

Dr. Edgar Guess: I'm Dr. Edgar Guess. I'm a retired OB/Gyn and Gynecologist. And now I am involved in colon hydrotherapy and other modalities to help the healthcare industry.

Julie Tyler: What caused you to make that transition? Because you didn't want to be retired and wanted to continue working?

Dr. Edgar Guess: That is a good portion of it. I had a stupid accident at home, where most accidents happen, and shattered my right wrist in 1995. At that time I was chairman of OB/Gyn at Hollywood Presbyterian Queen of Angels Hospital, but after shattering my wrist I was no longer able to operate. I lost my fine motor skills in that accident. So, two years later I retired from the active practice of medicine and became acquainted with alternative and other areas of associated and medical care, and found colon hydrotherapy. A colon hydrotherapist wanted to practice in my nutritional office, and that's where I became introduced to a profession that I had been doing for the last 35 years. As a Gynecologist, I used to do radical hysterectomies, pelvic exenterations, and these surgeries required the colon to be cleansed prior to the surgery. So, I've been practicing colon hydrotherapy, <laughs> in one form or another, for about 45 years.

Julie Tyler: Wow. So, when you first started practicing this did you find that it was a really easy transition? Were there any new requirements that you had to fulfill, or obstacles that came into being, as you proceeded down that path?

Dr. Edgar Guess: Well, really not too many obstacles. The largest obstacle with colon hydrotherapy is the ignorance that has been promoted and prevails around our industry. Colon hydrotherapy's been around for about 4,000 years. It began in ancient Egypt, 200 B.C.

I think it moved from there to Greece, and you know how the Grecians are, historically, and have been about health. From there I think it moved to Rome, and from there to the new world. Somewhere in that area we've found that it was also used in India, so it's been around a long time. There's been a lot of wrong information that has been proposed. There have been areas where misinformation has been promoted for personal reasons. Most of these bits of misinformation have been promoted through ignorance and lack of knowledge. Now, I, personally, am trying to help to bridge the gap and to give information to the unknowledgeable people and help to move the information in areas that it can be more helpful to the industry of colon hydrotherapy.

Julie Tyler: Where would you say that some of this negative, or misinformation, what's the source of it? Where is it coming from?

Dr. Edgar Guess: A lack of information more than anything else. My dad used to say, and he was a professional, that prejudice is down on what you're not up on. And I think this is the real basis...fear, when something gets introduced to a population that the majority of the population is not familiar with, the first thing to do is to back away. And they don't take the initiative to investigate and find out is it really bad, or is it really good? And I think this has been the major source of misinformation and cause of misinformation.

Julie Tyler: Do you see when patients are going to their doctors for certain procedures or certain treatments, is colon hydrotherapy discussed, would you say, in a mainstream way with doctors at large with their patients? Are patients able to get this type of information through their doctor if they're not thinking outside the box on their own and seeking to gather that information on their own?

Dr. Edgar Guess: Most often they get the wrong information from their doctor, and especially a doctor who is not a surgeon. Most surgeons, and especially surgeons who have been in the abdomen, and handle bowel and done bowel surgery, they're well aware of the necessity of cleansing the bowel prior to surgery. This helps with the success of your procedure. So, doctors who have not had that experience probably are afraid and again, people who are down on what you're up on tend to back away and find reasons to defend themselves.

Julie Tyler: It seems if a doctor's going to require or recommend having a patient get colon hydrotherapy prior to a procedure, that it seems to me it would follow that preventing the procedure from happening in the first place, or at least taking it back a few steps considering colon hydrotherapy as a form of maintenance might not be a bad mindset. Do you think that doctors are encouraged to have that mindset?

Dr. Edgar Guess: No.

Julie Tyler: And why do you think that is?

