

Julie Tyler: I would like to know...you have a practice...the two of you. Tell me why you started looking for other things to add to your traditional medical practice, as far as more complementary or alternative things. What was it about your current...that particular incarnation that left you wanting something else?

Dr. Hanan Ayoub: Well, it started when I started my own career back in Texas, learning about acupressure and environmental medicine in general, and learned how we pollute our environment, being an industrial country. So basically just getting the feedback of our professors and of how to clean up our environment, I personally became very interested in making the change. And when it came to my own family, I started changing the lifestyle when it comes to diet. I was very aware of the polluted...the bleached wheat flour, and the milk that is full of hormones and antibiotics. So it was like a wakeup call for me, and it was definitely a personal experience. That's for me. How did it start for you?

Dr. Ahmed Fadil: Well, I had suffered...I was diagnosed with diverticulitis actually about four...maybe four, five years ago. And a big part of it...

Julie Tyler: You yourself?

Dr. Ahmed Fadil: Yeah, and it was pretty bad, actually. It was almost like labor pains. <chuckles> And I was never expecting to end up with a disease like that, but a big part of it is just all the stress. It's diet, it's this, it's that, and believe it or not, to make a long story short, as Dr. Ayoub said, who is also my partner, who said that our own experiences, our own family, is what led us to really explore alternative medicine, one of which ended up being colon hydrotherapy...that I tried on myself, and I've never had relief as much as I've had

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on colon hydrotherapy compared to everything else that I had when my diverticulitis acted up.

Julie Tyler: So you're specifically saying that for your diverticulitis, you found relief through the colon hydrotherapy, that it alleviated those symptoms.

Dr. Ahmed Fadil: Absolutely. I mean, that...right. Right. I mean, the...

Julie Tyler: Permanently? Or did you find you had to consistency do colon hydrotherapy?

Dr. Hanan Ayoub: Complementary.

Dr. Ahmed Fadil: Oh, no, I would say you could...I'd say both. It's complementary to diet, because when I did change the diet, it definitely impacted my diverticulitis. But I feel that there was an add-on with the colon hydrotherapy. I mean, without a doubt. I mean, even not just on the diverticulitis. I've noticed it on...I tend to be...and I admit that I tend to be an anal, picky doctor, even operating my own practice. And I've noticed my irritability and headaches in the morning and sinuses, and all of that, have dramatically gone down just with the colon hydrotherapy, just simply by washing all that stuff out. And as we have discussed earlier about the colon hydrotherapy, we do not just use water when we do colon hydrotherapy on ourselves, or even when we apply it on our patient. We use some other remedies that...they're all-natural ingredients and natural salts, actually. Because the colon is known to reabsorb all that good stuff. So instead of reabsorbing toxins in your own poop back into the bloodstream, you're absorbing the good nutrients which, again, will impact how you feel and how your system operates. I mean, it's a very simple...when you look at it, people think that it's..."How would I buy this idea that doing colon hydrotherapy is going to wash things out and clean me from toxins?" But when you think deeply

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about it, what remains in your colon and what gets reabsorbed...and instead of reabsorbing toxins, and excuse my French, your own poop back into your blood, I'm going to get good stuff so that when it get reabsorbed, it goes to your brain. Very simple. A, B, C.

Julie Tyler: Well, exactly. The medical community already accepts the fact that there's absorption going on, obviously in the small intestine, but also in the large intestine. So why can't the bowel reabsorb toxins that we really don't want to be reabsorbed? I mean, it can do both. It absorbs water. Why can't it absorb toxins through the water. I mean, you can rehydrate the body through the colon. You can rehydrate the body through the colon faster than you can through an IV.

Dr. Ahmed Fadil: That's absolutely correct, and that's what...I'll let Hanan explain that part. When you asked that about the colon prep, I mean, the colon prep...she said one word: It dehydrates you. But colon hydrotherapy...

Julie Tyler: Yeah. You're talking about the oral prep, the PEG or the OSP for colonoscopy. It's harsh in the way that it dehydrates.

Dr. Ahmed Fadil: You want to explain how?

