

**Health Questionnaire**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_ In case of emergency: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Are you currently under a medical doctor's care? \_\_\_\_\_ Explain: \_\_\_\_\_

Doctor's name: \_\_\_\_\_ Phone: \_\_\_\_\_

Are you pregnant? \_\_\_\_\_ Childbirth History: \_\_\_\_\_

List all known allergies: \_\_\_\_\_

List all surgeries: \_\_\_\_\_

List all medications and supplements (including over the counter): \_\_\_\_\_

**Please put an "X" beside anything that is currently a health challenge.**

**Put a "P" beside a past problem.**

\_\_\_ constipation

\_\_\_ allergies

\_\_\_ swollen glands

\_\_\_ diarrhea

\_\_\_ parasites

\_\_\_ gall bladder

\_\_\_ hemorrhoids

\_\_\_ yeast infections

\_\_\_ impaired hearing

\_\_\_ indigestion

\_\_\_ insomnia

\_\_\_ cysts/tumors

\_\_\_ belching

\_\_\_ anemia

\_\_\_ infections

\_\_\_ flatulence/gas

\_\_\_ irritability

\_\_\_ antibiotic use

\_\_\_ ulcers

\_\_\_ hypoglycemia

\_\_\_ birth control pills

\_\_\_ colitis

\_\_\_ diabetes

\_\_\_ prostate problems

\_\_\_ arthritis

\_\_\_ sinus problems

\_\_\_ urination problem

\_\_\_ headaches

\_\_\_ hepatitis

\_\_\_ blood pressure

\_\_\_ fatigue

\_\_\_ herpes

\_\_\_ breast implants

\_\_\_ back aches

\_\_\_ asthma

\_\_\_ pregnancies

\_\_\_ vision problems

\_\_\_ Parkinson's

\_\_\_ psyche disorders

\_\_\_ dizziness

\_\_\_ cancer

\_\_\_ water retention

\_\_\_ acid reflux

\_\_\_ hiatal hernia

\_\_\_ difficult menstruation

**Bowel Habits**

How often do you have a bowel movement? \_\_\_\_\_ At what time of day? \_\_\_\_\_

(Circle) Are they spontaneous? \_\_\_\_\_ Only after eating? \_\_\_\_\_ Requires straining? \_\_\_\_\_ Effortless? \_\_\_\_\_

Do you have hemorrhoids or other rectal problems? \_\_\_\_\_

How often do you use a laxative? \_\_\_\_\_ Herbal laxative? \_\_\_\_\_ Stool softener? \_\_\_\_\_ Suppositories? \_\_\_\_\_

Enemas? \_\_\_\_\_ Have you ever had rectal bleeding? \_\_\_\_\_ If yes, when? \_\_\_\_\_

**Mark "Y" for yes and "N" for no. If yes, list amount and frequency.**

\_\_\_ coffee \_\_\_\_\_ diet programs \_\_\_\_\_

\_\_\_ tea \_\_\_\_\_ vegetarian/vegan \_\_\_\_\_

\_\_\_ carbonated drinks \_\_\_\_\_ exercise (type and frequency) \_\_\_\_\_

\_\_\_ alcohol \_\_\_\_\_ hours sleeping \_\_\_\_\_

\_\_\_ tobacco \_\_\_\_\_ stress management (type) \_\_\_\_\_

\_\_\_ sugar/salt cravings \_\_\_\_\_ dairy products \_\_\_\_\_

\_\_\_ plain water intake per day \_\_\_\_\_ Source of water \_\_\_\_\_

How many Mercury fillings do you have in your teeth? \_\_\_\_\_

How many root canals? \_\_\_\_\_ When? \_\_\_\_\_

Any family history of digestive problems, cancer, heart disease? \_\_\_\_\_

What do you hope to achieve from this appointment? \_\_\_\_\_

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

# Medical Release Form

Dear Doctor,

Your patient has contacted me requesting colon hydrotherapy. This is a simple, gentle procedure with warm, purified water, infused into the rectum via disposable tubing. My instrument is FDA cleared and I use a hospital-grade disposable tubing and disinfectant.

