing:

45 Minute Colon Hydrotherapy Session	\$65.00
5 Session Package	\$300
10 Session Package	\$550
15 Session Package	\$750
60 Minute Colon Hydrotherapy Session	\$80.00
5 Session Package	\$350
10 Session Package	\$650
15 Session Package	\$900

Herbal Implants: \$20.00

Includes Wheatgrass, Chlorophyll, Probiotics, Garlic, Spirulina or special herbal blend

* Must have 24 hour advance notice for herbal implants

** See our website for more information regarding the colonic implants we offer.

Energetic Water Infusions: \$10.00

Includes Candida, Energy/Stamina, Parasite, Stress Less, Pain, Mental Focus, etc. (see our entire Aura Patch Line)

Bach Flower Infusions: \$10.00

Includes Depression, Peace, Stress, Anxiety, Fatigue, etc. (see our Blessed Flower Essence Line)

Add Ionic Footbath and/or Far Infrared Sauna: \$25.00 each

Remember you can add an Ionic Footbath and/or Far Infrared Sauna to your Colon Hydrotherapy session for \$25 each. *You must book your Footbath or Sauna session in advance in order to get your discount!* Let our receptionist know when you book your appointment that you would like the discounted combo session.

Name _____ Email _____

Home # _____ Work # _____ Cell # _____

Address _____ City _____ State _____ Zip _____

Occupation _____ How did you hear of us? _____

Height _____ Weight _____ DOB _____ Age _____ Sex _____ Marital Status _____

Health Information & History

What reasons / services are you seeking naturopathic care? _____

Are currently under the care of another Doctor? – What condition(s)? _____

✓ **And Circle Any that Apply**

Pace Maker / Electronic Device
 Organ Transplant

Possibility Pregnant / Pregnant / Nursing
 HIV, Hepatitis A, B or C, Other Infectious Illness

Surgery Within Last Year
 Recent Bodily Trauma

Are you currently on medication(s)? – What & conditions _____

Are you currently taking supplements? – What? _____

Colon Hydrotherapy / Colon Care:

Have you ever had a professional colon hydrotherapy session? _____ If So Where & When? _____

✓ **And Circle Any That Apply**

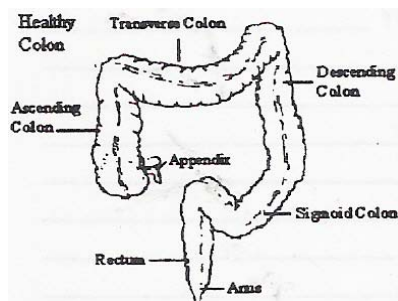
Dr. Recommended / Prescription
 Blood in Stool
 Rectal Bleeding

Using Laxatives
 Itching / Burning Anus
 Recent Barium Enema

Painful / Difficult Bowel Movement
 Hemorrhoids
 Recent / Scheduled Colonoscopy

How often do you have regular bowel movements? _____

Do you have any bowel concerns? _____



Who would NOT be a candidate for colon hydrotherapy treatments?

If you have a concern about your health or the appropriateness of colon hydrotherapy you should consult a doctor. If you are diagnosed with diverticulitis, ulcerative colitis, Chrons disease, severe hemorrhoids, rectal or intestinal tumors, have undergone recent radiation therapy, have uncontrolled hypertension, congestive heart failure, or organic valve disease, have an aneurysm, severe anemia, GI hemorrhage/perforation, cirrhosis of the liver, fissures or fistulas, have an abdominal hernia, have had recent colon surgery or renal insufficiency then you would NOT be a candidate for colon hydrotherapy sessions. Pregnant women are also advised to only receive colon hydrotherapy sessions during the second trimester of their pregnancy, and only under the supervision and advice from their physician.

****This facility requires a prescription on file for potential contraindications for a Colon Hydrotherapy session if you've ever been diagnosed with the following conditions****

Abdominal Hernia	Abdominal Surgery	Abdominal Distention	Acute Liver Failure
Anemia	Aneurysm	Cardiac Condition	Crohn's Disease
Colitis	Colon Cancer	Dialysis	Diverticulitis
Diverticulosis	Fissures	Fistulas	Hemorrhaging
Hemorrhoidectomy	Intestinal Perforations	Kidney Disease	Lupus
(Current) Pregnancy	Rectal / Colon Surgery	Renal Insufficiency	

General Health Symptoms

Please circle all the symptoms you are currently experiencing and rate on a scale of 1-10 – (1 being the least and 10 being most bothersome). Make sure to take frequency, severity and duration into account.

