

Colonic Institute Uses Colonic Hydrotherapy As a Path to Balance and Wellness

by Carol Harrison

At first glance, writing about colonic health seemed to me to be one of my less favorite articles. However, after meeting with owner, Ami Beach, and her colleague, Sonya Trojanowski, at The Colonic Institute of West Hartford, I came away with a new respect and understanding of a very important option to achieving wellness.

For many people, hearing the words colonic institute conjures up a vision of a clinical setting where you set aside your dignity while striving for good health. That image in no way applies to The Colonic Institute in West Hartford. More accurately, you enter what could be described as a “Temple of Serenity.” Indeed the treatment rooms are sterile, with state-of-the-art equipment near by. However, the entire environment is also filled with soft colors, peaceful lighting, gentle music, candles, essential oils, and art work and statuary that helps you feel connected to a variety of spiritual paths. Every detail has been carefully thought out in order to make the client feel comfortable, while offering a variety of services by highly-qualified staff, certified and licensed by the International Association of Colon Therapists.

Ami Beach very much practices her own “medicine.” Many years ago, she was diagnosed with chronic fatigue syndrome (CFS). After going from doctor to doctor, taking a variety of medications and anti-depressants, and spending thousands of dollars with no real improvement, a naturopathic physician suggested Ami give colon therapy a try. After detoxing her body through colonic therapy, and bringing herself into balance physically, emotionally, mentally, and spiritually, she achieved the success she had hoped for. It then became her mission to share what she had learned.

Ami was known for a successful custom fragrance boutique and apothecary called Bodywares, which she ran for over 10 years in West Hartford. It was there that she perfected her extensive knowledge about holistic medicine and her passion for nutrition, herbs, aromatherapy, and most importantly the intense desire to help people heal. This was just the mere beginning of her life’s quest. In 2002, she went on a spiritual quest to India. Ami believes “Divine Destiny” lead her down the long and exhausting road to finally overcoming her own failing health, which had been on a downward spiral for years. In India, her life was given a renewed meaning, a new sense of hope and divine inspiration. It was through her profound experiences on her journey to this sacred and magical land where the seeds of the Colonic Institute were planted.

Ami explained to me that in other parts of the world the subject of defecation and colon health is not the taboo topic that it is in more conservative New England. People in the United States spend thousands of dollars on spa treatments, facials, manicures, etc. Ami and her staff help people understand that colon therapy can be part of one’s overall wellness plan, keeping the inside clean



and detoxed. When used with proper nutrition, a positive mental attitude, and a dedication to one’s spiritual path, optimum wellness can very definitely be achieved.

Ami and Sonya shared that “The colon is your second brain. More serotonin is produced in your gut, than in your brain. There are more nerve endings in the large intestine than the spine.” They

went on to say, “Colonics can also be used in a clinical setting for mental health issues such as addiction, eating disorders, depression, etc. People do not think about that when they think about colonics. It can also be beneficial for anti-aging. Your skin is your largest elimination organ. When you start hydrating from the inside out your skin clears up and people start commenting on how good you look.” Ami said, “I find I don’t use half the cosmetic and personal care products that I used to.”

As with any health topic, there are those who are for, and those who are against a particular process. Some health care practitioners and others believe that colonics actually strip the colon of good bacteria and flora, and do not believe there is a health benefit. Ami and Sonya explained that colonic therapy actually trains and tones the colon so that the muscles work properly, naturally alerting the body to produce a need to eliminate. One of the problems is that people don’t listen to their bodies. There are people who don’t want to take the time to eliminate as needed, holding the toxins in the body, and creating a chain reaction of possible health problems. Ami describes it this way: “Our colons are not unlike a pipe under the kitchen sink. Over time gunk builds up along the circumference of the pipe, lodging there and narrowing the passage until something is done to clean the accumulated stuff out and restore the pipe to optimum flow. That’s what colonic hydrotherapy does for the human body.”

