



INNER
BODYHEALTH

Training in
Colon Hydrotherapy

Foundation Level Course

PROSPECTUS



*Leading Colon Hydrotherapy
Training with over 20 years of
Proven Practice*

www.innerbodyhealth.co.uk



Copyright © 2025
All rights reserved.

This publication is copyright. No part of this document may be reproduced, stored or transmitted in any form or by any means, including electronic, mechanical or photocopying without prior written permission.

Email: sue@innerbodyhealth.co.uk
Web: www.innerbodyhealth.co.uk

Contents

Welcome	3
What is colon hydrotherapy?	4
Colon hydrotherapy as a career	4
About the Trainer	5
Why train with us?	6
Course Description	8
Stage 1: Pre Study	8
Stage 2: Distance Learning: Theoretical Foundations of Colon Hydrotherapy .	8
Stage 3: Group Practical Mentorship.....	8
Course Theory Content.....	8
Section 1: Brief Systems Overview	8
Section 2: History and Present day of Colon Hydrotherapy	8
Section 3: Indications and Contraindications to Colon Hydrotherapy treatments	9
Section 4: Bowel Functions.....	9
Section 5: Typical Colon Hydrotherapy Scenarios.	9
Section 6 : Colon Hydrotherapy and other Holistic Modalities.	9
Section 7 : Professional Conduct- Rules	9
Course Practical Content	9
Course Pre-requisites.....	9
Course Assessment	10
Course Costs	10
Course Resources	10
Payment Options & Refund Policy.....	11
How to apply.....	11
Application Form	11

Welcome

*W*elcome and thank you for choosing us as your professional training provider.

The aim of our training division is to train those with a passion for health management, for entry into the fast developing professional field of colon hydrotherapy.

This prospectus will give you all the information you need to learn about and apply for our foundation level course. If you should have any questions after reading the prospectus, please do not hesitate to contact us.

-Sue Twiggs

What is colon hydrotherapy?

Colon hydrotherapy is a therapy that involves the gentle introduction of water into the colon with therapeutic, general wellbeing or medical purposes. The therapy is essential in maintaining a healthy well functioning bowel and for the maintenance of optimal health. This vital organ remains the most neglected in the human body. When the blood stream is overloaded with toxic waste, the body will function on a lower level and a colon cleanse is a simple way to remedy this.

Colon hydrotherapy has come for the forefront of alternative, complementary and integrative medicine in the past fifteen years. This is due, on the one hand, to our increasingly “toxic” and stressful lifestyle, and on the other hand to the renaissance of simple but effective, time tested, nature, nutrition and intuition-driven treatments.

Intensive colon cleansing with the help of colonic irrigation has also become part of treatment protocols in major holistic medical establishments where naturopathic-minded or integrative physicians treat acute degenerative conditions including cancers, MS and others.

Colon hydrotherapy as a career

It is a truly exciting time to become a colon hydrotherapist. Colon hydrotherapy or colonic irrigation, as it is sometimes known, is gaining prominence as a treatment in its own right, not just in naturopathic clinics, but also its respect is gaining momentum in gastroenterology clinics, hospitals who are seeing that the benefits of colon hydrotherapy far outweigh the current method of cleansing the colon before surgery, and also in beauty spas that realise the enormous potential of holistic approaches to beauty, rejuvenation and longevity.

Graduates of Australian Colon Health have gone on to set up their own clinics or have chosen to gain employment as Colon Therapists with existing clinics.



About the Trainer



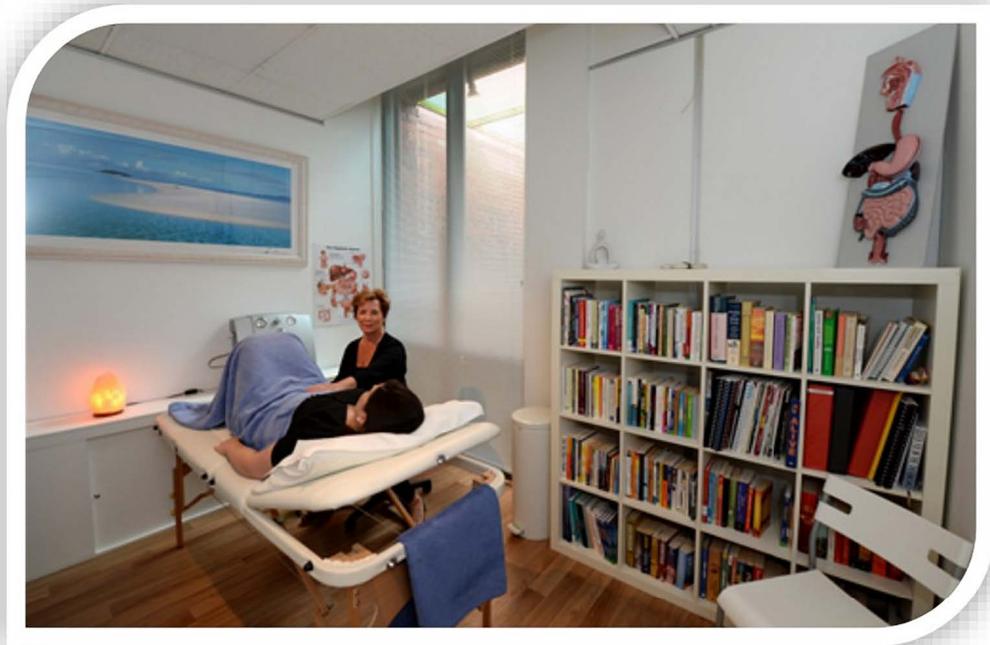
Colon Therapist and trainer Sue Twiggs, trained and worked extensively in London at the Joshi Clinic, where Lady Diana was a client. Sue was the CEO of Australian Colon Health and Co-Founder and President of the Australian Colon Health Standards Association Inc.