Acne	_____	Heavy Legs / Muscle Weakness	_____
Allergies	_____	High / Low Blood Pressure	_____
Anxiety / Fear or Angry / Violent Dreams	_____	Hot Flashes	_____
Bad Breath	_____	Hunger After Eating	_____
Bad Taste / Chemical / Metallic in Mouth	_____	Inability To Concentrate	_____
Belching / Gas	_____	Inability To Handle Stress / Frustration	_____
Blood in Urine	_____	Insomnia	_____
Boils / Skin Eruptions	_____	Intestinal Pains / Cramping	_____
Bruises Easily	_____	Intolerance To Heat / Cold	_____
Burning in Feet	_____	Irritability / Mood Swings	_____
Chest Pain	_____	Itching	_____
Chills	_____	Jaundice	_____
Chronic Cough	_____	Joint Stiffness / Aches	_____
Coarse / Thinning Hair	_____	Light Colored Stools	_____
Constipation	_____	Light headed	_____
Craves Salt / Sugar	_____	Muscle Cramps / Charlie Horses	_____
Decreased / Increased Sweating	_____	Muscular / Mental Exhaustion	_____
Decreased / Increased Sex Drive	_____	Muscular / Mental Fatigue	_____
Depression	_____	Nausea / Vomiting	_____
Diarrhea	_____	Nervous / Restless	_____
Difficulty Breathing	_____	Overweight / Underweight	_____
Excessive / Poor Appetite	_____	Parasites / Yeast Overgrowth	_____
Eyes / Nose / Mouth - Dry / Watery	_____	Poor / Painful Urination	_____
Fainting	_____	Ringling in ears	_____
Fever	_____	Sensitivity To Noise / Light	_____
Frequent Urination	_____	Slow / Fast Digestion	_____
Frequent Yawning / Sighing / Gasping	_____	Slow / Fast Pulse	_____
"Frog" in Throat / Constant Clearing	_____	Slow To Heal	_____
Gout	_____	Swollen / Puffy Eyelids / Face	_____
Hair loss	_____	Twitches / Muscle Spasms	_____
Headaches / Migraines	_____	Unexplained Weight Gain / Loss	_____
Heart Bounding / Palpitations	_____	Vertigo / Dizziness	_____



Thank you for your business. We are glad you're here!

2440 Sandy Plains Road Bldg. 2, Suite 101, Marietta, GA 30115 (770) 971-9512 www.InternaPure.com

FACILITY POLICIES AND INFORMED CONSENT

I understand and consent that **I will not be receiving a medical diagnosis or medical treatments at this facility.** I am fully aware that the director of this facility does not hold a medical license, nor is there a medical doctor on staff.

Any homeopathic remedies, supplements, or herbal products discussed during my visits, sessions, seminars, or consultations are not prescription drugs used to treat or cure a specific disease or illness and are offered only as a convenience to me. I understand that the product lines available at this facility are only offered through professional healthcare practitioners so I may be unable to purchase the identical products. However, I am always free to purchase equivalent supplements at my local health food store, herb shop or online.

I have been made aware that the BioEnergetic, colonic and detoxification treatments have not been thoroughly studied, researched and proven to treat or cure any disease, illness or condition. No guarantees or promises have been made as to the outcome of my health status or the amount of time it may take to reach my health and nutritional goals.

The Colon Hydrotherapy device used in this facility is a FDA Registered Class I, non-medical / non-prescriptive gravity device. I understand that Colon Hydrotherapy is a self-administered procedure where I, as the user, am solely responsible for my own actions and release liability regarding my health. I have the choice to make my colonic session completely private but will have immediate access to my therapist at all times. Furthermore, I accept the responsibility for self-insertion of the rectal tube. Insertion of the rectal tube at this facility by a therapist is strictly forbidden. I am aware that the professionals at this facility aren't physicians even though they may wear scrubs or lab coats to protect clothing. Therefore, they do not insert, diagnose, or prescribe. I am aware that adverse events and illness have been alleged and claimed with the use of colon irrigation and enema devices. *I agree that if I experience any resistance during the insertion of the rectal tube, I will stop immediately and notify my therapist. If I experience excessive discomfort, cramping, pain, nausea or vomiting, I am responsible for notifying my therapist and stopping my own session.*

I am aware that this facility does not accept insurance and expects payment at the time services are rendered. Services may be reimbursable under a Flexible Spending Account, Cafeteria Plan, or Health Savings Accounts. You may want to check with your benefits administrator for details and requirements. I understand there is a 24 hour cancellation notice policy. Furthermore, that I will be charged \$50 or the amount of the scheduled service if it is less than \$50, should I fail to provide such notice. I understand these policies are subject to change without further notice.

I attest to the accuracy and completeness of this questionnaire. Further, I agree that I will not attempt to schedule appointments for colon hydrotherapy unless or until I have a prescription on file from my medical doctor, if I have been diagnosed with any of the potential contraindications listed above. Additionally, I will not schedule any footbath appointments if I am pregnant, may be pregnant, or nursing, have a pace maker, or other electronic implant device, or have a transplanted organ. I agree to hold any practitioner at this facility harmless of any injury resulting from any errors, omissions or misrepresentations in this questionnaire.

This facility does not claim to cure or treat any condition or disease. So please do not ask your therapist what is in your footbaths or in your feces. Without formal testing and quantitative analysis one could only speculate. Any lab tests, analysis or screenings done at this facility are not traditional clinical or medical tests used for the sake of diagnosis but rather are an evaluation of potential weakness or stress areas to the body.

I attest that I have read, understood and that these policies have been fully explained and discussed with me.

Client Signature

Date

Therapist / Intake Assistant Signature

Date

Director Signature

Date