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S.B. No. 873 – An Act Concerning Colon Hydrotherapy Services

Testimony of Karen J. Laessig

Public Health Committee Public Hearing February 20, 2013

Dear Senator Gerratana, Representative Johnson, and Members of the Public Health Committee:

My name is Karen Laessig, and I reside at 43 Interlaken Road, Stamford, CT., 06903, and I would like to give my support to S.B. No. 873 which creates a public registry of Connecticut Colon Hydrotherapists.

I have been a certified Colon Hydrotherapist by the International Association of Colon Hydrotherapists since 2008, as a Foundation Level Colon Hydrotherapist, and I am currently working on my Intermediate Level Certification in order to also be certified by the National Board of Colon Hydrotherapy. I offer colon hydrotherapy services at Alaya Wellness Center in Greenwich, CT.

I became interested in colon hydrotherapy as a result of complications from surgery. In 2003, I underwent an operation which left me completely unable to have bowel movements. I needed a second surgery performed by a second surgeon. The corrective surgery helped ease the pain somewhat but I was still completely unable to have a bowel movements. I did everything the doctors told me to do but I still could not have bowel movements. I turned to laxatives, which resulted in me having to wear diapers and being confined to my house for months.

I had heard about colon hydrotherapy, did some research, and decided to try it. I felt like I had nothing to lose and it changed my life or I should say it gave me back my life.

My first series of colonics were performed by an I-ACT certified Colon Hydrotherapist. She is an extremely caring, compassionate and competent individual. I had complete faith in her abilities and I remain eternally grateful to her.

This experience had such a profound impact on me that I wanted to learn how to perform colon hydrotherapy in order to help others.

When I later decided to pursue colon hydrotherapy in addition massage therapy, I did not find any guidance in the laws or regulations of the State of Connecticut or the Department of

Health, since, unlike for Massage Therapists, Connecticut currently does not have any laws or regulations relating to offering colon hydrotherapy services. I did some research and found that the International Association of Colon Hydrotherapist and later the National Board for Colon Hydrotherapy offered significant guidance and training on how to offer colon hydrotherapy in a safe manner. I completed the training, took the exams, and have enjoyed my career as a Colon Hydrotherapist and Massage Therapist.

However, the Connecticut Medical Examining Board is about to schedule a hearing to issue a declaratory ruling that only licensed medical doctors, not naturopaths or certified colon hydrotherapists, will be the only people that will be allowed to offer colon hydrotherapy in the State of Connecticut. This would deprive many individuals of a safe, and to them, meaningful livelihood, and it would deny the citizens of Connecticut that seek colon hydrotherapy services from obtaining those services, since I believe very few medical doctors currently offer colon hydrotherapy as a part of their practice.

Thank you for the opportunity to let you know I support the creation and passage of a Colon Hydrotherapist Registry in the State of Connecticut. I believe that such a registry will ensure that the people who offer colon hydrotherapy services will be doing so in the safest possible manner. If I can answer any questions you may have concerning this issue, please contact me at karenlaessig@aol.com, or at 203-858-4982.

Sincerely,

Karen J. Laessig