

Dr. Sharda Sharma: My name is Dr. Sharda Sharma. I moved in to integrative medicine because of my own health problems. Yeah, I mean I didn't start with colonics yet back then. 1982 I was having migraines so I started acupuncture.

Julie Tyler: This was yourself you had migraines?

Dr. Sharda Sharma: Yes. And then the next step was the heart, chest pain.

Julie Tyler: So you had severe migraines.

Dr. Sharda Sharma: To start. That inspired me. And I had done one year of pain clinic in the West Coast in 1974.

Julie Tyler: Okay. And you were not seeing results from...

Dr. Sharda Sharma: No, no, no. I just went and attended the class. And then at that time the West Coast was interested in the acupuncture and research which was just coming out of the University of Seattle.

Julie Tyler: And when you went through the pain management...

Dr. Sharda Sharma: Yeah, I end up in the emergency room with severe headache.

Julie Tyler: With a migraine.

Dr. Sharda Sharma: Yes, severe headache and throwing up. And the next thing I found myself in the emergency room. They're hooking the IVs.

Julie Tyler: And then did you discover colon hydrotherapy after that?

Dr. Sharda Sharma: Yeah.

Julie Tyler: Did you seek out colon hydrotherapy as a result of continued migraines?

Dr. Sharda Sharma: No, just that migraines...even after that...everything was crap, you know, one thing or another. And then I had the chest pain. So the doctor said your HDL is very low. There's EKG change so you go through as a doctor, you know, cardio cath, this runs in my family. So I says it's time to change the pattern.

Julie Tyler: Pattern in your own health.

Dr. Sharda Sharma: Yeah. And migraines...as soon as I got the acupuncture I learned what to do for myself and as a result, there have been no migraines to this day.

Julie Tyler: Wow.

Dr. Sharda Sharma: And I never took a Tylenol.

Julie Tyler: Tylenol is not all that great for you.

Dr. Sharda Sharma: No, but those days the eighties...

Julie Tyler: Yeah, it was. Dr. Michael Gershon.

Dr. Sharda Sharma: Yes.

Julie Tyler: I just interviewed him in New York.

Dr. Sharda Sharma: Oh, you did.

Julie Tyler: He doesn't believe in colon hydrotherapy.

Dr. Sharda Sharma: So what did he say? No.

Julie Tyler: He said it's not necessary. The bowel knows how to function. It's dangerous. You shouldn't mess with it. It's unnecessary. The only time that the contents of the colon are toxic is in the case of extreme bacterial infection. That's it, otherwise forget it.

Dr. Sharda Sharma: Yeah. But what about people...they move their bowels only twice a month. I get those patients. What do you do to those people?

Julie Tyler: I don't know what you do with those people. I can't believe you have patients who actually come to you and say I have not gone to the bathroom one time this month.

Dr. Sharda Sharma: Yes. I have people and then some gastroenterologist send me patients too.

Julie Tyler: They refer patients.

Dr. Sharda Sharma: Refer to me because they have to do colonoscopy. I have one Russian gastroenterologist. He believes in this.

Julie Tyler: Oh, you have to tell me who he is. He's utilizing colon hydrotherapy for colonoscopy prep?

Dr. Sharda Sharma: Yes well he'd love to do that.

Julie Tyler: That would be great.

Dr. Sharda Sharma: Yeah, but the patients don't have money to do this. It's not covered. So to have five colonics it's \$370 for them. So I cannot just do free either.

Julie Tyler: Sure. But it's nice to hear of more GI's who are utilizing it for colonoscopy because there are very few. I have interviewed maybe a handful of them.

Dr. Sharda Sharma: Well, if you want to talk about colonics then I can just start with the ACAM meeting.

Julie Tyler: Yeah. I just kind of want to know about your training? Because I feel like training in this area was lacking in medical school.

Dr. Sharda Sharma: I'm just giving you...I'm just going to tell you as a regular general practitioner since '78. And then just doing house calls, making this, giving prescriptions in and out. And then my own body got fatigued and I ended up in the hospital with the migraine headache. That's what the emergency room told me.