Dr. Edgar Guess: Again, we go back to lack of information dispensed to the practicing physicians. The gastroenterologist, a few are now becoming aware of the benefits of colon hydrotherapy, are cleansing the bowel, but this is an effort that we must move to to educate the physicians. That has to be a primary impetus in the education of colon hydrotherapy and the general population we have to go directly to the physician. And we have to enlighten the physicians that tradition thinking in medicine must incorporate alternative medicine. You can't be blinded and have blinders on your eyes and be able to see the whole picture. So, we have to teach the physicians the whole picture.

Julie Tyler: And when you say teach the physician, do you mean specifically GIs? Or do you maybe mean all physicians?

Dr. Edgar Guess: All physicians.

Julie Tyler: Do you think all physicians would benefit from having a better understanding of the colon and how to maintain its integrity?

Dr. Edgar Guess: All physicians would benefit from all the knowledge that you can get about the human body.

Julie Tyler: How do you think that patients would benefit from that information if that information existed outside of the hospital, or if there was another area where they could also gather that information if it didn't only just come from the physician. How would that benefit the patient?

Dr. Edgar Guess: It would give the patient knowledge that they don't have so that they can use their intelligence to balance all the information, and at least become aware of what may be good for them.

Julie Tyler: Do you see obstacles falling away, or do you see there being more obstacles? Can you comment on that a little?

Dr. Edgar Guess: I think the profession will benefit. I think, again, education will help the physicians and the general public. And when the education and information gets dispersed to the physician and the general public it'll merge together and we'll have a much better oversight from everybody about the advantages of colon hydrotherapy. For instance, there's a procedure called colonoscopy. The typical preparation is one of the phospho soda preparations and magnesium sulfate and these other medications.

These preparations and medications have been found recently to create problem with renal complications. And it will be a necessity for these physicians to find alternative methods other than using these very traumatic types of pharmaceutical agents.

Julie Tyler: From what I understand severe side effects.

Dr. Edgar Guess: Right. That's what I mentioned, renal complications. And it's been discovered in the last 24 to 48 months the number of renal complications seems to have increased or either have been brought to light.

Julie Tyler: What other disorders might benefit then from colon hydrotherapy?

Dr. Edgar Guess: Well, in my practice in Beverly Hills, I have had referrals from the emergency room at Cedars Sinai for patients to come in with severe constipation and blockage that were not relieved in the emergency room. And my name has gotten around in the community, so they send them in for these fecal impactions, they're called, and I've been able to remedy that. Fecal impactions are caused by some of the medications frequently; pain medications, prescriptions for psychotropic drugs, and various other drugs have a secondary complication of constipation, resulting in blockages. The enema, which is the introduction of water in the colon to help soften and remove the feces, is suggested. An extension of that is colon hydrotherapy, which is, and I've often called and referred to it as a very huge enema, but this type of enema and procedure has to be administered by a trained person.

Julie Tyler: Maybe you could comment for a moment just on the distinction between an enema and the equipment that is used for that, which can be as I

understand it, purchased over-the-counter and obviously administered by the individual with no one overseeing it versus a colonic, or colon hydrotherapy, which is, as you say, involves more water and yet, as far as I understand it, the tool is actually less invasive. Can you comment on that?

Dr. Edgar Guess: An enema usually involves liquid, which is approximately one or two quarts of water. Colon hydrotherapy utilizes the introduction of warm water into the colon in large amounts, into the gallons number, number of gallons. So, any time you administer this amount of water you need to have someone who is trained and would be able to recognize untoward complication.

Q: Some of the stuff I read on people who kind of talk about the negative effects of colon hydrotherapy is that they say that the body already releases everything on its own. Why would you use colon hydrotherapy?

Dr. Edgar Guess: Because the body doesn't release the amount of waste that we need to remain in a state of health, reasons being we've changed our diet. We've evolved through the centuries from hunter gathering people, the types of foods that we eat, and food that is contaminated by preparation of it now. The inhibition of responding to our body's notification that we need to eliminate, the fact that we don't consume enough water and hydrate ourselves properly, we don't eat our food and masticate it properly, and there've been so many changes through the years with modern progress that in many instances has set us back and changed what our bodies naturally do, and what we as humans have through the years naturally done and we have evolved, but some of that evolution has created problems.

