



Colon Hydrotherapy

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

Testimony of Constance Jones

Public Health Committee Public Hearing February 20, 2013

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

My name is Constance Jones, and I reside at 22 Southgate Circle, North Franklin, CT 06254, 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 colon hydrotherapist since 1980 and a member of the International Association for Colon Hydrotherapy (I-ACT) since 1991. I completed Level I, Level II, and Instructor Level I-ACT Certifications in 1996; and have maintained Certification by the National Board for Colon Hydrotherapy since 2002. Furthermore, I was a Board Member of I-ACT from 1996 - 2003.

I have been offering colon hydrotherapy services at Glastonbury Naturopathic Center, in Glastonbury, Connecticut since 2003. I normally see between 20 and 30 clients a week. From 1980 to 2004 I ran Constance Jones and Associates in Boston, MA, where we saw between 50 and 60 clients a week. Before leaving Massachusetts, I was invited to speak at a Conference for all the local Departments of Public Health in that state so that they could be better educated about our growing profession.

When I decided in 2003 to continue colon hydrotherapy as my chosen profession in Connecticut, I did not find any guidance in the laws or regulations of the State of Connecticut nor in the Department of Public Health, because Connecticut currently does not have any laws or regulations related to offering colon hydrotherapy services. When I began practicing in Connecticut, I was already a member and Certified Instructor of the International Association for Colon Hydrotherapy and had received the highest level of Certification through the National Board for Colon Hydrotherapy, both of which provided me with significant guidance and training as well as continuing education on how to offer colon hydrotherapy in a safe manner. Both I-ACT and NBCHT have brought this profession to a higher standard of integrity, offering stringent guidelines and requirements.

One important focus of the training is on how to safely and effectively give a colon hydrotherapy session. The therapist spends usually an hour or more with the client. After an explanation of the procedure, the client (she) is taught to self-insert a disposable speculum into her rectum about 2 inches. She is covered with a sheet, lying on a table at the foot of which is an FDA-registered colon hydrotherapy unit. Although there are slight variations with the instrument designs available today, I will describe how the Dotolo Toxygen unit, which I now use, works. The unit has a temperature gauge, a flow control valve, an empty and fill regulator, as well as a viewing tube. Two disposable tubes extend from the outer portion of the speculum into the walled equipment: the inflow gently carries water to infuse the colon and then the outflow expels the water along with the waste it loosens. The therapist is always present and closely monitors the temperature and pressure-sensitive flow of water while paying particular attention to her client's comfort. As soon as the flow control gauge indicates or when the client says she feels full, the therapist releases the water carrying the waste material through the outflow tube and into the drainage system. I would like to emphasize that the water enters at less than a pint per minute (1/8 psi) and releases gently too. In other words, the pressure-regulated equipment controls the flow in and out at low rates, without any risk to the client. This cycle of filling and emptying is repeated several times over 45 minutes. Afterwards, a trip to the toilet allows gravity to help release any excess water and waste. To ensure safety, the disposable speculum kit, which eliminates any possibility of contamination, is thrown away and the instrument is sanitized.

Not only is a skilled therapist taught to be proficient with the equipment but also she must learn how to develop rapport with her client. She must learn how to build trust quickly and to listen closely to the client's needs as well as whatever the client may want to talk about. In my experience, there is no other therapy as intimate as colon hydrotherapy. Knowing how to create a safe, nurturing, and serene environment is critical. A well-trained therapist knows how to meet the client wherever she is physically, mentally, and emotionally without judgment.

Having performed over 50,000 colon hydrotherapy sessions without a complaint, I am a pioneer in this profession. After receiving my initial Colon Therapist Certification at the Florida School of Natural Health in 1982, I became a founding member of the American Association of Colon Therapists from 1983 to 1988, the first attempt to unite members of our profession and create standards and guidelines. I directed the creation of the Northeast Association of Colon Hygienists in 1987 and was President through 1993. These were our earliest efforts to bring credibility to our profession on a regional and national scale. I was also the Founder and Director of the New England School for Colon Hydrotherapy from 1998 - 2004.

As the senior colon hydrotherapist in New England, I have always been concerned about maintaining the highest standards for this profession. 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. In the absence of any laws or regulations guiding people, 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 ensuring public safety. If I can answer any questions you may have concerning this issue, please contact me at connie@cleanmycolon.com or 860.287.4558.

Sincerely,



Constance Jones