Julie Tyler: You were a patient.

Dr. Sharda Sharma: Yes, I was a patient. I woke up, I say, where I am? Emergency room. You had a migraine headache, you were throwing up. I said oh my

gosh. So then I came home. In '74 I had attended the pain management.

Julie Tyler: In 1974.

Dr. Sharda Sharma: I went to West Coast Seattle, and Don Benico was doing this research on acupuncture. So my eyes open up and acupuncture came and found me. I say migraine and acupuncture hey, hey. And then after that, I started looking for a big place here to do alternative things. So I founded this in '85. My general practice was in Irvington. But I didn't have enough space to do all of these things.

Julie Tyler: To do all of these alternative...

Dr. Sharda Sharma: Alternative...things just appeared in my brain, migraines... because after that acupuncture...I thought...I started the needles. I learned acupuncture. Here we go. My migraines never came.

Julie Tyler: After acupuncture. So are you saying that that opened up a world of other complementary types of procedures and modalities you could use as a doctor?

Dr. Sharda Sharma: As a doctor. So I moved here in 1985. And I put the exercise room in and this and acupuncture. And then one of the patients came, he says, "How about colon hydrotherapy? I'm constipated." I said, oh my gosh. He said, "You've got to do this Dr. Sharma." I say, okay, let's look into it. I'm going to all of the meetings. Mean time I had my own family history of chest pain and all of that. So I was worried about the chest pain. And my brother had bypass surgery so he was looking for chelation. So I say, okay, I'm going to ACAM. So in the nineties I took a trip to California to attend this ACAM meeting which is

American Academy of Advancement of Medicine. So once I reach there I saw all of these exhibitors and one of them was Dotolo.

Julie Tyler: Dotolo Research.

Dr. Sharda Sharma: Research. I say what's this? He said, "That's the colon hydrotherapy machine. And then as a doctor we'd love for you to come to since you're opening your holistic center, whatever you're calling it, exercise or acupuncture well you should look into this too." I said, yes one of my patients is after me. "Okay, let's go talk about it." So I said how do I get my training? What do I do here? So he said, "Come to the meeting and then we will take you from Florida." I think it was a Florida meeting. They had all ready Florida, once a year, east coast, west coast, in different places. So he says it's going to be in Florida. I say, I like that, I'll come. So they had all of these colon hydro therapists talking about this and the worms and they showed me the pictures inside the colon. And my eyes opened up.

Julie Tyler: So you had not heard of anything in your medical training

Dr. Sharda Sharma: No. My first thing was go to ACAM because my brother insisted he had bypass surgery and he said that the theory is after bypass five years I have to go back again. But he brought me the papers for chelation. And he said, "Sharda, you have to do this on me so I can be alive longer then because all of my colleagues are saying every five years you have to repeat this bypass and whatever and I'm scared." I say, okay. And I heard about the ACAM. They do all of these things, the alternative...nutrition.

Julie Tyler: This was advanced medicine, a conference for advanced medicine.

Dr. Sharda Sharma: Yeah, they have it twice a year all of the time. ACAM.org. So I went there. I flew there. And I saw all of these things you name it, the nutrition, the herbs, the bio identical hormones and my eyes opened up.

Julie Tyler: Did you feel at that time that you needed other tools to help your patients?

Dr. Sharda Sharma: Yeah.

Julie Tyler: Did you have patients that you couldn't help or that were continuing to be sick and complaining?

Dr. Sharda Sharma: Yes. I mean what they did, the same thing I was doing...I had patients, mine too, coming for migraines what did I do? Just prescription. Well, once I learned the acupuncture...I used to do...some of them didn't like the needles but I still buzzed them with electricity and they would say, oh yeah, I feel better. Then I give them a little massage time and they were happy. And I could see them perking up. I still had the Irvington office, but I kept them bringing it here because I could run evening hours. It was getting scary there to run. So that's the reason I opened this up. And every day...this was regular medicine too. I had all of these other tables. So then I started putting these massage tables, acupuncture. One by one rooms, like oh, every time everybody say, "Oh my gosh we have this now." But then initially chelation was one chair, we had not even big chair, small chair. Only my brother used to come. I said let me experiment and I'm on myself too because I'm the youngest child and coronary runs in my family.

