

ISIS Colonoscopy Prep Program



One of the most difficult aspects of any colonoscopy is the preparation. Generally this involves fasting on liquids and taking any one of a rather sickening group of laxative substances to clear out material from the intestinal region. Many of these substances are synthetically derived and actually strip the intestinal tract of necessary microflora and minerals.

These preparations can range from sodium phosphate to isotonic saline solutions, polyethylene glycol to magnesium citrate. But all of them have side effects ranging from severe laxative effects to nausea, dizziness, vomiting, anal irritation, diarrhea and severe mineral imbalances, not to mention the almost consistent strong abdominal cramping sensations. One popular option, Phospho-Soda by C.B. Fleet Labs was even recalled because of concerns that it causes kidney damage.

The first thing to understand is that the purpose of the mixtures, liquid diet and laxatives is to empty the colon as completely as possible for the procedure to permit a clear, unobstructed view of the lining of the colon. After many years of helping people prepare for bowel tests, I.S.I.S. has devised a preparatory plan to not only prepare you for your bowel test, but will also act as a short intestinal cleanse. This is our Colonoscopy Prep Program.

We replace the standard laxative formula from your physician with a more natural approach, based on the incredible and effective therapy of colonics. Colon hydrotherapy has been shown in studies to actually cleanse the lining of the colon more effectively than the colonoscopy prep provided by the doctor alone and there are virtually no side effects or misery associated with this approach. In addition natural whole food fiber and an intestinal herbal formula work to enhance the cleansing effect of the colonics and to clear the intestinal tract of material at a deeper level than simple liquid methods.



The last piece of our colonoscopy prep is based on the research of Dr. Hiromi Shinya, the physician who pioneered modern colonoscopy techniques and invented one of the common tools used in the procedure to remove polyps discovered during the procedure. One of the core aspects of his preparation for colonoscopies and for long-term health of the colon is ionized Kangen Water™. Dr. Shinya has been a devoted believer in the benefits of Kangen Water™ for the health of the gut and the amazing rejuvenative changes that can be made in the colon by drinking this anti-oxidant, alkaline water for a period of time. Because of this we also include in our Colonoscopy Prep Program unlimited Kangen drinking water for you to have throughout your preparatory week. We recommend drinking ½ your body weight in ounces each day to fully cleanse the lining of

the gut. In fact, combining colonics and our Kangen Water™ have both been clinically studied as colonoscopy preparation procedures with great success¹.

Many of our clients have commented that by using our preparation instructions, their physicians noted how great their tests were!

What to Eat

We recommend restricting your diet during your colonoscopy prep time to make your test more effective. Try to eliminate red meat, all flour products, carbonated beverages, caffeine and alcohol. Drink ½ your body weight in ounces of ionized Kangen Water every day, throughout the day.

Therapy

There are also three therapies that are important for preparing for your test, Colonic Hydrotherapy, Lymphatic Drainage and Visceral Manipulation Therapy. Your program includes two colonic sessions with abdominal lymphatic drainage, and one Visceral Manipulation session. These are particularly important if you have a history of constipation or issues with relaxation of your abdominal muscles and pelvic floor. Your first colonic should be in the first three days of this preparatory week and include your lymphatic drainage of the abdomen. Then your Visceral Manipulation session should be close to the end of this week.



The Basics

Beginning one week prior to the test you will need to purchase our Colonoscopy Prep Herbal Kit, which contains the following essentials. We recommend placing your order a few weeks ahead to be sure you have everything you need in a timely fashion:

- **Whole Food Fiber** is an organic powdered food-based fiber to cleanse debris from the intestinal tract and exercise the muscles of the gut.
- **Colax Intestinal Formula** is a natural herbal intestinal stimulant.
- **Pharmax Synbiotic Intensive Intestinal Microflora** is a simple powder that will stabilize the immunity of the gut and help in breaking down organic material.
- **Magnesium Lactate** helps to relax the muscles of the gut and pelvic floor while rebalancing the mineral substrate of the body. This is especially important if you have a history of dehydration, constipation or muscle cramping. But it is not to be used if you have a history of rapid bowel function, diarrhea, colitis or Crohn's Disease).