Julie Tyler: And with all the pharmaceuticals now on the market being prescribed by the doctors and sought

out by the public, all one has to do is look at the side effects, and so often as you already said constipation is one of those side effects and it can be severe, and therefore, very common.

Q: You talked about your days as an OB/Gyn, colon hydrotherapy was used as a procedure before an operation. Now since you were taught that as a procedure, just as part of a larger scope so to speak, did you question or start seeing more benefits beyond that it was just a pretreatment to an operation? Did you see something more beneficial that led you onto not just doing that on its own?

Dr. Edgar Guess: Well, I've seen changes. For instance, when I was practicing obstetrics, a mother would come in in labor, early labor, first thing that happened back in the seventies and the eighties was that she was given a shower and enema. In recent years, I think as recent as the last 10 to 15 years, the enema upon admission to the delivery floor has been removed. It's no longer done in preparation to delivery. When the patient was given an enema, that emptied the rectum and lower colon, it removed feces and had a better, cleaner feel for the baby to be born into. That doesn't exist anymore. That's going backwards in medicine. And as I stated before, when I was doing Gyn oncological procedures, like radical hysterectomies and pelvic exenterations, it was an absolute necessity to clean the colon. I used to do my own cleaning because frequently preparations were not adequate and I'd find out in the operating room, which was too late to re-clean it. So, I would, prior to operating and the night before, I would go in and make sure that my patients had adequate colon cleansing. One of the procedures, we actually use is with the descending colon to make a bladder during this procedure, so to open the colon during an operation the colon had to be clean to minimize the contamination of the surgery. And that was one of the reasons why I am so familiar with the necessity of cleaning the colon.

Q: How did you know that that led to just a broad or general sense of application to good health used as an alternative to prevent disease?

Dr. Edgar Guess: Well, it makes sense to get rid of all the waste in the body, not just at surgery time. We need to eliminate the waste of the body. Colon hydrotherapy is a method of removing all the waste from the large colon. The colon is what I consider our garbage can. It needs to be emptied. In the kitchen you need to empty the garbage to make sure that there's not an odor and contamination in the preparation for food in your kitchen. It needs to be done on a regular basis thoroughly, because you'll find a kitchen that is stuffy. So, it applies to the body that your lower colon is your garbage can and it needs to be cleansed and emptied.

Q: Does it get reabsorbed back into the body if not cleansed?

Dr. Edgar Guess: Absolutely. The colon contains the waste, the waste is inside of a closed colon. Vascularity, the veins, the lymphatic vessels, encase the colon. So, naturally there's diffusion of the waste into the venous system and the lymphatic system over, and over, and over, and over. So, if you remove most of that waste, then you remove most of the toxins and there's less for your venous system to pick up and carry through your whole body over, and over, and over again. You feel so much better. I have loads of patients who have come on a regular basis and they themselves will come in because they know when they need to empty their colon. They become sluggish, they become tired, they don't function. I have actors coming into the office frequently, and I've had a number of people to tell me, "I can learn my lines much better. My mental acuity is so much better when I have a clean colon."

Julie Tyler: In terms of outside or beyond a general sense of feeling better, feeling lighter, better mental acuity, do you see there being a link with other specific types of disorder, or disease, or ailments, things that ail people, and that colon hydrotherapy can really alleviate some of those different sorts?

Dr. Edgar Guess: Absolutely. For an instance, acne is a problem. And we spend loads of money on preparations, on antibiotics, on emollients, and other things. And I have seen several instances where patients have come in and had two or three colonics and the acne clears itself up. And that's because of the toxins in their body, and it's necessary to clean the body. I must say there are some very well-known physicians who absolutely do not believe in colon hydrotherapy. I think there's a Harvard physician who said the colon is supposed to be dirty, and I couldn't believe that he said that publicly. We have some other famous physicians who make statements that colon hydrotherapy is unnatural and unnecessary. And again, that goes back to their lack of knowledge, and I'm sure that those physicians have never had a colon hydrotherapy session. And it would benefit them and clean their colons and their mind if they had several sessions. And I will gladly offer to give them session initially so that they can experience it. This is something that before you talk against you should have some personal experience with. And I guarantee if you've had one or two personal experiences you will continue for the rest of your life.