Julie Tyler: Coronary disease.

Dr. Sharda Sharma: Yeah. So I did that too. And then I met Dotolo at the ACAM. And they attracted me and I said I'm coming because nobody talked about this to me...nutrition and colonics. I wanted to know more about it.

Julie Tyler: Now, you did your residency in the United States.

Dr. Sharda Sharma: Yeah, in Mount Sinai.

Julie Tyler: Mount Sinai, New York?

Dr. Sharda Sharma: Yes.

Julie Tyler: And you didn't get any exposure at that time to digestion or colon...

Dr. Sharda Sharma: No, it was just like rotate from one department and X-rays and this and that. That's the residency. You do OB/GYN two months, two months here, just like a...yeah, everything mixed up and that was the thing.

Julie Tyler: Tell me why do think colon hydrotherapy is effective? What types of symptoms have you seen relieve themselves in your patients as a result of colon hydrotherapy, any kind of colonic cleansing?

Dr. Sharda Sharma: I had patients coming from all over that...I was the only one doing here it in the nineties. Now, we have several of them in Westfield and just in Millburn...you have two more colon hydro therapists.

Julie Tyler: But back then you were the only one.

Dr. Sharda Sharma: The only one in the nineties. So slow...you can see how much demand is there now.

Julie Tyler: A trend is there.

Dr. Sharda Sharma: A trend. People are making news of it. That's why they are opening up. And these are all of my students. I trained them. So what I'm trying to say is that there is so much difference between therapists and ...that's my experience. As I said, I want to do first on myself. Dotolo said, good...that you have to. I said, okay I'm going to back to New York and give me the names of the therapists. I want to get ten colonics myself first and then I'll come to the course. He says, "Yes, that's the best thing Dr. Sharma." I say, okay. So there was one in New York. I saw her. She had good practice and all of that. Dousing. And it was very...I went to one of those shows, the New Life Expo and she was dousing and she was talking about this. So I say, where is your thing?

Julie Tyler: Facility.

Dr. Sharda Sharma: Facility. Can I come? Give me two or three in. She says come tomorrow and whatever day that was...I took that day off. Wednesdays are my days off. So I went there and I did it. The first time was a little uncomfortable. So the next time I said, traveling to New York is like a whole day, can I find somebody in New Jersey? So we found somebody in Paramus. It was a nurse and a doctor running the facility. I say, a-ha, that's a good one!

Julie Tyler: A good combination, you mean, it was kind of validation in your mind.

Dr. Sharda Sharma: Plus I could drive. I hate to go to New York. It's nice. I did my residency at Mount Sinai. I

enjoyed New York, I'm not saying. But the travel from New Jersey. So I found her in Demarest, which is Paramus, which is about 45 minutes from here.

Julie Tyler: And you had a good experience.

Dr. Sharda Sharma: Yeah, so that was my second colonic. So the first one was a little, you know, like what it is, but she said don't stop it. Go back to back as you're telling him...you're telling me because I heard of the Dotolo what's' back to back and this is and that, five feet of colon you have to clean. I said, okay, let me find out who. So she looked for me somebody in New Jersey.

Julie Tyler: And how many sessions did you have all together?

Dr. Sharda Sharma: I had all of my eight, ten. I went back in...

Julie Tyler: Once per week?

Dr. Sharda Sharma: First I did two or three in a row. That's what the doctor explained to me. She was an esthetician. She was into all of these good stuff and nutrition. So I say okay I trust you. You tell me what to do. She had a very nice facility, clean and neat and better than New York, I liked them.

Julie Tyler: Did you have any personal experience as a result? Did you feel different after?

Dr. Sharda Sharma: Yeah, I'm going to tell you after the third colonic...

Julie Tyler: Yeah, cleanse.