Dr. Hanan Ayoub: Well actually, you just said that even with the colon prep, we still go to the...

Dr. Ahmed Fadil: Colonoscopy.

Dr. Hanan Ayoub: ...Colonoscopy, and we see the patient as still packed with poop. And even with my own son, he's a very skinny guy, and we were just there not for a colon x-ray or anything; it was just for preop x-ray, and I was surprised that he was impacted with poop.

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Julie Tyler: He had impaction in his bowels.

Dr. Hanan Ayoub: Impaction, yeah.

Julie Tyler: And you would never have guessed because exterior appearance..

Dr. Hanan Ayoub: I would never guess that. He's very...he looks very skinny. So to me, he was not like bloated, to guess that he's impacted with poop or anything. So that tells you that colon prep is not really the right answer for preparing our patients for colonoscopy. And we need to stimulate the colon. If the colon is so dehydrated and so inflamed, I don't believe that the colon will empty on itself. The colon needs help.

Julie Tyler: When you talk of inflammation, are you talking about the cells that line the wall of the colon?

Dr. Hanan Ayoub: Yes.

Julie Tyler: Like the very delicate cells-...they can be damaged. And then when they're damaged, their DNA, their brain, if you will, doesn't allow for their function, which is peristaltic movement.

Dr. Ahmed Fadil: Right. And this is where you're reabsorbing...

Dr. Hanan Ayoub: Which is our lifestyle now. We were talking about the too much coffee we're drinking, the too much alcohol sometimes, and the holidays we go, and instead of running and helping the colon to empty by itself, we have this sedentary life and...

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Julie Tyler: Like we take a dog for a walk to exercise the dog, and it's a natural.

Dr. Hanan Ayoub: For a dog.

Dr. Hanan Ayoub: But we don't take ourselves to exercise because of the rush lifestyle that we're living in. So unfortunately we are not helping the healthy cell to take care of the...

Julie Tyler: Its one most important function.

Dr. Hanan Ayoub: Exactly.

Julie Tyler: Which is that eliminatory function.

Dr. Hanan Ayoub: Function.

Julie Tyler: Do you think that chronic constipation is something that people should worry about?

Dr. Hanan Ayoub: Absolutely.

Julie Tyler: Does it...can it lead to ill health, and how can it do that?

Dr. Hanan Ayoub: It's the beginning of diverticulitis.

Dr. Ahmed Fadil: Yeah, right. I mean, that's a very common--

Julie Tyler: Do you think that you have forestalled anything more serious than diverticulitis as a result of eliminating that?

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Dr. Ahmed Fadil: I mean, diverticulitis is in one in every three men in America. I mean, it's a common...but unfortunately a big part of it is really based on lifestyle and how the colon is stressed. A lot of people look at the colon as, as you said earlier yourself, it's a pipe for poop to come out through, and reabsorb water. But that's not true; a colon has an unbelievable capacity of reabsorbing. So why don't I use that opportunity and let it reabsorb the good stuff, not the bad stuff? So back to your question, the chronic constipation, that stuff is staying there, and they get hardened, and you get into a vicious cycle. If I'm not emptying...I mean, a lot of people say, "Well, what is my...when should I"...I'm seeing patients that have a bowel movement once a week. That's...I mean, you should have a bowel movement one or two, three times *a day*.

Julie Tyler: Minimum.

Dr. Ahmed Fadil: Not one or two, three times a week. So you're impacting all of it. In a given week, if you're not having a bowel movement, you're carrying an average of 10 to 13 pounds' worth of poop.

Julie Tyler: So is that an impediment then for the bowel? In other words, the bowel can't reabsorb, A, water; or B, good nutrients and healthy material.

Dr. Ahmed Fadil: The tank is not emptying. So I cannot allow the tank to do other things.

Julie Tyler: But isn't the small intestine where all of this absorption of nutrients and final digestion takes place, or does in fact the colon do that?

Dr. Ahmed Fadil: Well, actually, believe it or not, I... throughout medical school, and I have three or four subspecialties...I've never been taught the proper

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nutrition. They don't really emphasize nutrition in medical school, or even when we are in training. And when we are out in practice, we don't...