In order to provide this service, it is necessary for him/her to have a complete physical to rule out any contraindications. Please screen this person for colon hydrotherapy based on the list of contraindications below. We usually suggest a series of three sessions as a beginning protocol. I will gladly collaborate with you about further sessions based on outcome.

**Please provide me with a list of all prescription medications/supplements your patient is taking at this time and the conditions they treat.**

The following is a list of contraindications for colon hydrotherapy:

Uncontrolled Hypertension	Congestive Heart Failure
Cirrhosis of the liver	Carcinoma of the colon
History of aneurysm/blood clots	Fissure/Fistula
Severe Anemia	Pregnancy – 1 <sup>st</sup> & 3 <sup>rd</sup> trimester
GI Hemorrhage/Perforations	Abdominal Hernia
Bleeding/Inflamed Hemorrhoids	Recent Abdominal surgery
Renal Insufficiency	Active Diverticulitis or Colitis
IBS – extreme pain and bleeding/fever	

Thank You,  
Richelle Garman, LMT, CMRM, Certified Colon Hydrotherapist (I-ACT certified member)  
Holistic Harmony, LLC  
5780 York Road, New Oxford, PA 17350  
Email: [holisticharmony5780@yahoo.com](mailto:holisticharmony5780@yahoo.com)  
Website: [www.holisticharmonyhwc.com](http://www.holisticharmonyhwc.com)  
Phone#: 717-624-1243

**If you require any additional information, please feel free to call the office at 717-624-1243**

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I CERTIFY THAT PATIENT \_\_\_\_\_ DOES NOT HAVE ANY OF THE ABOVE CONTRAINDICATIONS AND THAT IT IS SAFE FOR HIM/HER TO RECEIVE COLON HYDROTHERAPY.

SIGNED: \_\_\_\_\_ LICENSE NO: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

# Informed Consent Agreement

The state of PA has not adopted any uniform educational and training standards for unlicensed practitioners of Complementary and Alternative Modalities. This statement is for informational purposes only so that the clients of colon hydrotherapy are informed.

It is understood that the colon hydrotherapist named Richelle Garman makes no claims to cure or treat any medical conditions nor does she diagnose or prescribe any medications. She is certified to provide colon hydrotherapy by the International Association of Colon Hydrotherapy Member # F-RG2161005.

Complaints may be filed with this organization [www.i-act-org](http://www.i-act-org). The therapist is a graduate of the International School for Colon Hydrotherapy in Florida at [www.cathysheaschool.com](http://www.cathysheaschool.com).

The undersigned client named \_\_\_\_\_ agrees to seek competent medical or other professional guidance for conditions that require such counsel. He/She has been provided with a Medical Release Form from the colon hydrotherapist to be signed by their doctor prior to any treatments in order to be cleared for contraindications.

**Please check mark the box if you would like assistance with insertion of the speculum:**

**Yes**, I would like assistance with insertion of the speculum.

It is also understood that the colon hydrotherapist is not licensed to perform any medical procedures including the insertion of the speculum. The client will insert the speculum with assistance if requested by the initials of the client here. \_\_\_\_\_

**No**, I would prefer to insert the speculum myself.

**Description of therapy:** Colon Hydrotherapy and abdominal massage therapy.

**Fees:** \$105 - 1<sup>st</sup> time appt. consult + treatment  
\$75.00 follow up session.

I acknowledge that the client who has signed this document has voluntarily contacted the therapist signed below for colon hydrotherapy and states clearly that the dialogue between us is strictly confidential unless written permission is given to share records with other health care professionals on a separate document.