Dr. Sharda Sharma: ...my brain woke up like I never felt in my life. I had energy like a whole night I clean up the whole house. I had too much energy. I came back here. Everything was tiptop. And I wanted this. I want to do this. I don't know where this came from. And then I said there's something in there. And then I read this about the colon, that there are fibers, serotonin, neurotransmitters which secretes these serotonin.

Julie Tyler: And if the cells are damaged or agitated by the content...

Dr. Sharda Sharma: The toxins, they're sitting there.

Julie Tyler: ...They don't respond or release the serotonin. And it's the serotonin, apparently, that's needed to start the peristaltic response.

Dr. Sharda Sharma: Right. Plus the patient's brain opens up. So we say the colon and brain is connected. And that's where I picked up everything. And then we went back to Dotolo, I took my courses. I think I went for...they said, "Dr. Sharma, you have your anatomy. You don't have to stay here two weeks or one week. We'll let you come three days if you can spend and learn about our theory what it is and then promote it and get your Dotolo machine in." And then I say, where do I find a nurse now? Then luckily, look at my energy, I'm praying for...and there was a Dr. Muniz here in West Orange. She did the colon hydrotherapy. I didn't know about that. I went Paramus.

Julie Tyler: Oh, and he was right there.

Dr. Sharda Sharma: She.

Julie Tyler: So you found this other doctor here.

Dr. Sharda Sharma: In West Orange. And she was doing this alternative therapy. She was a Russian doctor.

Julie Tyler: And she's the gastroenterologist?

Dr. Sharda Sharma: No. She was just the Russian alternative doctor. She did all of these things, B-12 shots and this and that. And I started exploring...that was one. And there was a Dr. Majid Ali who was in Danville. He had a colon hydrotherapy too machine. So I kind of just...

Julie Tyler: Found a community of other doctors.

Dr. Sharda Sharma: ...Community of these people, right. And then one week she wanted to take time off. So she says, can you cover me? You just have to sit here. Ana will take care of colonic and IVs. I want doctor to be in the office. I said, sure, I'll come. And meantime Ana had just come from Russia and she was the RN. And so she was looking for some extra things. And I said, how this colon works I have all ready been to Dotolo, I'm looking into...she said, "I'll help you. Tell me when you want I'll just come and you'll get the unit and then I'll show you what to do." I say, I'm going to the course. She says, "Okay". So this way I'll have my certification. So she was helpful. Then she came in the evenings because Dr. Muniz did only day time, I think. She has a microscope and everything. So she showed me what they do alternatively.

Julie Tyler: And that's how you started, that's how you got the colonic therapy into your practice.

Dr. Sharda Sharma: Right.

Julie Tyler: So what types of patients do you prescribe colon hydrotherapy for?

Dr. Sharda Sharma: Not even prescribe, I get phone calls.

Julie Tyler: Yeah, well, they come to you it sounds like.

Dr. Sharda Sharma: Right. And they'll say I haven't moved my bowels. The first time when I advertised, the regular patients came. I had heard about colonics this and that and I told you a couple of patients were looking for it. They bring me little fliers. I say okay then so they felt good. And then they started coming like oh there was a teacher from Bellville came. She said, "I do not move my bowels, maybe twice a week or once a week or sometimes once a month." I said, are you crazy? Yeah. She says, "No, Dr. Sharma, that's why I heard about you and I'm coming here." I said, okay, but you've got to take all of this fiber and change your lifestyle and even then, the first two or three times she was like cramping. So then I learned the little method too that they have to have a lot of fiber in.

Julie Tyler: And massage a little bit.

Dr. Sharda Sharma: Massage, I did it because when I did the colonic therapy workshop...

Julie Tyler: Training.

Dr. Sharda Sharma: Training and I gave my lecture... you have to go your lecture of preparation. So I did the colon hydrotherapy and acupuncture. So they said, "Dr. Sharma, you can't say acupuncture because you can do needles, therapists cannot." I say, okay then change the topic to acupressure. He said, "We like that." So I

taught them all of the meridians. And especially to the colon, stomach 25 and this whole meridian where they have the massage. And they perk up, they said we never heard this thing before. So that's an addition to acupuncture, acupressure points. So now you massage all of those. It's in my post colonic. And I teach my patients. Then they go home...

