

## References, Course and Practice Management Support

### Colonic Hydrotherapy Research Papers

#### Influence of Colonic Irrigation on the Human Microbiota

[https://www.researchgate.net/publication/224830340\\_The\\_Influence\\_of\\_Colonic\\_Irrigation\\_on\\_Human\\_Intestinal\\_Microbiota](https://www.researchgate.net/publication/224830340_The_Influence_of_Colonic_Irrigation_on_Human_Intestinal_Microbiota)

#### Effects of Colonic Irrigation on GALT

<https://pubmed.ncbi.nlm.nih.gov/19887728/>

### Research Papers Relevant to Treatment Recommendations and Diets

#### Comparative Study Between Rifaximin Antibiotic and Herbal Treatments

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4030608/>

#### Propolis as Efficient Fungicide and Inhibitor of Biofilm Production by Vaginal Candida Albicans

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4359870/#:~:text=10.1155%2F2015%2F287693-.Propolis%20Is%20an%20Efficient%20Fungicide%20and%20Inhibitor.Production%20by%20Vaginal%20Candida%20albicans>

#### Research In Support of Hypnotherapy as Effective Treatment to Manage IBS

<https://www.monash.edu/medicine/news/latest/2024-articles/hypnotherapy-reduces-irritable-bowel-syndrome-symptoms-and-now-theres-an-app-for-that>

#### Support resources for Ketogenic Diet in the Treatment of Diabetes, Syndrome X and weight loss

<https://www.dietdoctor.com/low-carb/keto>

### NHS References and Relevant Resources to Clinic Management

#### Waste Management Regulations: “Safe and Sustainable Management of Healthcare Waste”

[Health Technical Memorandum 07-01: Safe and sustainable management of healthcare waste](https://www.nhs.uk/health-technical-memorandum/07-01-safe-and-sustainable-management-of-healthcare-waste)

#### Cryptosporidium Facts Relevant to Filtration System

[https://en.wikipedia.org/wiki/Cryptosporidium\\_parvum](https://en.wikipedia.org/wiki/Cryptosporidium_parvum)

#### “Control of Substances Hazardous to Health Regulations 2002” (COSHH)

<https://www.hse.gov.uk/cleaning/topics/coshh.htm>

### Allergies and Intolerances Support Resources

#### Histamine Intolerance

<http://www.histamineintolerance.org.uk/>

#### Salicylate Intolerance

<https://www.dietvsdisease.org/salicylate-intolerance/>

#### Products For People with Environmental Allergies

The Healthy Home Store

<https://www.healthyhomestore.co.uk/>

### Haemorrhoid treatment

#### Non-Surgical Procedure for Internal Haemorrhoids

[Exroid](#)

<https://www.exroid.com/haemorrhoid-treatment>

## Information Commissioner's Office

<https://ico.org.uk/global/contact-us/helpline/>

*If you use email for your practice, you must be registered with the Information Officer under the General Data Protection Regulation (GDPR) when necessary.*

## Insurance

### H&L Balen

Tel: 01684 893 006

<http://www.balens.co.uk/>

*Specialist Broker for Colonic Hydrotherapy provides specialist block-scheme package for IPCH students and ARCH members. Can provide coverage in certain European country including Republic of Ireland.*

## Professional Organisations

### Association and Register of Colon Hydrotherapists

Email: [admin@colonic-association.org](mailto:admin@colonic-association.org)

<http://www.colonic-association.org/>

*ARCH is the verifying body for IPCH.*

*Student membership to ARCH is included as part of the training and full membership is accessible and encouraged for all graduates of IPCH.*

### General Naturopathic Council

<https://gncouncil.co.uk/>

*Membership to the GNC is open to all ARCH registered Colonic practitioners'*

*GNC membership gives access to a comprehensive and very useful database of "Herbs & Supplements Interactions with Prescription Drugs"*

### The Complementary and Natural Healthcare Council

<https://www.cnhc.org.uk>

*Regulator for Colonic Hydrotherapy with connection to the Government. Members are recognised by certain private medical insurance companies; The NHS requires membership to CNHC when looking for a complementary medical practitioner to work within an NHS setting or when recommending complementary therapy treatment.*

### National Institute of Medical Herbalists

Tel: 01392 426022

<https://nimh.org.uk/>

*Consult to refer clients to a local herbalist if your knowledge is outside your competence.*

### Monthly Index of Medical Specialities

<https://www.mims.co.uk/>

*This is a paid service to access information on medical drugs and treatments*

## Software Package for Practice Management

### Pioneer Software

<https://pioneersoftware.co.uk/co-trial> A

*A well thought out package with tutorial if you wish to manage and store your client's notes, appointments, and communications digitally. Monthly fee or one-off payment available.*

## Complementary Training Organisations

### The School of Health

Naturopathic based trainings mostly online but some with a practical module attached

[www.schoolofhealth.com/the-school/](http://www.schoolofhealth.com/the-school/)

### Sam Webster's Channel for Learning Anatomy & Physiology

A wonderful resource of lively and enlightening videos on every aspect of human anatomy and physiology; especially useful is you prefer three-dimensional approach instead of pictures/text in a book  
<https://www.youtube.com/@SamWebster>

## Videos and CPD recommendations

### **Anatomy of the Large Intestine Compulsory watching for those in training**

Please watch before the practical training – 20 minutes video

[https://youtu.be/IWw8iOkGe9g?si=ybvP\\_eBWVVWdCVK5](https://youtu.be/IWw8iOkGe9g?si=ybvP_eBWVVWdCVK5)

### **The Gut Microbiome at Menopause**

Excellent account of the influence of hormones and diet on the microbiome – 90 minutes video

Recommended if you have no formal training in nutrition to help formulate a solid reasoning behind dietary recommendations such as increasing fibre in diet.

<https://youtu.be/v8mVkgZ9Hq4?si=s7EIB9Zo2Q1WSf9z&t=4>

### **Using Stool Testing in Practice; a five-part comprehensive training from Genova Diagnostics (GDX)**

Explore how stool testing can complement your approach to gut health. This expert-led course is designed for healthcare practitioners eager to deepen their understanding of microbiome health, digestion, absorption, inflammation, and gut function.



Transforming Gut Health with GI Effects®

[https://www.gdx.net/education/courses/transforming-gut-health-with-gi-effects?utm\\_source=subscribers&utm\\_medium=email&utm\\_campaign=gut\\_health\\_course](https://www.gdx.net/education/courses/transforming-gut-health-with-gi-effects?utm_source=subscribers&utm_medium=email&utm_campaign=gut_health_course)

### **Identifying 'Flags' in Complementary Healthcare**

<https://onlinetherapycourses.com/course/identifying-flags-in-complementary-healthcare/>