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COLON HYDROTHERAPIST

DATE

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CLIENT

DATE

# CLIENT PREP

1. Stop eating and drinking all dairy products specifically milk, yogurt, cheese, ice cream. Substitute almond, coconut and rice milk products instead. Read the sugar content on the package of all products and go with the lowest number per serving. A large percentage of the population is lactose intolerant. There are other sources of calcium. You may also explore goat or sheep products instead.
2. Stop drinking anything cold including soft drinks, iced teas and ice water. This inhibits the digestive system and makes it work harder. Try room temperature water with lemon or hot tea with your meal. Make sure your tea is herbal as you stoke your digestive fires.
3. Drink filtered or spring water. Tap water is full of chemicals! A guideline is to drink half of your body weight in ounces between meals. So, if you weigh 120 lbs., you need a minimum of 60 oz. of water per day and more if you work out or have a strenuous job that makes you sweat. Remember, Gatorade is full of sugar! Coconut water is a very effective electrolyte replacer.
4. Substances like alcohol, caffeine and nicotine are all *neuro-toxins*. This means they challenge the nervous system as well as the organs. It's best to stop these during your cleanse. We found a special herbal tea that will guarantee no caffeine headache or withdrawal. Please ask us about this if you are interested.
5. Explore wheat free breads, pasta and cereals. Be sure to look for "WHEAT FREE" and "YEAST FREE" on the package.
6. Try simmering whole grains for a nice hot breakfast like millet, quinoa, buckwheat, basmati brown rice and amaranth. Use what's leftover as a complement to your lunch or dinner menu. Grains are full of fiber, protein and they make you feel full. If you want them sweet, add maple syrup, berries and cinnamon. If you want them savory, add herbs, vegetables and spices. Remember to drizzle good oil over the food to help lubricate your digestive tract.
7. Good fats include organic extra virgin olive oil, grape seed oil, safflower oil, sunflower oil, pumpkin seed oil, flax, toasted sesame oil, red palm oil and coconut oil.
8. Increase your consumption of leafy green vegetables like raw spinach, steamed kale or Swiss chard. They are full of chlorophyll, magnesium, and other essential nutrients and have a natural stimulating effect on the bowel.
9. Avoid fruits with the exception of papaya and avocado. These blend well together with a squeeze of lemon or lime over a nice plate of salad greens. Sprinkle shredded coconut over top for a delicious treat.
10. Substitute red meats with fish, chicken, turkey, buffalo, tofu, veggie burgers, tempeh, seitan and beans.
11. Buy organic whenever possible to be sure your food is high in nutrient content and without any added chemicals.
12. Eat complete meals so you feel satisfied. Each meal must have a protein, a complex carbohydrate (grains), good fat and a fruit OR vegetable mix.
13. Become aware of what foods make you bloated or uncomfortable and avoid them for at least 10-14 days. Then reintroduce and observe which are the offending foods.
14. Go slowly with all of this. If you start throwing away everything in your kitchen, you'll have a family mutiny. Remember small changes will make a big difference.

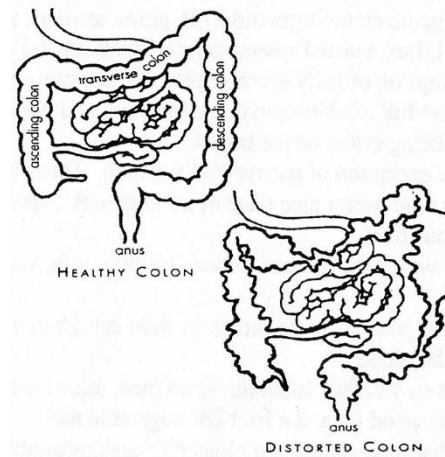
# COLON THERAPY

The human body is a highly sophisticated processing machine. It takes stuff in, assimilates from it what it needs, and churns out the rest through five main elimination systems – the colon, lymph, kidneys, skin and lungs – and also several subsidiary systems such as the eyes, ears, navel, nails, hair and in women, the vagina. All the channels are designed to efficiently remove the clutter of undesirable toxins from the body.