Julie Tyler: But Hippocrates did.

Dr. Ahmed Fadil: Huh?

Julie Tyler: Wasn't he the Father of Medicine? Didn't he say, "Let thy food be thy medicine"? So why isn't that being taught in school, in medical school?

Dr. Ahmed Fadil: Medical schools don't teach nutrition that much. <laughs> We're teaching more about medicine and disease and diagnosis of symptoms and signs, and how to fix it, period.

Julie Tyler: And labeling disease. Yeah. Yeah.

Dr. Ahmed Fadil: But nutrition is a big ordeal even as a critical care specialist. I used to rely a lot on my nutritionist right there at the bedside to guide me in a lot of things, especially with those with GI issues. A big part of that is, again, there are some specialists that go on and actually specialize in nutrition. But majority of doctors, we were never taught properly about nutrition. So back to the question, if you dig deep into, and read more about the colon, you will notice that the colon... through, again, the anatomy and the blood supply...the mesenteric plexus and blood coming out of that area, especially into the sigmoid area, descending colon and all that, they have very high power of reabsorption. Not just water...reabsorbing whatever is staying inside the lumen, period. It's very simple. So let's make sure whatever is inside the lumen is not poop.

Julie Tyler: Right. So in other words, if there are good nutrients left over that haven't been absorbed in the small intestine, the final stage, whatever is left in there

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that the body needs and wants, very subtle nutrients, will be reabsorbed by the colon. So if the colon is impacted and full and not emptying properly, then it can't reabsorb the good nutrients, but it certainly can absorb whatever is there.

Dr. Ahmed Fadil: Correct.

Julie Tyler: Whatever is inside the lumen will be inside the body.

Dr. Ahmed Fadil: Right. I mean, it's a realistic example. There are a lot of therapists and...as I told you...Hanan and I, we use our own ingredients with colon hydrotherapy that are really very powerful nutrients. You take some other colon hydrotherapists, after they clean you out, they put probiotics in. Why? Because they know that once you put the probiotics, it will be reabsorbed better than taking it from upstairs through your mouth, where it goes through the acid and goes through a lot of channels. But right into the colon, that's a powerful way of reabsorption.

Julie Tyler: I just have to start it over now because it records...

Dr. Ahmed Fadil: Want me to repeat it?

Julie Tyler: No, no, no. I got all of it. We're almost done. You might find this interesting; I interviewed Dr. Chi Lee DiGrazia in Manhattan. She also works with IAT, and that's how she...she's a Chinese-trained doctor, and that's how she...

Dr. Ahmed Fadil: Yeah, Chinese, they do a lot of... yeah.

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Julie Tyler: One of her treatment options is that she takes herbs...she uses her doses of herbs, and then she puts it in the water and she administers it in the colon, through colon hydrotherapy.

Dr. Ahmed Fadil: You reabsorb it.

Julie Tyler: Because, again, whatever's in that lumen... so use it as a conduit, if you will, with nutrients...the water is infused with herbs or...in this case, this doctor is recommending herbs...and they are being reabsorbed by the colon and straight into the bloodstream.

Dr. Ahmed Fadil: If you look at worst people that actually don't poop out because of chronic constipation, what do they do? They shove the medicine into the rectum...correct...and they go that way. Why? Because it gets very well absorbed through...taking it through the mouth didn't work.

Julie Tyler: So the medical community is...one way that they treat people is by putting medication into the rectum, actually, because they know that that medication will be reabsorbed faster that way than having to go through the whole entire digestive system.

Dr. Ahmed Fadil: Right.

Dr. Hanan Ayoub: It's the same idea of any suppository.

Dr. Ahmed Fadil: You're pampering...

Julie Tyler: So why the hypocrisy then, do you suppose, with the medical community not...

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Dr. Ahmed Fadil: Because...honestly, because we're not taught.

