



The Art of Health  
School of  
Colon Hydrotherapy

An International Association of Colon Hydrotherapy Certified School

# LEVEL I Colon Hydrotherapy Training Course

Will cover:

## The Procedure of Colon Hydrotherapy

History of the treatment  
Effectiveness of colon hydrotherapy  
Indications and Contraindications  
Different types of colonic equipment  
Use of disposables  
Importance of hygiene and sanitary protocols  
Introduction of basic treatment techniques

## Practicum

Observing, receiving and administering sessions  
Initial interview, health questionnaires  
Case history training and review of contraindications  
Evaluating and processing session information  
Pre and Post session care  
The Gentle Heart Approach:

- ♥ Creating a Safe Space and Setting Boundaries
- ♥ The Art of Listening, Language and Being Present
- ♥ Gentle and Slow is the Way to Go

## Treatment Techniques and Complimentary Therapies

Treatment enhancement techniques:  
Timing, temperature and flow control  
Related therapies: massage, nutritional advice, reflexology

## Anatomy and Physiology of the Digestive System

Tour the digestive system, from the mouth to the anus  
Main principles of digestion; anatomical roles and functions of each section: stomach, small intestine, liver, gall bladder and pancreas and their part in the absorption and assimilation of nutrients

## The Large Intestine

How the colon works and what it does  
Diseases of the colon  
Colon inhabitants: probiotics, other bacteria and parasites  
Colon hydrotherapy as a means of ensuring optimum balance in the bowel  
Effect of different lifestyle factors on the bowel

## Constipation

What can contribute to constipation  
Ways of dealing with constipation  
Nutritional, emotional and activity-related management of constipation  
Different types of laxative compounds; bowel toning herbs and other natural remedies and their pros and cons  
Colonic management advice to constipated clients

## Nutrition and Digestion

The main nutrients and how the body processes them  
The importance and sources of fiber, hydration and essential fatty acids  
Ph balance and acidic and alkaline foods  
Various dietary approaches and theories  
Digestion of carbohydrates, proteins and fats and the relationship to elimination  
Importance of chewing  
Detoxification protocols  
Probiotics and other supplements

## Business Aspects of Colon Hydrotherapy

### Practice

Frequently asked questions  
Extraordinary customer service  
Attracting the Perfect Customer  
Phone etiquette  
Suppliers and supply management  
Insurance and membership in professional organizations  
Importance of continuing professional development  
Colon hydrotherapy in various venues

- Holistic medical centers
- Therapeutic or spa/salons
- Private office

### **NOTE:**

**I-ACT Membership and I-ACT Level I Test are recommended, but *not* required.**

# The next Foundation Colon Hydrotherapy Training Course:

**WHEN:** Each part takes place every other week. Inquire about upcoming courses  
**Part 1:** (Thursday –Sunday)  
**Part 2:** (Thursday –Sunday)  
**Part 3:** (Thursday –Sunday)

**WHERE:** The Art of Health School of Colon Hydrotherapy Kimberton, Pa

**TUITION:** **\$3270**

The course includes hands-on training, lectures, and twenty minute student presentations, concluded by I-ACT\* Testing on the final day. **There is an additional fee for I-ACT Membership and Testing.**

## **How to enroll:**

**First call the office and arrange an interview with the instructor, Jeannette Ponder. Then you will fill out application and mail to: AOH School of CHT, PO Box 363, Kimberton, Pa 19442.**

Once you are accepted into the course, **we require a deposit of \$1600 to hold your space.** The balance is due 20 business days prior to the first day of the course. Please call our office to authorize a credit card debit or send a check by that deadline. You may pay with cash, check, Master Card or Visa. Once we receive your first payment, we will send you the home study material to complete as well as your acceptance letter.

Once your deposit is received, we need documentation of the following:

1. High School Diploma or higher
2. Copy of transcript documenting a minimum of 30 hours of Anatomy & Physiology (3 Credit Hours)
3. State license in Health Care, if attained
4. Current CPR qualification card

*Transcript of A&P and CPR card are required to be eligible for certification by I-ACT and are recommended-not required- to complete prior to first day of class.*

**Also, you must have received 1-3 colonics prior to the course.** (Unless medically unable to comply)

*Included in the tuition:*

- Study Guide and Manual
- Books
- Cleansing Tools and other goodies
- Kimberton Whole Foods Gift card (for lunch during course)
- Welcome Lunch
- Two follow up consultation calls with the instructor

**LOCATION:** The Art of Health School of CHT is located in the village of Kimberton, Above Kimberton Whole Foods. Visit: [www.theartofhealth.us](http://www.theartofhealth.us) for directions.  
2140 Kimberton Road, Kimberton, Pennsylvania 19442 (not a mailing address)

**For an application and to contact the instructor,**

Call 610-935-0701 or Email: [vibrant@theartofhealth.us](mailto:vibrant@theartofhealth.us)  
PO Box 363 Kimberton, Pa 19442 Website: [www.theartofhealth.us](http://www.theartofhealth.us)