## Why You Need to Clear Your Colon

Most Western people don't even know that they need to clear their colons. They believe that the way they feel and the level of health they tolerate is the way things are, but in actual fact they no longer know what "normal" feels like. Years of eating unnaturally processed, cooked, frozen, canned, irradiated and preserved food has contributed to this. Undertakers report that corpses rarely need to be embalmed these days – we unwittingly eat so many preservatives that our bodies now take much longer to decompose after death!

Curled up inside the abdomen is about 22 feet of small intestine, leading to 5 feet of large intestine (also known as the colon or bowel).



So that you can visualize it, the large intestine is about 2-1/2 inches in diameter, or rather, it is supposed to be. The first picture shows a healthy colon; the second shows what happens to the colons of most people who follow a Western diet, which is well documented as being the unhealthiest in the world. It is likely that many of you reading this have colons that are distorted and coated in stagnant, impacted feces. Just about everyone who eats Western food is impacted. Certainly, if you have a thick waistline or bulging abdomen, this is very likely to be the case.

Mucoid plaque forms in the colon, partly as a residue of eating mucus-forming foods and partly because our bodies naturally secrete mucus in our intestines as a defense mechanism against toxins. The mucus can be cleared away by pancreatic juices, but mucus-forming food now forms such a huge percentage of the Western diet that the pancreas cannot cope. Layers of plaque build up throughout the length of the intestinal tract and then compact and harden. With our modern-day child-rearing practices, this all begins when you are an infant! NASA research scientists have discovered traces of mother's milk in adult colons, indicating that many people carry impacted fecal matter in their colons all their lives, beginning with what they are fed as babies.

A healthy colon contains residual friendly bacteria and weighs up to 5 pounds. Encrusted colons have been found at autopsy to weigh 40 pounds or more. Sometimes there is so much putrid matter that parts of the colon expand from 2-1/2 inches in diameter to an obscene 10 or even 20 inches in very obese people, leaving a channel of only about a pencil's width in the center through which excreted matter can pass. The colon becomes permanently toxic and all manner of health problems result as these poisons seep into the bloodstream and find their way to all parts of the body.

If you consume, or have ever consumed meat, poultry, fish, dairy products, sugar, processed food of any kind, chocolate, caffeine, soft drinks, or alcohol, then you will certainly have mucoid plaque and benefit from colon cleansing. Even vegans usually need to do it because of mucus buildups from soy and grain foodstuffs (soybeans are the most mucoid-forming of all plants). All traditional cultures, whether meat eating or vegetarian, have certain herbs they take from time to time to cleanse their intestinal tracts.

Many herbalists advocate colon cleansing as the answer for 90 percent of all diseases, and I certainly have found it to be enormously beneficial in terms of both preventative and curative healing. It works because you not only clean up your internal sewer system, but also in the process of doing so, all manner of emotional issues that may have been buried for years come to the surface and get released. It is in the emotional resolution that the real healing takes place.

## **Constipation and Diarrhea**

The general rule is, "new meal in, last one out." So, if you do not feel the urge to have a bowel movement within half an hour of finishing eating a meal, you are constipated. And long-term diarrhea is just as much of a problem because it means your colon is so laden with harmful bacteria (and probably parasites too, which adore putrid, decaying matter) that it is constantly irritated.

The following symptoms are also indicative of colon problems: intestinal rumblings, stomach pains, smelly flatulence, feeling that even healthy food doesn't nourish you properly (poor nutrient absorption), bad breath, body odor and smelly feet. There will also be a sense of generally feeling below par.