Beginning One Week Before Your Test:

Fiber: You will want to take 1 scoop three times each day between meals or at least 30 minutes prior to meals every day during this week.

¹ Hebei Medical Journal, December 2004, Vol. 25, No. 12: Study of Colon Hydrotherapy for Pre-endoscopy preparation. (see below)

Colax: The amount you take is variable depending on your normal bowel frequency. Beginning dose is 1 tablet each morning and evening with your meal. If you do not have at least two complete bowel movements per day, then increase the formula to 2 tablets each dose.

Magnesium Lactate: Take 1-2 capsules with each meal.

MicroFlora: Simply mix this gentle powder into juice before bed each night (juice is essential as the sugar is an important micronutrient for gut flora to establish). Save one packet to be taken after your test.

Therapy: Your first colonic & abdominal lymphatic session should be in the first three days of this preparatory week. Your Visceral Manipulation treatment should be at the end of the week close to your test date.

The Day Before Your Test:

- 1) On this day you should have your second colonic therapy session. If your test is later in the day tomorrow, then you should have your colonic the morning of the test instead.
- 2) Begin fasting according to your physician's instructions or directly after your colonic, whichever is earlier in the day.
- 3) Continue your fiber at three times for the day, ending before 6:00 PM.
- 4) Only take 2 tablets of Colax in the morning.

The Day Of The Test:

- 1) If your appointment is late in the day (noon or later), then have your second colonic therapy appointment today instead of yesterday.
- 2) Do not take any fiber today.
- 3) Take 2 Magnesium Lactate capsules this morning.
- 4) Save your last packet of Microflora powder until after your test.

After Your Test:

- 1) Take your saved packet of Microflora powder at dinner today.
- 2) Continue taking Magnesium Lactate capsules with each meal for the week after your test to rehydrate your tissues and maintain relaxation of the abdominal muscles.

If you have any questions in preparing for your bowel test, please don't hesitate to let us know.

Abstract from the Hebei Medical Journal, December 2004, Vol. 25, No. 12: Study of Colon Hydrotherapy for Pre-endoscopy preparation.

Colonoscopy is an important diagnostic procedure undertaken to evaluate colon disorder. Preparing the bowel is necessary prior to a colonoscopy, to allow clear visualization of the bowel wall and any pathology within. There are presently a number of recommended measures to prepare the large bowel. These include the use of enemas, oral mannitol and oral magnesium sulphate. At the hospital used in this study, we have been carrying out colon hydrotherapy prior to colonoscopy since August 2000. Results have proved to be very satisfactory.

The study included a total of 690 patients, 378 males and 312 females. Age ranged from 26 to 76 years - average of 49 years. Among them there were 144 cases requiring polypectomy, 74 cases with chronic constipation and 116 cases with history of diarrhea. Cases with constipation were prescribed 50 mls of 33% Magnesium sulphate at 8:00 PM of the night before colonoscopy to

facilitate the softening of stool in the bowel. Colon hydrotherapy is carried out two hours prior to bowel testing.

Since we started using colon hydrotherapy in preparation of patients undergoing colonoscopy in our hospital, we achieved excellent results in 630 patients and good results in 45 patients giving a 98% success in our study population of 690 patients.

Colon hydrotherapy is a simple and effective way to prepare the colon for colonoscopy as well as other colon procedures, especially in the elderly, frail and constipated. It is useful in diabetic patients and in patients unable to undergo fasting as well as those who are unable to tolerate an episode of diarrhea.

Colon hydrotherapy actively promotes peristalsis, enhancing the tone of the colon musculature and support the elimination of physical as well as toxic waste from the colon. This is of advantage to patients suffering from constipation and those with poor bowel habits.

Results: 630 patients had excellent results with a clear view of the colon lumen and negligible amount of retained debris. 45 patients had a good result with a clear view of lumen and a small amount of retained debris, not affecting vision. 15 patients had a poor result with a significant amount of retained waste causing the colonoscopy to be unsuccessful. It is believed that these last patients generally had swelling within the lumen interfering with entry of scope.