Sue incorporates metaphysical healing in her teaching and maintains a holistic approach.

"This training course has been a life changing awesome experience, I can highly recommend Sue. She was a fantastic teacher, if you want to have fun, as well as healing and making money at the same time". (D. Western Australia).

Why train with us?

- ✓ The unique feature of our course is a thorough pre-study, with a dedicated learning supervisor. It will enable you to have a much more thorough understanding of colon hydrotherapy, before proceeding to the practical part. It is also of great benefit to us because we learn more about you and are able to tailor the practical section of the course to your individual needs. This method has been developed by us, is exclusive to our training centre.
- ✓ Our training is holistic and integrative. In our teachings, we support an approach to health and healing that provides patients and clients with the knowledge, skills and support to take better care of their physical, emotional, psychological and spiritual health.
- ✓ Our colon hydrotherapy foundation manuals are extremely comprehensive.
- ✓ During the practical training you will complete/participate in around 20 treatments with "real life" clients, and be fully prepared for starting your career.
- ✓ During your practical training you will be working on the Herrmann Hydromat colon hydrotherapy machine, greatly assisting you to decide what machine you may choose for your own colon hydrotherapy practice,
- ✓ You will train with Sue Twiggs, who is not just an internationally recognised trainer both in the UK and US, but is active in maintaining a large network of Australian and internationally based colon therapists, promoting and developing the field of Colon Hydrotherapy.
- ✓ Your training is fully recognised by Global Professional Association of Colon Therapists (GPACT).



Course Description

Foundation Level Colon Hydrotherapy

The Course duration is a minimum of 6 weeks, and a maximum of 12 months (Total 150 hours). There are three (3) stages to the course:

Stage 1: Pre Study

You will need to enrol in this stage. If you have a poor level of education and experience in Anatomy and Physiology, Health and Nutrition this is the stage which you will familiarise yourself with those areas.

Stage 2: Distance Learning: Theoretical Foundations of Colon Hydrotherapy

This stage is designed to give you a solid foundation of Digestive Anatomy and Physiology and the Theory of Colon Hydrotherapy. You should allow approximately 100 – 120 hours for completing this stage. In this stage you are to complete assessments 1-4.

Stage 3: Group Practical Mentorship

This stage consists of 5 days of practical training on location.

Students will attend this session in groups (minimum of 2, maximum of 4 students per group) and will be performing/participating in 20 practical treatments during a five day period. This allows students to familiarise themselves with the Colon Hydrotherapy equipment and the disposables used during treatments to gain valuable experience of performing treatments on actual clients.

Your clients and everything else you need during this week will be provided for you. On the final day of the training you will sit your test and receive your Certificate. We have recently adjusted this to practising mainly on fellow Students to gain maximum confidence with equipment and procedure.

Course Theory Content

There are seven (7) sections to the course theory:

Section 1: Brief Systems Overview

Digestive System and the Body's Excretory Functions for Colon Hydrotherapists, Diseases of the Colon and Conditions affecting the Digestive Process.

Section 2: History and Present day of Colon Hydrotherapy

Equipment and general operating procedures.

Section 3: Indications and Contraindications to Colon Hydrotherapy treatments

Frequently Asked Questions, Pre-care and Aftercare recommendation.

Section 4: Bowel Functions.

Healthy Stools and Stool Abnormalities. Effects of Colon Hydrotherapy on Bowel Functions

Section 5: Typical Colon Hydrotherapy Scenarios.

Treatment Procedure. Insertion Tutorial.

