



# POST-GRADUATE COLON HYDROTHERAPY COURSE 2010

Recognised by the Association and Register of Colon Hydrotherapists  
Presented by Dr Milo Siewert and Roger Groos, BSc (Hons.)

FIRST MODULE (9.30am-6.30pm): 10th, 11th, 12th, 13th and 14th February 2010

SECOND MODULE (9.30am-6.30pm): 15th, 16th, 17th, and 18th March 2010

CNM LONDON: 41 Riding House St, London, W1W 7BE - 020 7580 0439

## Colon Hydrotherapy Course

The colon hydrotherapy course is post-graduate (available to second and third year CNM students), taught on an intensive basis over eight days and divided into two modules to allow some supervised practice, reflection and revision in between. Home study is likely to be around 100 hours. Internal assessments are held during the course, and a final external exam is held at the end, followed by the submission of 10 detailed case histories. Successful students are eligible to apply for membership of the Association and Register of Colon Hydrotherapists.

During both modules there is a combination of lectures (both formal and group learning, using audio-visual aids) and practical experience which involves both working on each other and on outside patients. In effect, each therapist receives three or more colonics as well as giving them. It is essential that a therapist knows how it feels to receive a colonic treatment.

There will be supervised practical studies on patients throughout the course. The course will include a review of theory, procedures, question and answer sessions and advanced clinical studies with continual assessment of practical abilities and a final written external examination.

## Course Requirements

This course is taught intensively at post-graduate level and good prior knowledge of Anatomy and Physiology and practice management must be evidenced. Applicants must therefore be graduates of the CNM, having studied at least two years full-time or three years part-time with relevant clinical experience throughout their course. If the courses do not include a hands-on therapy, a short certificate course in a body based therapy is required.

## The Association

The Association and Register of Colon Hydrotherapists (ARCH), formerly the Colonic International Association, was founded in 1987 by Dr Milo Siewert to regulate the practice and ethics of practitioners. It became a mutual self-governing body in 1990 and is the lead organisation for colon hydrotherapy in the UK. It is currently seeking regulation within the General Naturopathic Council. It has set the standards for training and practice of colon hydrotherapy and accepts students' applications from various colleges that have been approved by the Association. This course is recognised by the ARCH and graduate students are eligible to apply for membership. Advantages of membership include a mentorship scheme for new members, discounted block insurance rates, regulation information under EC policy, a regular newsletter and networking facility, study days, referrals and information via the ARCH website: [www.colonic-association.org](http://www.colonic-association.org)

## The Tutors

Dr Milo Siewert covers the first 36 hours of training (parts 1-6) and Roger Groos covers the second 36 hours (parts 7-15).

Dr Milo Siewert was born in Minnesota, USA and spent 40 years practicing in natural therapies, including chiropractic, cranial osteopathy, nutrition and kinesiology. For the past 20 years he has focused his studies and practice on nutritional metabolic therapies, with particular emphasis on degenerative diseases. He is a member of the British Holistic Medical Association, Institute of Orthopaedic Medicine, Society of Clinical Nutrition, New Approaches to Cancer and is the Honorary President of the Association and Register of Colon Hydrotherapists (ARCH).

Roger Groos BSc (Hons.) originally trained as a biologist and worked as an agronomist in the UK and overseas until retraining in Holistic Medicine in 1986. He added colonic hydrotherapy to his practice in 1988. Working naturopathically, he combines dietary therapy, colonics, the use of herbs, reflexology and lymphatic drainage to treat and heal a broad range of health problems in his practices in Devon and Cornwall. He has experience in teaching diet and nutrition, post-graduate training in colonics and has lectured on these subjects to various organisations around the UK. He was a founder member of The Association and Register of Colon Hydrotherapists (ARCH), has been chairman on two occasions, and has been a trustee of the Natural Medicines Society.

## The Therapy

Colonic Hydrotherapy goes back thousands of years in the history of enemas described in the Essene Aramaic texts and folk medicine of South America. The modern therapy evolved during the late 19th and early 20th Centuries and has been very popular since this time.