Dr. Hanan Ayoub: I think we are about to change, and we welcome the change. As a traditional medical practitioner, like I mentioned, we started self-educating ourselves. So we should all join this journey of the change and look for a better health style, if I may say, as individuals, and look for a better ways of helping our patients, as doctors, and we should not object the...or resist the new change, because it's for the best of all, I would say. So you're right, it's time to learn new things. It's time to be open to learn...

Dr. Ahmed Fadil: Yeah, I think we need to open our minds more to alternative medicine, and...

Dr. Hanan Ayoub: Exactly, and whatever helps our patients...whatever works the best for our family and friends. It's not about...not everything about like following the traditional pathway. If it doesn't make sense to me as a patient or as a doctor, I should not go with it, so.

Dr. Ahmed Fadil: I mean, if I were to look at people with colon issues...I don't have to pinpoint to a specific disease...and I would list certain medications that I'm using for these colon diseases or illness or symptoms or signs or whatever, and compare the side-effect and issues that come out of these medications in relation to colon hydrotherapy...so this is the way I'm perceiving things: If I am coming across a therapy or a modality of treatment that I know that the risk of it is close to zero, but the benefit of it may be considerable, why don't I have an open mind to it and perceive it, and apply it, and see what happens? That's how we learn.

Julie Tyler: Do you have any knowledge of side-effects from colon hydrotherapy?

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Dr. Ahmed Fadil: We've never had any issues from the colon hydrotherapy.

Dr. Hanan Ayoub: Personally, like he said, we do it ourselves.

Dr. Ahmed Fadil: We do it ourselves, on ourselves, and the whole family, basically. Even our children.

Dr. Hanan Ayoub: For the past two, three years now. On a regular basis.

Julie Tyler: Do you have parents who bring their children in for colon hydrotherapy? And if so, why are they getting it? What are you treating?

Dr. Hanan Ayoub: Well, there are several issues. Number one issue is the hyperactivity, like I mentioned, and also problems with weight gain. So the up-to-date research when it comes to autism, they related the progress of the neurologic pathways with the weight gain for some reason. The children have to reach to certain weight level in order for us as practitioners to see the change when it comes to the cognitive and behavioral improvement. Colon hydrotherapy did help many families. I'm not saying that it works for all autistic children, but definitely it helps so many families. Because, like Dr. Fadil mentioned, you bypass the whole...if the problem, based on a GI problem, which most of the cases of the autistic based on the leaky gut syndrome...if you have heard about that.

Julie Tyler: A great many...a great percentage of autistic children have leaky gut syndrome.

Dr. Hanan Ayoub: GI problems.

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Julie Tyler: Or GI problems. I mean, the vast majority of them.

Dr. Hanan Ayoub: Definitely. And this is where the colon hydrotherapy would work the best, when it comes to the autistic cases.

Julie Tyler: And the reason specifically is why? Because you are helping maintain healthy weight levels?

Dr. Hanan Ayoub: Again, the same concept. Why are we using the colon hydrotherapy? Because the child himself or herself cannot get rid of the waste. They eat, and the tank is full. So if...and neurologically...

Julie Tyler: And neurologically, there's that connection between the bowel and the brain...

Dr. Ahmed Fadil: Yeah, second brain, as we said. Yeah.

Julie Tyler: ...And because of those neurological pathways, they have been disrupted for whatever reason.

Dr. Hanan Ayoub: That's why...

Julie Tyler: And so one of the side-effects is poor functioning bowel habits, correct?

Dr. Ahmed Fadil: And the yeast as well.

Julie Tyler: And yeast. And so you have to give them some kind of tool to help eliminate, and so colon hydrotherapy is one way that you do that? And that in turn helps neurological...

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Dr. Hanan Ayoub: Right. Because we're talking now whole body. It's a holistic program. We're not a person sliced, colon by itself and brain by itself. The whole body is connected, and that's what we talked earlier about, the energy medicine, and how even we can affect each other from a distance...the quantum physics, and things like that. So that's why I'm saying we really need to...if we want to help our children, if we want to help our patients, we really need to be open-minded and look into this beautiful science, and dig deep into it.

