

CCHA Syllabus

2025

History of Colon Hydrotherapy

History of colonics

Blow enemas, Gravity enemas, Egyptian evidence, Bulb enemas, Microenemas; Essene text.; Kellog, Tilden, Sister Allen, D'Anne Coburn, Milo Siewert, Woods, Dotolo, Aquazone, Transcom systems.

Philosophy

Auto-toxicity and intestinal toxicity theories- Arbutnot, Kellog, Metchikov, etc.; Naturopathic view of elimination; Modern view and evidence.

Controversies

Bowel perforation risk; Electrolyte disturbance; Water pressure; Blood pressure risks; Bowel flora risks.

Anatomy & Physiology

- Structure & function of GI tract
- Abdominal anatomy- gut, liver, kidneys, spleen, ovaries, uterus, fallopian tubes, prostate.
- Detailed anatomy of colon: ICV, caecum, ascending, transverse, descending, sigmoid, rectum, rectal valve, anus. Haemorrhoidal plexus, anal sphincters.
- Overview of organs of elimination and function
- Blood supply, hepatic portal system and lymphatic drainage
- Elimination and detoxification pathways.
- Autonomic nervous system- sympathetic and parasympathetic
- Mesenteric nerves- functions; hormonal and neurological influence on nerves and peristalsis.
- Indications and contra and relative contraindications
- Red flags and signposting

Pathophysiology & Pharmacology

Pathophysiology

- Motility hyper and hypo and motility abnormality
- Stool types. Bristol stool and stool colour chart.
- Functional conditions such as IBS, ICV problems, Adhesions, Hernia.
- Disease states- IBD, UC, Crohn's, Diverticulitis, fissures, haemorrhoids, appendicitis, CA including symptoms.
- Other influencing factors: neurological conditions, pregnancy- it's effect on bowel (contraindicated), eating disorders/ anxiety/ stress.
- Conventional diagnostic methods and orthodox treatments.

Pharmacology

- Orthodox medication and drug types NSAIDS, Steroids, Opioids.
- The effect of radiation on the bowel.
- How to recognise and research bowel conditions and drug, food, supp interactions.

Equipment & Clinic Set Up

Setting up clinic room in accordance with national and local standards including:

- water board regulations, room size, layout, plumbing regulations, water filtration, flooring, disposal of waste, washing facilities, sanitation, ventilation, heating, lavatory provisions (nr clinic room), storage and laundry facilities.
- Infection control generally and in CHT,
- Hand washing, personal hygiene.
- Cleaning and disinfecting equipment, environment and lavatory between clients
- Disposal of clinical waste
- Safe practice when dealing with laundry
- COSHH sheets. Use of Perasafe, Milton and Clinell

Case Taking History

- Case history form, detailed discussion on main points, full case taking especially on contraindications
- Managing clients expectations and encouraging client engagement on making lifestyle and dietary changes.
- Reviewing case history and any previous notes prior to the treatment.

Professional Conduct

- Professional conduct, including manner, communication and dress.
- Knowing when to refer onto other healthcare professionals
- Introduction to the colonic treatment room.

Colon Hydrotherapy & Treatments

- Including at least 15 case practical treatments
- Client relationship, communication and adjusting treatment and behaviour to clients needs.
- Obtaining consent before physical assessment and treatment

- Digital rectal examination and insertion of speculum
- How to drape the client during treatment
- Recap on room set up and hygiene
- Role of water - temperature/ pressure and when to stop.
- How to administer abdominal massage
- How to administer enemas and implants
- Observations during treatment
- Recognition of hyper and hypotonic bowels
- Common problem encountered during colonic including leakage and how to overcome them.
- Providing first aid.
- Evaluating the outcome of the treatment and communicating the evaluation to the client.
- Communicating aftercare, and self-care measures to support the effects of the treatment.

Lifestyle requirements and dietary recommendations

Dietary

- Dietary recommendations including what is required for a healthy diet, fibre classification, different diet types (SCD, GAPS, FODMAPS, etc).
- Dietary guidelines for certain conditions such as constipation, IBS, SIBO etc.
- The importance, function, main bacterial populants, parasites, flora support, dysbiosis, anti-biotics, food sources.

Clinical Testing

- Reputable labs and how to read reports.- SIBO, Stool Testing, Blood Testing
- Treatment protocols in colonic including normal, hypo and hypertonic bowels.

Phytotherapy

- Enemas including herbal- coffee, Antispasmodic, Toning, Deflatus, anti-parasite. Including where to source.
- Other implants, like probiotic, aloe vera, sodium butyrate.

Practice Management

- Working successfully and safely with your colleagues and clients
- How to answer client enquiries and helping them make informed choices
- Establishing what services you offer and fee structure
- Advising on pre-treatment advice
- How to professionally and legal keep records.
- Registering with the ICO.
- Obtaining insurance (Professional indemnity and public liability insurance).
- Registering with ARCH

Clarity

Colon Hydrotherapy

ACADEMY