Julie Tyler: To do self-massage.

Dr. Sharda Sharma: Self-massage. And they all say that's the best thing you taught us Dr. Sharma, the fiber and this massage.

Julie Tyler: What, in your opinion, if someone suffers from chronic constipation what exterior symptoms are exhibited as a result of that impaction that you...

Dr. Sharda Sharma: Oh they look terrible. They're dehydrated. Their skin is soggy. And it's like they're not happy. They're walking like they're mad at somebody.

Julie Tyler: Yeah, agitated.

Dr. Sharda Sharma: Yeah, all kinds of things.

Julie Tyler: Skin problems, rashes.

Dr. Sharda Sharma: Skin rashes, psoriasis. I had tons of people come for psoriasis.

Julie Tyler: And did you see good results?

Dr. Sharda Sharma: Yes, and we had some pictures too. I wish I could have taken out the...

Julie Tyler: We'll find them later. Did you see your patients with psoriasis go away?

Dr. Sharda Sharma: Yeah. She wanted to get...she heard about me and she was going to get married. She came two weeks before the wedding. She ate something, which flared her psoriasis.

Julie Tyler: Okay. So it was bad. She had bad skin at that point.

Dr. Sharda Sharma: Bad time. And she says, "How can I get married two weeks from today? I have to go get the gown and look at my face." I said, come here.

Julie Tyler: So you gave her a colonic.

Dr. Sharda Sharma: So I tested her. I said, what did you eat? It was some kind of fish she ate which flared up. So I did both thing on her colonic and de-sensitizer. So she hold that fish and I rub her pack and I did that's the NAET. So two things for every day...

Julie Tyler: Muscle testing.

Dr. Sharda Sharma: Muscle testing kinesiology. And I treated her for that too. So both things combined, she said...nobody helped me...she called me, she told, "You've got to come to my wedding. I don't know you." I say, I don't know if I have the time in my schedule. She said, "You've got to take a few minutes. You've got to come."

Julie Tyler: And you saw her skin completely...

Dr. Sharda Sharma: Completely clear. That's the picture we have. I don't know where I can find that.

Julie Tyler: Well, what do you say to patients who say I have psoriasis and my doctor has prescribed medication? I've been on medication for a long time. What do you say to that?

Dr. Sharda Sharma: Well, they come here and say that. They say, we heard that colon hydrotherapy does make a difference.

Julie Tyler: Do you think colon hydrotherapy is better than the medication?

Dr. Sharda Sharma: Definitely, yeah, because you see the change. So now we tell them before and after. And it's a wonderful thing.

Julie Tyler: What else can colon hydrotherapy, in your opinion, address as far as symptoms? What about people with autoimmune diseases?

Dr. Sharda Sharma: The autoimmune or fibromyalgia, you name it. It's all diseases. Once the colon is clean the toxins are coming out.

Julie Tyler: So do you think that toxins can enter through the walls of the colon and circulate throughout the body?

Dr. Sharda Sharma: Yeah, re-absorb because they're five feet of colon. So if you don't do all of these five feet especially back to back. So you're doing one portion and then if you say, okay, I'm not coming for one month. Then all of this junk is going back to this bile duct back to your liver and your skin.

Julie Tyler: Does the cleansing of the colon, in turn, alleviate some of the burden that the liver has?

Dr. Sharda Sharma: Sure. As soon as you've touched this, the bile ducts and the liver...things open up. And that's where all of the other organs dump the thing to the liver to the colon. So I insist on them that if they didn't come back to back to back, there's all of this junk going back. So whether they say I don't have money, I don't have money. I say prepare yourself for five in a row and then come, otherwise we're wasting time. And if not just go to that open system or just be a spa kind of put the little tush in and then wash it out.

Julie Tyler: So you actually recommend back to back sessions.

Dr. Sharda Sharma: Yes.

Julie Tyler: Several times per week, every couple of days.

