

**Lifestream**  
**Colon Hydrotherapy Institute (L-CHI)**  
**Angel of Water® CM-1 Operations Training Curriculum**  
**(16 Hour plus Exam, Two-day training)**

**1) The Field of Colon Hydrotherapy (2 hours)**

- a) Our Service, Role, and Responsibility
- b) The Present Legal Climate and Realities
  - The meaning of a Republic – the rule of law vs. the rule of man
  - The meaning of “juris-diction”
  - Rights vs. privileges
  - Present state of colon hydrotherapy
- c) Developing a “Scope of Practice”
  - Developing a language for communication
  - What is your intent
  - Above all else do no harm
  - Classes and types of equipment
- d) Marketing Opportunities and Responsibilities
  - Becoming an Educator – The Doctor of the Future...

**2) System Features (3 hours)**

- a) Naming and Describing Features of the System
- b) Components of the Sanitation Kit
- c) Maintenance Protocols
  - Logging maintenance on major system components
- d) Valve Sequences
  - Regular operation mode, sequence a – 3, 4, 5, 7 closed, 6, 8, open
  - Regular operation mode, sequence b – 3, 4, 5, 8 closed, 6, 7 open
  - Disinfection maintenance mode – 3, 4, 5, 8 open, 6, 7 closed

**3) Conducting a Successful Colon Hydrotherapy Session (10 hours)**

- a) Pre-session Disinfection of Equipment– disinfectants and procedures
- b) Session Itself – from beginning to end
- c) Post-session Disinfection of Equipment – disinfectants and procedures

**4) MEDWATCH Forms (1 hour)**

- a) What is an Adverse Event?
- b) Amount of Time to Report
- c) Form 3500A – Mandatory Reporting

**5) L-CHI Exam – Operations Training Certification (1 Hour)**

## Synopsis of a Successful Colon Hydrotherapy Session

### **A) Pre-Session Disinfection**

- 1) Turn on System Lights
- 2) Fill Tank – turn on mixing valve and valve #1, adjust for proper temperature 99 degrees F – 103 degrees F.
- 3) Attach New Flex Tube
- 4) Protect Yourself – eyes, hands, and lungs
- 5) Spray Disinfect – spray mist Attack A/ DZ 7 solution on basin and into Flex tube to test backflow prevention valve. Wait 10 minutes.
- 6) Rinse Line – run properly tempered water through line
- 7) Install Sterilized Nozzle and then Lubricate Tip
- 8) Do Final Inspection – place linens, fresh trash liner, etc....

### **B) Conduct Actual Session**

- 1) Greeting/Qualifying Evaluation
  - Prescription
  - Who comes in for the service?
  - Contraindications
  - Women's menstruation
- 2) Presentation of the System
  - Explain path of water, carbon and u.v. filters, tank volume
  - Temperature range, less than 1 psi pressure, on-off flow control
  - Show lubricant and sterilized nozzle
- 3) Instructions before Session Begins
  - Emphasize ease, modesty, safety
  - "Day at the Beach" metaphor
- 4) Session Begins
  - Handling the unexpected
  - Monitor for Safety
- 5) Client Cleanup Instructions
  - Sliding off nozzle immediately after water stops
  - Have them drain effectively
  - Rinse with personal sprayer
  - Towel drying themselves
  - Waste paper in waste basket only
  - Meet you outside of room
- 6) "Best Results" and Policies
  - Follow-up lifestyle habits
  - Business/Next Appointment/Cancellation Policy
  - Ask for referrals
- 7) Express Love/Compassion
  - Finish with a warm send-off of love and appreciation

## **C) Post- Session Disinfection**

### **Basin:**

- 1) Protect Yourself – eyes, hands, lungs
- 2) Remove Soiled Linens
- 3) Spray Disinfect – protecting lungs, spray mist Attack A/ DZ 7 solution on basin, foot rails, knobs, etc.... Place towel on basin crest.
- 4) Mop Wash First Time – mop Attack A/DZ 7 solution top-side and inner sides of basin and used nozzle. Rinse.
- 5) Remove Used Nozzle – wrap and dispose
- 6) Turn on Flow Switch(s) – rinse line
- \* Conduct View Tube Tether Mop protocol at this time if needed
- 7) Mop Wash Second Time – as above then rinse
- \* Deodorize and stain removal with Clorox solution at this time if needed

### **Tank:**

- 8) Open #2 Tank Drain Valve – drain excess water from tank
- 9) Do Maintenance Valve Sequence - open Valves #3 and #4 close valves #2 and #6
- 10) Attach Flex Tube Stopper on Basin Nipple
- 11) Pour in Main Tank 8 oz. of Cavicide –Verify solution is dripping through flex tube stopper. Allow 10 minutes contact.
- 12) Open #2 Tank Drain Valve - drain tank
- 13) Remove Flex Tube Stopper
- 14) Rinse Tank – open #1 tank fill valve, and use tank sprayer to rinse tank and lines as necessary. Disperse all suds from Cavicide.
- 15) Catch Water in Tank by Closing Valve #2
- 16) Turn on Cycle Switch – re-circulate water
- 17) Open #5 valve – empty re-circulating tank to flush out Cavicide residue. Disperse suds and drain. Rinse as necessary.
- 18) Return Valve Sequence to Regular Operation Mode A – close valves #3, #4, #5 and open #6

### **Additional Areas/Room:**

- 19) Disinfect Additional Areas – spray mist (as above) backrest, remote switch panel, any handicap rails, etc...then towel wipe leaving film to air-dry.
- 20) Inspect System and Room for Next Appointment – dispose old trash liner and replace. Continue to fill tank and rinse line if having next appointment. (Otherwise shut system off.) Place new linens on system, make sure basin and surrounding areas are dry and clean, install new flex tube, nozzle, and lubricate.

This step-by-step process is meant to assist you to be focused and precise. Once learned by progressive repetition, it should only take about 12 minutes total, 15 minutes at the most. Plan accordingly and appropriately between sessions. Always remember, do it right the first time!

**Be the professional you are trained to be!**