It is now seen as a valuable naturopathic modality, particularly useful for functional primary bowel conditions and secondary problems of the skin, joints, digestion etc. It speeds up nutritional and other therapies by rapidly detoxifying the body.

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## FIRST MODULE

### Part One - History & Philosophy

- 1a) HISTORY: Blow enemas, gravity enemas, Egyptian evidence, bulb enemas, microenemas, essence text. Kellog, Tilden, Sister Allen, D'Anne Coburn, Milo Siewert.  
Woods, Dotolo, Aquazone, Transcom systems.
- 1b) PHILOSOPHY: Auto-toxicity and intestinal toxicity theories - Arbuthnot, Kellog etc.  
Naturopathic view of elimination. Modern view and evidence.
- 1c) CONTROVERSIES: Bowel performance risk, electrolyte disturbance, water pressure, blood pressure risks, bowel flora risks.

### Part Two - Anatomy & Physiology

- 2a) ANATOMY: Overview of organs of elimination and functions. Waste products. Hepatic portal system.  
Detailed anatomy of the colon: ICV, caecum, ascending, transverse, descending, sigmoid, rectum, rectal valve, anus. Haemorrhoidal plexus, anal sphincters.
- 2b) PHYSIOLOGY: Autonomic nerves: Para and sympathetic pathways, influence on organs wrt.  
Bowel and gut. Mesenteric nerves - functions. Hormonal and neurological influence on nerves and peristalsis. Nitrous oxide and nitrous oxide synthase. Neurological reflexes: ortho-colic, gastro-colic and others. Motility: How the bowel moves, 24 hour motility traces. Brief introduction to motility abnormalities (hyper and hypo). Introduction to radiological interpretation of X-rays and CT scans. Functions of the colon.
- 2c) TESTS: Abnormal palpation, auscultation, digital rectal exams.  
Laboratory tests: stool tests for digestion, parasites etc. plus interpretation of colour, texture and form.

### Part Three - Disease States

- 3a) ORGANIC DISEASE OF THE COLON: Aetiology and symptoms of: Inflammatory diseases: Ulcerative colitis, Crohn's disease. Appendicitis. Diverticulosis/itis. Fissures. Haemorrhoids. CA colo-rectal.  
Conventional diagnostic methods of above, and orthodox treatments. Complementary treatment protocols for above, incl. colonics.
- 3b) FUNCTIONAL CONDITIONS OF THE COLON: IBS, constipation, ICV problems. Adhesions. Hernia Diagnosis, symptoms, and orthodox/complementary treatment of the above.
- 3c) Discussion on causation of the above.
- 3d) Stool types. Bristol chart. Significance of colour, texture and form.

### Part Four - Indications and Contra-indications

- 4a) Indications: IBS. Constipation. Bowel cleansing & fasting. Secondary conditions.
- 4b) Absolute contra-indications: Elevated B.P. Malignancy, inflammation etc.
- 4c) Relative contra-indications: Pregnancy etc.
- 4d) Spiritual & Emotional.
- 4e) Special precautions for treating children.

### Part Five - Equipment and Clinic Set-up

- 5a) Water filtration: What can be removed, importance of, suppliers.
- 5b) Gravity systems: Room layout, diagrams, water heating, plumbing, resources.
- 5c) Machines: Suppliers, room layout, plumbing.
- 5d) Diagram of treatment room set-up.

### Part Six - Disinfection/Sterilisation/Sanitation

- 6a) The importance of adequate disinfection of re-usable equipment.  
Recommended sterilants, their use and procedure. Autoclaves. The importance of removing macroscopic debris. Soaking times. Tubing. Stainless steel specula. Association recommendations.
- 6b) Disinfection of machines.
- 6c) Sanitation: Cleaning of therapy room, washroom facilities, gowns, towels, etc.

## WRITTEN INTERNAL ASSESSMENT EXAM.

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## SECOND MODULE

### Part Seven - Client Handling

7b) Case History Taking: Uniform case history form. Detailed discussion on main points. Provision of uniform case history forms.  
7d) Practitioner dress and manner.  
7e) Draping.  
WRITTEN INTERNAL ASSESSMENT on parts 1-6 and 8.