If you are still in doubt, take the Sunflower Seed Test. Put a handful of sunflower seeds in your mouth, chew them as little as possible and then swallow them. Now wait until they appear at the other end! If your intestinal transit time is about 10 hours, you are in good shape. If it is longer, you could use some colon cleansing to clear the encrustation. Some people find they have to wait three or four days before the sunflower seeds appear! One woman wrote to tell how pleased she and her husband were to notice the sunflower seed emerging only twelve hours later...and then they noticed they appeared again and again and again over the next three days. So you need to keep watching!

## **The Ideal Bowel Movement**

Now here is some information that is difficult to find in any book. Here is what an ideal bowel movement will be like after you have done thorough colon cleansing:

- Comes out easily, noiselessly, and within seconds
- Emerges all in one piece and floats in the toilet pan (mucus makes it sink)
- Is light brown in color

- Doesn't smell much
- Is smooth, cylindrical and not compacted
- Breaks up easily when the toilet is flushed

This is why I say that reading material kept near the toilet is a sure sign of constipation – if you have time to read anything while you're in there, you're in bad shape!

## **The Benefits of a Clean Colon**

It's worth your time to study to understand the dire results of a filthy colon, and now here are some of the positive benefits of having a clean out. Most people find that after doing it once they love the results so much that they make it a regular event.

One of the first things you notice about cleansing your colon is that you FEEL BETTER! You feel lighter, more clear-headed, sometimes you can even breathe easier, just from cleaning the gunk out of your colon.

And it doesn't take a long time to notice the effect: you will probably feel much better before you even get up off of the comfortable colonics table.

After colon cleansing you can expect to:

- Feel and look healthier (better skin tone, fewer wrinkles, stronger nails, shinier hair, etc.)
- Feel more buoyant and energetic
- Have a stronger immunity to disease
- Derive more nourishment from your food and have less desire to junk out
- Experience more love, joy and happiness in your life
- Be more flexible in your approach to life
- Enjoy more satisfying sex (no internal pressure of an overburdened colon)

## **Herbal Colon Cleansing**

Herbal colon cleansing can be done in conjunction with a regenerative nutrition program. There is no point in clearing junk out at one end while shoveling the same kind of junky stuff back in again at the other! Allow three to nine months, depending on how long you have been eating sugar, mucus-forming or other junk food.

Never use laxatives. They irritate and weaken the bowel. Colon therapy is a useful aid to cleansing the body during fasting but is no substitute for the deep cleansing and rebuilding properties of colon herbs.

The process invariably brings up emotional issues that you may need support with, and you may also want reassurance when your body starts evacuating what looks like bits of old rubber tire! As one man said "It is horrifying to see what comes out but very satisfying to see it go."

## Frequently asked questions regarding my first colon hydrotherapy treatment

### 1. Will it hurt?

No, it will not hurt. We work very gently using a Slo-fil method of introducing water into the colon. There is a small plastic piece called a speculum that is gently inserted into the rectum. The speculum is lubricated so that it slides in easily and with no discomfort.

### 2. What is a session like?

Very warm water is slowly introduced into the anus. You are always in control, if at any time you are feeling uncomfortable, you can stop. If your body is able, more small slow fills will be made introducing about 1 cup of water at a time into the colon. Then when you feel you are full, you just say empty and the water is allowed to empty taking any fecal matter or undigested food along with it. If you feel that you can take another fill, the process can be repeated. Each time you are trying to allow water deeper and deeper into the colon to cleanse it gently. Some abdominal massage may be given to help move the water along past any blockages such as gas bubbles or large fecal matter. Everything that is done is done slowly and gently. Your safety and comfort are the number one priority.

### 3. How long will a session be?

The first session will take about 1 hour and 30 minutes. I will sit down and discuss your health history as well as any health issues that you are currently dealing with. I will need to know about any medications that you are taking and will talk a little bit about your eating habits. The actual treatment usually lasts about 45 minutes and everything that is being done will be explained to you.

### 4. Is there anything I need to do to prepare for my treatment?

It's best to stop eating and drinking 2 hours before your session. This allows your colon to rest and be ready for relaxation.