Dr. Sharda Sharma: Right. Yeah, 48 hours. Once they've done their four five, five feet are clean they can do once a month. They can do once a week. Depending. I used to recommend twelve but now with this economy it's very hard for patients to come back. But I tell them maintain it. If not, keep your fiber greens and everything.

Julie Tyler: Why the rapid succession of the colon hydrotherapy? Physiologically why do you need to do that?

Dr. Sharda Sharma: Because it's five feet of colon.

Julie Tyler: Yeah. So you're saying one colon cleanse...

Dr. Sharda Sharma: Will only do this part.

Julie Tyler: The first portion.

Dr. Sharda Sharma: Yeah, then you go to this one. Then you go to transverse colon, then you're ascending. And if you see the reflexology it has all of the names of those things. Suppose you're suffering from sinusitis here. So if you're not going to come to this side, you're not going to do the job for them. They'll be still sneezing and coughing.

Julie Tyler: I know what I wanted to ask you. I wanted to know if you actually saw when you did your residency, when you made rounds and things like that and you saw X-rays and things, did you see...ever see actual impacted colon? Because some doctors tell me there's no such thing as people with impacted colon. They tell me. No, it doesn't get impacted. We know because when they come for colonoscopy and immediately flushes everything out.

Dr. Sharda Sharma: Flushes out, right.

Julie Tyler: So how can it be years of impaction in there? That's what they say. What do you think? Did you see examples of people that had impacted colon firsthand? Because if you don't go inside someone's body you don't know if it's impacted? But how would you know then?

Dr. Sharda Sharma: Impacted...that's why I showed the patients. Initially, when they take fiber and all of this, the first part of the colon will be cleaning out. It will get softer. When you go to the next part, again, the hard stuff will start coming. And then when they reach to the right side, ascending colon, you'll see those black hard stools coming out. And I show them and then they say, my gosh, why I'm getting so much? They will just keep flushing, flushing. He says, "You've been giving me five colon and still I have all of this junk? Where is coming

from?" I say it's coming from your skin. It's coming from your head, everywhere. And then that's being dumped to the colon through the liver and all of that. And you had some of this sitting there for years.

Julie Tyler: So why do doctors say that there's no such thing as deposits stuck inside?

Dr. Sharda Sharma: Because...what they're saying is... because their theory, from the medical POV is that these cells they die and the new fresh cells keep coming. So there's nothing left in the corners, that's their theory.

Julie Tyler: In the corners.

Dr. Sharda Sharma: Or on these little folds.

Julie Tyler: The folds. Much like the small intestine is many, many folds, the colon has little pockets. So they're saying that there's no way that material can get stuck inside the folds.

Dr. Sharda Sharma: Stuck inside because the new cells are being formed.

Julie Tyler: Sloughed off, so it sloughs everything out.

Dr. Sharda Sharma: Yes.

Julie Tyler: But what about diverticula? I mean they know that diverticula form, little pockets. And so if there's a little saggy pocket right there, obviously, something traveling...contents traveling through the tube can get stuck inside the pocket.

Dr. Sharda Sharma: Sure. Those are the things. And then why do the people have diverticulosis? It's inflammation, right, because they don't eat fiber. And the colon gets...I have the different pictures. I can show you those too here, which has irregular things. I'm sure you have seen that.

Julie Tyler: Yeah, we have seen.

Dr. Sharda Sharma: So that's how their colons are because they never move their bowels. The ladies, I told you, who come once a week or twice a month that they move their bowels. Nobody checked their insides.

Julie Tyler: Do you think that chronic constipation leads to...you said that you think it leads to disease, all kinds of disease.

Dr. Sharda Sharma: All kinds of disease.

Julie Tyler: Do you think it leads to colon cancer?

Dr. Sharda Sharma: Definitely. Colon cancer. Colitis. All kinds of different, IBS they call it. I mean you name it the way they say oh we don't know the cause. So what are you going to do?

Julie Tyler: Are you in agreement that if colon cancer is such a big killer, the third largest cancer in this country that much has to do with lifestyle and 80 to 90 percent of it can be attributed to lifestyle.

Dr. Sharda Sharma: Definitely.

