



## Course outlines

### **Background and history**

History of hygienist thinking

Why take care of this organ so little praised

Ancient medicine, medicine of today.

Impact of civilization; Stress, diet and physical inactivity

The pioneers

### **The different techniques**

A look at the different approaches and techniques used throughout the millennia.

Other cultures other customs.

### **The impact of the colon on each organ of the body**

The neural arch and reflex points of the intestine.

The embryonic development of the digestive system

### **Difference between carnivores and herbivores**

### **Anatomy of the digestive system**

A. Mouth

B. Stomach

C. Liver and gall bladder

D. Pancreas

E. Small intestine

F. Colon

Sphincters of the digestive tract



Clinical aspects

**Mechanical processes of digestion**

- A. Motility of the stomach
- B. Motility of the small intestine
- C. Motility of large intestine
- D. Muscle tissue
- E. Food Transit and Toxemia

**Chemical mechanisms and absorption**

- A. Saliva
- B. Gastric secretions
- C. Pancreatic Sugar
- D. Bile
- E. Intestinal secretions

**The digestive juices**

Without the support of digestive and enzymatic juices for food processing, the body can not feed its cells properly.

Study of the digestive juices: Salivary, stomach, biliary, pancreatic and intestinal.

(HCL, pepsin, bile, sodium bicarbonate, enzymes).

**Clinical aspects**

**Epithelial tissues of the digestive tract**

**The mesentery, the nervous, arterial and venous system of the intestine**



### **The nervous system of the digestive system**

Anatomy of the digestive nervous system

The impact of emotions on the digestion !

What our second brain says

Technics of Breathing

### **The lymphatic system**

The lymphatic system, its interrelation with the intestine and the immune system.

A. Lymphatic vessels

B. Lymphatic Capillaries

C. Lymph nodes

D. Pecquet Cisterna

E. spleen

F. Tonsils

G. Thymus

H. Appendix

### **The four emunctories of the body**

The importance of proper disposal

Intestinal transit

Intestinal toxemia

What is constipation

Death can begin in the colon

Self-poisoning by putrefactive substances

Putrefactive and post-putrefactive substances

Putrefaction, fermentation, acidity, parasites, gas



### **Acidity vs Alkalinity**

Intoxication, acidity and emotions are considered the basic factors of all diseases.

How does acidification begins in the body.

Studies have shown that all diseases develop in acidic environment, understand the cause and rebalance the body's ph to optimize your health.

-Test of ph

Understanding Urine and saliva test

### **Intestinal pathology**

- Study of various diseases of the digestive tract.

### **Clinical laboratory tests**

Urinary

Irritable bowel or inflammatory diseases

Food allergies or intolerances

Porous intestine

hormonal

Gluten

iridology

questionnaires

Human microbiome : Probiotics and Prebiotics

Or intestinal flora

The Impact of Microbiota on Our Mental Health

The impact of stress on the microbiota



### **Colon Hydrotherapy**

Hydrotherapy or colonic irrigation

What is a colonic irrigation?

The positive impacts

Indications and contraindications

Who is it for?

How to prepare for a colonic

### **Customer folder**

Opening of the patient file

Survey

Evaluations and observations

Intestine

iridology

Tongue

Skin

Identification of the number of irrigations required

Conclusion and program to optimize care

Attitude of the practitioner during irrigation

### **Procedure of the ABC technique**

The entire clinical procedure regarding colon hydrotherapy

### **During treatment**

Breathing technique

Massage Technique

Reflex points



reflexology

Temperature

Hiatal hernia

Identification of the organs

Relaxation techniques

Techniques for the release of emotional armor

Essential oils

Temperature of water

Motility test

Observations

Stool observations and analysis

Duration of the treatment

Implant

Conclusion of the meeting

Suggested Treatment and Frequency

Motility test

Alternative or singular test

### **Implant during and after hydrotherapy**

Plants used

### **Evaluation of treatment**

#### **Corrective Therapies**

Health program

Food

enzymes

Acid and alkaline foods



Detoxification Program

Cure and fasting

Phytotherapy

Sitz Bath

Colema Board

Relationship between emotions and health conditions

Essential oils

Massage

Exercices

Case study

Emergencies

### **How to deal with stress situations**

The massage

listening

The posture

Breathing

The visualization

Essential oils

Herbal implants

Relationship between mental and emotional contractions vs intestinal contractions

### **Hydrotherapy technique for special cases**

#### **ABC Hydrotherapy Room**

Irrigation machine (proposed machine on the market)

Water Quality

Hygiene



Filtration system

UV System

Speculum

Hospital Equipment Company