The concept of colonic therapy is anything but new. During the earliest days of medicine, Hippocrates believed that chronic disease came from self-poisoning caused by constipation. The use of enemas is recorded as far back as 14th century Egypt. Edgar Cayce (the “sleeping prophet”) channeled about the benefits of colon therapy.

The benefits of colonic hydrotherapy, compared to the myriad of over-the-counter colon cleansing products, or a common enema, are many. Ami says, “The solution from an enema goes only about six inches into the rectum, while colon hydrotherapy fills the entire large intestines, all six feet of it, with warm purified water. “There are no chemicals or drugs used. There is nothing to cause harm or become addicted to. And, in many cases, it is actually less expensive.”

A colonics hydrotherapy session takes about an hour. The client lays on a treatment table, fully covered. The treatment includes a gentle massage of the abdomen to stimulate the removal of encrusted fecal matter, as well as a foot and facial massage. The

“Toxygen” system uses disposable tubing assuring proper sanitation for everyone. The pressurized, closed system guarantees that every session is 100% odorless. People love the feeling of cleanliness they experience following the treatment.

Ami and her colleagues work in conjunction with a number of Holistic Healers, Naturopathic Doctors, MDs, and chiropractors to help their clients achieve optimum health. In addition to colonics, they have added reflexology, infrared sauna treatments, B.E.F.E. footbaths, ear coning, medicinal aromatherapy massage, RIFE energy treatments, Reiki, holistic health counseling, Ayurvedic eye brow waxing, and Shirodhara therapy to the list of services.

Unfortunately, colonic hydrotherapy is not covered by the major insurance companies. Ami shared that some smaller, more independent agencies do offer some coverage. It is the job of The International Association of Colon Therapists to work at getting the insurance companies to recognize and cover colonic hydrotherapy. Ami works hard at keeping her prices affordable so that everyone can benefit from the services offered.

Ami Corinne Beach (birth sign Taurus) was given the name Ami, a sacred Hindu mantra meaning “Divine Nectar” by her Kundalini Yoga teacher. The name pronounced (ahh-mi) is a name she cherishes and holds dear to her heart.

The Colonic Institute continues to be a thriving health institute where people from all walks of life can come and experience all that it has to offer. It has made its mark and gained great respect within the community, both locally and regionally. The Colonic Institute has been featured on NBC-30 news as a special segment which focused on alternative medicine and has been written about in many news articles. Ami was featured on a major radio program on 96 TIC FM as a distinguished guest speaker, during “Holistic Health Week” along with Kevin Trudeau who is best know for is book, *Natural Cures* which remained #1 on the New York times best seller list for over 25 weeks and his latest book, *More Natural Cures Revealed*. This incredible exposure has helped bring her passionate message about health to the general public and is determined to touch as many people as she can reach. Ami is an active part of the holistic community and continues to speak publicly and privately about the importance of detoxification and colon health awareness.

Kundalini yoga and the teaching of Shri Anandi-Ma remains an integral part of Ami’s personal life. She feels her life has been blessed and has visions of someday creating an international healing center that integrates yoga and meditation, combined with alternative medicines, Ayurvedic treatments, and a complete holistic lifestyle.


“I dream of a place where people from all over the world can come and reclaim their spirit and learn to live life in a new way – one that is harmonious nature and nurtures the body, mind and soul – equally. This place will be as close to Shangri-La as one could imagine, surrounded by all of God’s beauty, Grace and Love.”

The Colonic Institute of West Hartford is open Monday - Saturday by appointment only. For more information or to schedule an appointment, go to www.colonics4life.com, call (860) 521-8831, or email colonics4life@aol.com.


Carol Harrison continues to nurture her skills and move forward on her own spiritual path. She is a Published Writer, Professional Animal Communicator, Reiki Master/Teacher, and Shamanic Practitioner. Carol has a strong connection to the ancestors who have walked before her, and incorporates shamanic techniques into her work with animals and people.


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