### 5. Is one treatment enough or will I have to come back for more treatments?

It's best to receive a series of three treatments in a row when you first begin. This way you can be somewhat assured of reaching far up into the colon and really doing a good job of cleaning. After the initial series it is up to you and your therapist to determine what would be a good protocol for you. If you eat well and take good care of yourself, it may only be necessary to have a series once per quarter. However, if your eating habits are somewhat poor or you are having digestive issues, it may be beneficial to have treatments on a monthly basis. Each person is different. We want to coach you to use colon hydrotherapy regularly as part of your wellness program. Like changing the oil in your car to keep it running well!

### 6. Do I need to fast or do a colon cleanse before the colonics?

No, it helps to drink more filtered water and avoid dairy and wheat as preparation. We also suggest supplemental magnesium product called "Oxy-Powder". Take 2 before bed each night to help draw water into the colon and promote the muscle activity.

### 7. Why do prepaid packages not have a refund policy? What if I don't like the treatment and only want one?

We accept your payment after your first session, so you'll know whether or not you want to return.



8. What will happen after the treatment and can I work, will I leak?

It's best to arrange to go home after your first session. That way you can relax and take it easy. Most of us have strong enough muscles to heed the call and get to the toilet without leaking. After cleansing, do not trust your gas....it could be wet.

9. Why so many treatments?

Most people are dehydrated and overwhelmed. This procedure is about relaxation and hydration. It may take several months or even years for us to help repattern old habits and cleanse the entire 30' of tubing from mouth to anus.

10. If I go three times a day, why do I need colon hydrotherapy?

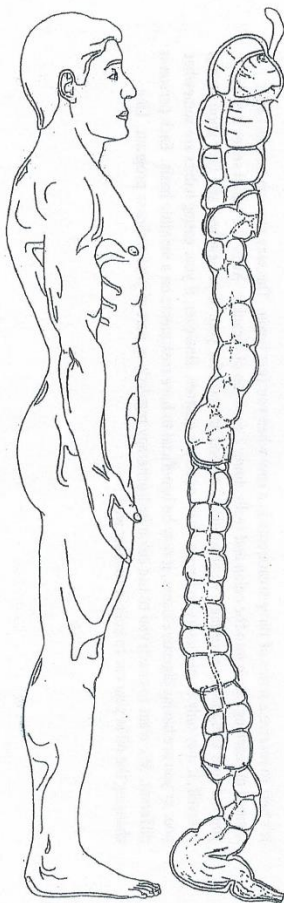
If we eat, drink & breathe, we are processing toxins. A typical colon hydro session may help release several quarts of fecal matter, quite a lot more than we release in a day.

11. I have not had a BM for several days? Will this solve my problem?

We'd need to know more. It certainly will help if there is a long-term backup. We'll talk about the causes and what you can do to help prevent this from happening.

12. If I do an oral colon cleanse why do I need a colonic?

Cleansing by taking oral products can be very harsh and irritating to the gastric lining. We usually discourage the ingestion of herbal and over the counter products that will force the waste through too quickly; creating dehydration and cramping. They also work when they want to, without any warning sometimes. The colon hydrotherapy session is a gently, relaxing experience of warm, filtered water soothing and relaxing the colon as it tones the muscles. Very big difference.



- Our colon (large intestine) is as long as we are tall.
- The diameter of our colon is equal to that of our wrist.
- For every foot of colon we can store approximately 5 - 10 lbs. of feces.
- A healthy person will have 2-3 bowel movements each day.
- A healthy "bowel movement" will measure 12 - 18 inches long.
- The colon re-absorbs fluids 8 - 10 times every 30 minutes.
- The colon has referral areas that are similar to the reflexology points on our hands and feet.
- To the degree your colon is clean, is to the degree your bloodstream is clean.
- One "colonic" equals three days of fasting.
- The ascending colon controls the aging process in the body.