Julie Tyler: And the children to whom you've administered colon hydrotherapy, have you seen a development that that was positive with these children as far as...

Dr. Hanan Ayoub: The activity level definitely goes down, and the families report that. Neurologically...

Dr. Ahmed Fadil: Yes, and neurologically...they're neurologically better.

Dr. Hanan Ayoub: More focused.

Julie Tyler: More focused. Calmer.

Dr. Ahmed Fadil: Yes.

Dr. Hanan Ayoub: Right.

Dr. Ahmed Fadil: Big part of also that, because of the colon hydrotherapy...make a long story short...it alkalize the media within the colon wall and everything, and that indirectly will fight the yeast infection and make the colon more healthier and...it's all...

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Julie Tyler: So you're diminishing acid levels. Acidosis is being addressed...

Dr. Ahmed Fadil: Much less <inaudible>.

Julie Tyler: And you're doing...you're trying to create the opposite environment, which is alkaline.

Dr. Ahmed Fadil: Correct. I mean, if you look at any given nutritionist here in the United States--there are a lot of pioneers in nutrition...they tell you we should go 80/20...80 alkaline, 20 acidic. If you look in reality, if you take anybody walking across you, and you look at their diet daily, we're 80 acidic and 20 alkaline.

Julie Tyler: Completely the opposite.

Dr. Ahmed Fadil: So colon hydrotherapy actually helps to put the equation back to where it belongs.

Julie Tyler: And do you also feel that that might be the same percentage when it comes to good bacteria versus bad bacteria? In other words, we're supposed to have 85 percent healthy bacteria that's in the bowels to finish the absorption process, but most people have the opposite balance.

Dr. Hanan Ayoub: I've seen...

Dr. Ahmed Fadil: Right. Because antibiotics...the era of antibiotics now in the United States are just unbelievable. So your flora gets messed by antibodies.

Dr. Hanan Ayoub: But I have to say that so many traditional medical doctors now are using the probiotics with the antibiotics.

Dr. Ahmed Fadil: Which is a great way to...

Dr. Hanan Ayoub: Which is a great way of getting back to the balance.

Julie Tyler: Do you think most doctors are, or a couple are? Or you're finding...you're giving them the benefit of the doubt?

Dr. Hanan Ayoub: I think I...

Dr. Ahmed Fadil: Quite a few. I want to say majority.

Dr. Hanan Ayoub: I think I see an increase, yeah. I see an increase.

Dr. Ahmed Fadil: There is an increase.

Julie Tyler: There's an increase.

Dr. Hanan Ayoub: Yeah, definitely.

Dr. Ahmed Fadil: Especially in the pediatric... pediatricians now doing so, which is...this is the best way of doing things, is combining a probiotic with... when the child is placed on antibiotics. Because once you start taking a three-year-old and you start hitting them with antibiotics, and they are 14 or 15 years old, you really made a big change in the flora.

Dr. Hanan Ayoub: And I have to say, my pediatrician... ten years ago, they were very careful not to prescribe the antibiotic just like that...<snaps>. Now it's like...

Julie Tyler: You were lucky.

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Dr. Hanan Ayoub: I think we have to go back ten years ago and see why antibiotic was not the candy today. I mean, definitely antibiotics is not the answer for all the illnesses, and the body knows how to heal itself. So it should be the last resort if the child or the patient body can help itself, so.

Dr. Ahmed Fadil: So we're underestimating the capability of the colon.

Dr. Hanan Ayoub: Well, of the whole body, actually.

Julie Tyler: Of the whole body, but since this is about the colon. My coworker was just on...he happened to mention to me he had been under the weather and was on many rounds of antibiotics. And of course the first thing I said was, "Are you taking probiotics?" And he said, "No. What do you mean?" I said, "Did your doctor tell you that you should be eating a lot of yogurt or taking some kind of strong probiotic?" and he said no. So there you go.

Dr. Hanan Ayoub: Yeah. It's about community awareness, and what you're doing is really wonderful, so I hope everybody will be aware.