### Part Eight - Nutrition

Digestion and Absorption of Carbohydrates, Proteins and Fats. Vitamin A and B12.  
Non-digestible polysaccharides, role in nutrition and bowel function, different types, properties and food sources. Concentrated fibre sources.  
Dietary protocols for: Constipation. IBS. Ulcerative colitis. Crohn's disease. Dysbiosis. Diverticulitis. Haemorrhoids. Parasites. Weight loss. Candida. Water and hydration.

### Part Nine - Bowel Flora

Importance of micro-organisms. Spatial exclusion. Immune function & support. Vitamin production. Volatile fatty acid production. Types of bowel flora. Main species -symbionts. Pathogens. Population dynamics. Support for bowel flora. Dysbiosis. Antibiotics. Diet. Surgery. Recognition and treatment.  
PARASITES: Roundworm (Ascaris). Pinworm (Threadworm).  
Treatment protocols. Orthodox and herbal.

### Part Ten - Herbs

Overview of the use of herbs. Brief study of: Enema herbs and characteristics: Cathartics: Aloes. Cascara. Senna. Buckthorn.  
Laxatives: Garlic. Goldenseal. Barberry  
Anti-spasmodics: Wild Yam. Cramp bark. Raspberry. Lobelia. Peppermint. Fennel seed. Ginger.  
Hepatics: Curled dock root. Burdock root. Barberry bark. Milk thistle seed. Goldenseal root.  
Blood cleansers: Red Clover flowers.  
Nervines: German Chamomile etc.  
Rates of use: Oral and rectal. Dilution.  
Forms available : Tinctures, fluid extracts, powders, standardised.

### Part Eleven - Practical Implanting

Via enema bucket. Via syringe & catheter. OF: Herbs. Probiotic. Prebiotics.  
CLEANSING REGIMES BRIEF REVIEW ONLY  
Discussion of protocols for: Fasting.  
Mono diets: Rice, Grape, etc. Jensen cleanse. Liver/gall bladder Cleansing. Kidney Cleansing.  
Subsidiary measures: Skin brushing. Castor oil packs. Steam/sauna. Salt baths.

### Part Twelve - Treatment Protocols

For: HYPOTONIC BOWELS, HYPERTONIC BOWELS, NORMAL BOWELS, INFLAMMATORY CONDITIONS. Encompassing colonics, diet, herbs, vits/mins.

### Part Thirteen - Allied Therapies

The interconnections between colon hydrotherapy and: Herbalism. Homeopathy. Chiropractic/Osteopathy. Nutrition. Massage. Orthodox.

### Part Fourteen - Professional Conduct

ARCH RULES & CODE OF ETHICS. Publicity. Office management. Record keeping, filing and legal requirements. Accounting. Business plans. Charging. ARCH membership requirements, application form.  
FINAL WRITTEN INTERNAL ASSESSMENT

### Part Fifteen - Resource List

Book list and recommended reading.

THE COURSE IS INTERNALLY ASSESSED AND FOLLOWED BY AN EXTERNAL WRITTEN AND PRACTICAL EXAM SET, INVIGILATED AND MARKED BY THE ASSOCIATION AND REGISTER OF COLON HYDROTHERAPISTS. TEN FULLY WRITTEN-UP CASE HISTORIES MUST BE SUBMITTED FOR ASSESSMENT.

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## APPLICATION FORM

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SECOND MODULE (9.30am-6.30pm): 15th, 16th, 17th, 18th Mar 2010

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Email: \_\_\_\_\_ Phone no: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**COURSE FEE: £1,950.00**

You can pay either by cheque (payable to "CNM") or credit card.

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Please note that class size is limited. Pre-registration is required prior to the seminar.  
No phone or walk-in registrations permitted. Non refundable fee. Please mail this registration form with payment to:

CNM Head Office.  
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Coombe Hill Road, East Grinstead,  
West Sussex RH19 4LZ