Julie Tyler: And that many of those patients had issues with chronic constipation.

Dr. Sharda Sharma: Like they eat only meat, potato. They don't take 30 grams of fiber what I insist on them. And that's the reason my regulations are any new patient coming they have to come here, show me what they're taking, which kinds of greens and more. I have no problem. Because why? When I put that little tube in their colon what they're saying is that they start cramping because there's a hard stool sitting there and they never had taken any flax seed, psyllium husk, chia seeds, there's so many things and greens. But the greens...my greens doesn't have even fruit. I don't like fruit because they're full of yeast. On top of it they go and bring me a green where there's berries and this. I said, no I just want spinach, green wheat grass and all of that. Read the label. Bring anywhere. I'm not fussy but it has to be all greens.

Julie Tyler: Do you think that people who are diagnosed with colon cancer or even the first stage of colon cancer which could be diverticula forming in the colon, do you think that they could prevent the onset of colon cancer by going through a series of colonics?

Dr. Sharda Sharma: Right. If you see Brenda Watson she has written all of these books and shown how these things...people don't listen to us and then they come up with the colostomies and this and that. And the colon cancer can be prevented if everybody....if the insurance covers this colonic. That's the best thing to happen.

Julie Tyler: What do you think about this? I tried to get in touch with the Colon Cancer Alliance. They're an organization that's advocacy for awareness and to support patients. And I asked them if they had an official view about colon hydrotherapy, especially as a means for colonoscopy prep if it meant that more people would have an alternative and that they would maybe get screened. And they consulted their doctor on the board, and he said, the Colon Cancer Alliance does not support colon hydrotherapy. That they don't

think it's useful. And it's not part of their message. It's not part of their message or their agenda at all. What do you think about that?

Dr. Sharda Sharma: But that's not good. Because when I go to ACAM, American Academy of Advancement for Medicine, we do have the colon hydrotherapy class. I mean I did my lectures there and the people knew about it. And then it did help them too. And that's why Dotolo is there and how the doctors get their colonic units in their places who are alternative.

Julie Tyler: So what would you have to say to the Colon Cancer Alliance about colon hydrotherapy?

Dr. Sharda Sharma: Because nobody's done any study. And we don't have money to spend on that. And there's no drug company to get involved.

Julie Tyler: Why don't the drug companies get involved?

Dr. Sharda Sharma: No, because they make more money on Dulcolax and the laxatives, Senekot and maybe more. And that ruins the peristalsis and the tone up the muscle.

Julie Tyler: And tone. These laxatives.

Dr. Sharda Sharma: Laxatives. And that's where...I had several of those patients came. So we got rid of that laxative thing. They did ten colonics here...it took her about a year. She was addicted to laxatives for ten years.

Julie Tyler: To laxatives, like Dulcolax.

Dr. Sharda Sharma: Laxatives. All of these. Senokot. The Metamucil's good. Those are good stuff, but she was...Dulcolax.

Julie Tyler: Relying on them.

Dr. Sharda Sharma: Yeah, Dulcolax she was which is crampy thing and the Senokot and Surogata...or something. A little bit is okay but then she was just...she wouldn't move her bowels, unless she took that tea. And then what that thing made her the tone of the peristalsis got messed up.

Julie Tyler: So that the natural musculature, the natural action of the colon ceased working.

Dr. Sharda Sharma: Right. And it was a doctor's wife, I'm telling you about.

Julie Tyler: Do you think that the colon can be rehabilitated, then, from the point of view of muscle memory?

Dr. Sharda Sharma: Yes. Right. And that's where once the...

Dr. Sharda Sharma: Reconditioned.

Julie Tyler: Reconditioned. Number one your reconditioning by cleaning. Number two, the neurons start working. So the serotonin is released. I have one patient he says, "I get depressed. I come here. I'm a new patient." He speaks...he's Hispanic and he's not able to express. But he says I come here. I get depressed first, I come here, I'm happy.

Julie Tyler: I'm a happy patient.

Dr. Sharda Sharma: So I explained to him about the serotonin. So he learned about it. He said yeah.