Dr. Ahmed Fadil: We still have a long way to go, but I think the word is out there. We just need to push more. And again, we should be open as...we're still traditional doctors...we should be open to new modalities and alternative medicine. And I really feel that alternative medicine adds on to traditional medicine. It does not take anything away from traditional medicine.

Dr. Hanan Ayoub: It's definitely complementary, and we need it.

Julie Tyler: And do you think that the colon hydrotherapy community, as far as the therapists, are

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providing an important modality and that they should be supported, and that they should be...

Dr. Ahmed Fadil: They are, but they need big support. They need the support.

Dr. Hanan Ayoub: They need the acknowledgement. They need the insurance company to acknowledge them, and the whole society. It's a good start to clean up our own environment. Like we talk to...we talk a lot about how we should clean our oceans and how we should take care of our earth. We also need to take care of our body. So it's a definitely good start to cleaning up our environment, our own environment, so.

Julie Tyler: Do you think that the colon hydrotherapists...do you think they would be helped if they were able to mount a large study showing the efficacy of colon hydrotherapy? Would you like to see a study...more studies done?

Dr. Hanan Ayoub: Absolutely.

Dr. Ahmed Fadil: Absolutely, but honestly, and to be fair with them and fair with...they need a backbone. They need the infrastructure that will allow them to do so. Meaning they need the backup from doctors and big institutions to launch this endeavor and get it accomplished.

Dr. Hanan Ayoub: And patients too.

Dr. Ahmed Fadil: Without that, a lot of...

Dr. Hanan Ayoub: And patients too. It's really a responsibility...taking the responsibility.

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Dr. Ahmed Fadil: Right. I mean, your best advocates are your patients.

Dr. Hanan Ayoub: Yes.

Julie Tyler: Do you document cases that you see come through your practice? Have you been kind of keeping track or trying to document in any way sort of personal...

Dr. Hanan Ayoub: We do. We do.

Dr. Ahmed Fadil: Yeah. Hanan is actually conducting a research that hopefully will be published in a few years. But she's collecting cases and...

Dr. Hanan Ayoub: We do. But the major issue here is the compliance, because the insurance is not covering the colon hydrotherapy. That's why we see the...

Julie Tyler: Why do you suppose they don't cover it?

Dr. Hanan Ayoub: I'm not exactly sure. I don't know. I wish they would look into that.

Dr. Ahmed Fadil: Well, it's not covered because it's not approved, because they're not aware that it's an effective therapy, period. So how would I make it an effective therapy is back to what I told you: You got to launch the right study with the right backup and the backbone for it, so that I acknowledge it as the public. Therefore, with the push to the insurance company, it will become a therapy and it'll become a code to be paid for for services, so the patient doesn't have to suffer to have it.

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Dr. Hanan Ayoub: Yeah. If there is a demand...you're right. If there is a demand, definitely there would be a service, so.

Julie Tyler: And where do most of these studies come from? Who funds them? Where do they start? With a university? With a hospital?

Dr. Ahmed Fadil: All of the above.

Julie Tyler: And where does the money usually come from?

Dr. Ahmed Fadil: You know, I believe if you...in thinking about it deeply...if you put in the right organization for this, and write for a grant to NIH, I don't think NIH would turn a project like that down. If you show enough of number of cases that had acknowledged the benefits of colon hydrotherapy, backed up by the physicians, whether traditional or nontraditional physicians that had used it, they wouldn't say no to that. They grant a lot of research because they want to see the change. So something like that, you want to start big and start proving that it does work, and from there we go. But, voices of good things but with no action, is not going to take us anywhere.

Julie Tyler: So maybe the NIH might be supportive of a study?

Dr. Ahmed Fadil: Correct. Because if you were to go to a university or big institution, whatever, they're structured differently. Their infrastructure would not perceive a project like that. It's just not...but NIH, their doors are open for anything in advancement in medicine. I mean, it just...the door is open. "Let me see what you have. Let me review it, and I'll tell you if it's a yes or no."

Julie Tyler: Have you heard of the Cleveland Clinic?

Dr. Ahmed Fadil: Yeah.

