

## **Colonics and Immunity**

Many clients ask us about helping their immune systems. They wonder if colonics can help them boost immunity. Well, scientific data indicates why it just might improve your immunity. Check out this article from Yoko, Japan, which indicates that improved lymphocyte activity after colonics may boost the immune system. This article originally appeared in the Journal Biomedical Research, Vol. 30, pp.311-314 (2009).

"It is well established that the intestine is an important site responsible for the local immune system. It is speculated that people suffering from constipation and carrying fecal residues in the intestine may have a decreased function of this immune system. In this study, colon irrigation, which is cleansing of the colon using a simple hydrotherapy instrument, was performed in 10 subjects with or without the disease. The number of leukocytes and their demarcation were then evaluated. The number and ratio of lymphocytes increased significantly after irrigation. This result suggested that colon irrigation might induce lymphocyte transmigration from gut-associated lymphatic tissues into the circulation, which may improve colon and immune system function."