Julie Tyler: He understands now, that connection.

Dr. Sharda Sharma: Yeah, which he didn't know before.

Julie Tyler: Do you have other patients that suffer from other mental types of disturbances or some type of psychiatric disorder that you've treated with colon hydrotherapy?

Dr. Sharda Sharma: Not only colon hydrotherapy, a combination. I have a lot of chelation patients because they have heavy metal toxicity. Those are the patients I recommend to colonics. So they feel much better...when we do the test for the mercury, lead and all of that. It's way high here. And I do the IV and after that they do colon hydrotherapy too. And they get such fast relief. And then the levels go down plus they themselves say they feel better by doing the colon and the chelation both together. So that's been a good experience. Maybe the mercury and lead was sitting in their colon for all of these...

Julie Tyler: Because it's a deposited there.

Dr. Sharda Sharma: Deposited there, yeah. So once it's washed out they felt better faster. So I have all kinds of people psoriasis, you name it, constipation. And we had one colon GI doctor, he couldn't do the cleaning because the guy had a pacemaker and a stroke.

Julie Tyler: And stroke that's a contraindication for the oral prep treatment for colonoscopy.

Dr. Sharda Sharma: Right. Yeah.

Julie Tyler: So he referred his patient to you.

Dr. Sharda Sharma: Here. But we had to have oxygen. I had to be prepared. I was the only doctor here in the whole area, around these towns, I'm the only one. So these kinds of, you know, the gastroenterologists, they tell me. I had one more person and she had not moved her bowels for 30 days and she was anemic, hemoglobin at six grams. So all of these cases come to me and then...once they clean slowly, and they take more time. I don't do three or four and go home. I go very slowly because in this woman's case, her hemoglobin was very low, six or eight, I can't remember and we were worried about it. But I gave her more fiber and such. So once she started moving she was good. So that's my story. I get all kinds of people here.

Julie Tyler: That was great. I think we've covered pretty much everything? Don't you? I usually have a list of questions but I'm pretty good about knowing what I want to talk about now.

Dr. Sharda Sharma: Yeah, the skin disease, you name it.

Julie Tyler: Skin diseases. Autoimmune diseases, emotional, psychiatric.

Dr. Sharda Sharma: Right. And I told you my own experience. So with something like this...I don't do it on them until I tell my patients that I do it myself.

Julie Tyler: You do it yourself.

Dr. Sharda Sharma: Whether it's chelation, colonics. I did my twelve colonics. In those days, they used to tell me do twelve and I did twelve. It was wonderful thing. I remember.

Julie Tyler: Yeah, I had a therapist tell me that I should do twelve. And I remember I had all ready been doing colonic therapy but I remember at the time thinking that seems like a lot for me, especially because of my age, my exercise, my diet, my knowledge of holistic health in general. But I have a better understanding now of why so many back to back sessions. And it's especially as you get older. So the guy who's 50 year old, who's had a terrible diet with the big belly he's definitely going to need many sessions.

Dr. Sharda Sharma: Yeah, well, we don't tell them to that all at once. To do one every other week and keep doing it will get it out of them.

Julie Tyler: Yeah. I just want to write down the name of that Russian doctor that you spoke of who is a GI?

Dr. Sharda Sharma: Yeah, what's his name? I have to pull out Ella Goshinki's chart.

Julie Tyler: And it's a Russian...

Dr. Sharda Sharma: gastroenterologist.

Julie Tyler: A Russian female gastroenterologist?

Dr. Sharda Sharma: No, that's the male who's referring. The one who had the practice in West Orange, she's deceased now. She was like a holistic doctor right on Valley Road and West Orange, that's a long time. I took her practice. She died and then I...

Julie Tyler: But you'll tell me the name of the Russian doctor...

Dr. Sharda Sharma: Yeah, I'm going to...

Julie Tyler: And he's a GI.

Dr. Sharda Sharma: He's a GI.

Julie Tyler: And he recommends it.

Dr. Sharda Sharma: He refers to me a lot.

End of DrSSharma_trans.mp3