Section 6: Colon Hydrotherapy and other Holistic Modalities.

Overview of Diet and Nutrition

Section 7: Professional Conduct- Rules

Boundaries and limitations.

Course Practical Content

- Theory review
- Review of professional videos
- Completion of Assessments 1- 4
- Therapist's self-care
- Experience and demonstration of therapist's Code of Practice and Ethics
- Interaction with allied therapists
- 20 treatments that you will receive and perform on "real" clients/ students with supervised support.
- Client intake forms
- Aftercare advice and note taking.
- Miscellaneous
- Final exam

Course Pre-requisites

- Desire and enthusiasm to work within the colon hydrotherapy sector of health care.
- Ability to read, comprehend course notes and action written responses.
- You will need to obtain a current Level 2 First Aid Certificate before you commence stage 3 of the course. The certificate must be sighted by us prior to commencement of stage 3.
- As a student you are covered under the insurance of Inner Body Health, however if you intend to work self-employed or as a contractor you must take out insurance upon completion of the course.

Course Assessment

You will be assessed on:

- Your responses to the course notes.
- Your practical training during stage three of the course.
- Your exam which takes place during stage three.

Course Costs

Full payment for the course is £2,500.00. A non-refundable deposit of £1,250.00 must be made with the submission of your application form.

Payment Options & Refund Policy

Payment Options	Refund Policy	Payment
Full Payment of Course		
You can opt to pay for the course in full at the time of lodging your application. (The deposit of £1250 and the balance of £1250).	If you have paid the course in full, the deposit amount of £1250 is non-refundable. The remaining balance of £1250 is non-refundable less than 30 days prior to commencement of Stage 3, the Group Practical Mentorship. *	£2500
Payment Schedule Option		
Deposit Required on Application.	The deposit is non-refundable, however it is transferrable upon successful phone interview with the facilitator. *	£1250
Payment required when booking Stage 3, the Group Practical Mentorship.	The remaining balance of £1250 is non-refundable less than 30 days prior to commencement of Stage 3, the Group Practical Mentorship. *	£1250
*All course manuals and text books supplied to you remain the property of Inner Body Health until completion of the course. If you choose to cancel your enrolment, all recourses must be returned.		

How to apply

- After reading this prospectus, please contact us for a short phone interview with the trainer.
- You will then need to complete and submit the application, which can only be made on the form contained in this prospectus.
- At the time of submitting the enrolment form, you will be required to make either full payment or a deposit payment by cheque, bank transfer or credit card.

Application Form

You will find the application form below. Before applying, please ensure you have read and understood the information in this prospectus and on the application form.

Inner Body Health - Foundation Level Course – Application Form

Please enrol me for the Foundation Level Colon Hydrotherapy Course:

Name:

Address:

Contact Numbers:

Email:

Policies

What date do you want to complete the course?

Please carefully read the policies below and tick each box to show that you understand them:

I have read and understood the course Prospectus supplied to me, and that I must complete the course within a minimum of 6 weeks, and a maximum of 12 months.

I understand that if I opt to pay for the course in full, the deposit amount of £1,250 is non-refundable. The remaining balance of £1,250 is non-refundable less than 30 days prior to commencement of Stage 3, the Group Practical Mentorship.

I understand that if I make the deposit payment on application, that the deposit is non-refundable, however it is transferable upon successful phone interview with the facilitator.

I understand that if I make the deposit payment, the remaining balance of £1,250 is non-refundable less than 30 days prior to commencement of Stage 3, the Group Practical Mentorship.

I understand that I must have completed a current Level 2 First Aid Certificate, and present it to Australian Colon Health, before I commence Stage 3, the Group Practical Mentorship.

I understand that all course manuals and text books supplied to me, remain the property of Inner Body Health until completion of the course, and if I choose to cancel my enrolment, all resources must be returned.

I understand that the cost of the course does not cover or include colon hydrotherapy equipment.

PAYMENT DETAILS: Preferred Payment Methods (Please Tick One):

Bank or Personal cheque

Credit/Debit Card

Electronic Funds Transfer: Account Name: Mrs S Twiggs, Bank: HSBC, BSB: 401664, Account:80848069
PLEASE REFERENCE YOUR FULL NAME SO WE CAN IDENTIFY YOUR PAYMENT

I am making:

Full Payment £2,500

Deposit £1,250 non refundable

On receipt of payment you will receive your 100 hours home study manual workbook. You will need to book your practical week (Stage3 of course), and pay the balance of course fees in order to secure your place.

Have you attended your initial acceptance interview?

YES

NO

I, _____ understand the policies and procedures outlined on this form and in the course prospectus.

Signature:

Date:

Please return form to
sue@innerbodyhealth.co.uk