Q: How often do you do colon hydrotherapy?

Dr. Edgar Guess: Approximately once a month. After holidays and indulgences, even more often. My body will tell me when it's necessary. I missed Thanksgiving and Christmas and New Year's, this past New Year's, for some reason...busy. And I was beginning to get sluggish, falling asleep in the afternoon, and one of my therapists noticed and said, "Well, I didn't give you a

colonic in about two months, doc.” And I’m saying, “That’s what’s wrong.” And so of course, I took advantage, well, it’s my place. Well, I’m the medical director.

Julie Tyler: Sure. Well, thank you.

Q: Anything else you want to add in closing? Something you want to say? Anything that you think should be seen or heard about this?

Dr. Edgar Guess: Colon hydrotherapy is very beneficial to everybody. There are almost no conditions, there are almost no conditions, there are very few, that colon hydrotherapy is inadequate or not the proper procedure. That’s less than one-tenth of one percent of the population.

Julie Tyler: For example, colitis, I understand possibly colon hydrotherapy .

Dr. Edgar Guess: Wrong. Colon hydrotherapy is necessary. Again, it needs to be administered by adequately trained and certified colon hydrotherapists.

Q: What do you say then to the critics who say they don’t know studies that prove this actually works?

Dr. Edgar Guess: That they’re probably right. The reason being is that it has not been approved in the medical community and we haven’t done enough reports, which we can do reports, which are stories, and publish stories from unbiased and people who are respected and can give an honest opinion. This would help. If we can get some institutions to contribute enough funds, find people who are able to do reports...

<crew talk>

Dr. Edgar Guess: If we can find people to take the time to do the collection of data, and make reports, and get this out to the general public more so, than people will naturally respond and become knowledgeable about colon hydrotherapy and the benefits.

Julie Tyler: Why do you think it hasn't been done thus far? You commented on the fact that there's just little knowledge and lack of education. Is there anything else more specifically why you think this hasn't taken place already as opposed to all the research and data collection that's been done on behalf of other procedures or modalities?

Dr. Edgar Guess: Again, money. Collections and materials take time, and money, and energy, for people to collect data, publish it and put it out for the general public. I have actors who come in and say they are mental acuity is increased when they get regular colon hydrotherapy.

Q: Have you seen anything more dramatic other than mental clarity or something?

Dr. Edgar Guess: As I mentioned, I've seen acne cleared up in less than a week in many instances.

Julie Tyler: What's your opinion on M.D.s or therapists who claim that it might aid or help or reverse things like rheumatoid arthritis, other more specific ailments? Do you have an opinion on that?

Dr. Edgar Guess: Rheumatoid arthritis, to say it would aid and help, yes it may. Reason being that when toxins are removed from the body, the body's natural metabolism functions better in a clean environment, but for direct relationship to aiding in rheumatoid arthritis, or many other conditions, you can't say specifically, but

when you remove the toxins and put the body in a clean environment inside, the body functions better.

Q: So, basically you're saying the body wants to heal itself?

Dr. Edgar Guess: Absolutely.

Q: Wants to run perfectly, and if you get rid of the toxins, whatever ailment as you say you can't directly say it does that, but the body's working so perfectly that it will heal.

Dr. Edgar Guess: The body needs to be in a good environment. The body's insides need to have a good environment. So, removal of all the toxins in the body and our five feet of colon waste that we carry around weighs somewhere between 7 to 12 pounds that we're carrying like luggage at all time. When we remove that we feel better, we wake up, we sleep better, we function better.

Julie Tyler: That could be a domino effect toward good health?

Dr. Edgar Guess: Absolutely.

Julie Tyler: Toxicity is not good it sounds like.

Dr. Edgar Guess: Absolutely not.

End of DrEGuess_trans.mp3