Julie Tyler: Have you heard of the Integrative Department of Medicine at the Cleveland Clinic?

Dr. Ahmed Fadil: Yeah. A lot of hospitals, big hospitals, have an integrative...even...

Julie Tyler: Yeah. And the Cleveland Clinic we know is a world-renowned...

Dr. Ahmed Fadil: Right. I mean, like Dr. Oz runs another clinic alternative, which is great, and he runs his program through it, or what have you. But the ticket, as you said, to adopt research and support it financially, academically, blah, blah, blah, blah, blah, and conduct it for a year or two...don't know the answer, but I think you get a better shot at NIH.

Julie Tyler: I reached out to the Cleveland Clinic, to the Integrative Medicine Department, to the head administrator. She said that she is not familiar...she's moderately familiar with colon hydrotherapy, but that they don't kind of endorse it broadly at the university, at the Cleveland Clinic, and that she didn't really want to get involved or...

Dr. Ahmed Fadil: Right. Because I believe in...let's make it in simple words here. If I believe in that...if I'm not convinced, I cannot sell you. If I don't believe you, how could I sell you that notion?

Julie Tyler: She said that they refer their patients outside of Cleveland Clinic and the Integrative Medicine Department, that sometimes they will refer patients to colon hydrotherapists, but that they don't have anybody

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on staff, and that it's not part of their protocol. Why do you suppose that is?

Dr. Ahmed Fadil: Right. But that's exactly what's happening across the country. Colon hydrotherapy is all over the country now. Bits and pieces everywhere. What you need is coalition of forces...

Julie Tyler: But why isn't it being sanctioned by well-known integrative medicine departments at renowned universities like Cleveland Clinic?

Dr. Ahmed Fadil: A question to be answered.
<laughs>

Julie Tyler: They know it's useful. Why don't they say - call a spade a spade...and say, "Yes, we're going to bring this into our world-renowned integrative medicine department at Cleveland Clinic. We're going to endorse colon hydrotherapy."

Dr. Hanan Ayoub: I think they're overwhelmed with other issues. And like Dr. Fadil was saying, it has to be in the infrastructure. So if the individual adopted...like I heard that the royal family back in England, each one of them has a colon hydrotherapy machine in their own royal suites.

Julie Tyler: It's pretty well documented that the kings... Henry VIII, whatever...Louis XIV, whoever... had colonics on a regular basis.

Dr. Ahmed Fadil: Yeah.

Dr. Hanan Ayoub: See? So basically if we start treating ourselves like royals, and that will become our infrastructure, then that's the way to go. But right now, everybody is on the rush, and we're overwhelmed with

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so many issues. So it's just a matter of time. I'm sure they would love to...

Dr. Ahmed Fadil: I mean, the driving forces for... colon hydrotherapy in general are there. They're all over the country. Just you need a coalition of all these forces, and the unity of all these forces to become a big backbone for research...then it would be launched. But as long as it's small pieces here and there, and you come to me at the Mayo Clinic and say, "Yeah, I heard it works, it's good, but are you interested?" "Not really. I got other things that I'm working on." So that's why when you present it and...

Julie Tyler: I reached out to the Mayo Clinic as well, and I couldn't get one GI to talk to me about their opinion on colon hydrotherapy, just as a prep for colonoscopy.

Dr. Ahmed Fadil: The power is in making the coalition and the right people to launch that. And then after that, everybody will start looking at you and start listening. Why? Because it seems like it's big. If it's not big enough, you're not going to get my ears.

Julie Tyler: Okay. Well, thank you for this great interview.

Dr. Hanan Ayoub: Our pleasure.

Julie Tyler: I appreciate it. Maybe we will start this...

Dr. Ahmed Fadil: We're off camera?

Julie Tyler: Yeah. We'll start this coalition. I guess that's the goal.

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Dr. Ahmed Fadil: Thank you very much for your time.
I definitely will be...

Julie Tyler: You guys are great. I'm so pleased.

Dr. Hanan Ayoub: You're doing wonderful work.
Thank you so much for that.

End of DrAFadil_DrHAYoub_trans.mp3