Dear Prospective Member,

Enclosed you will find a membership application packet that we hope you will take the time to read and complete. Being a Full Member of I-ACT ranks you with the top colon hydrotherapists nationally and internationally. Along with the incredible support and networking, your membership entitles you to many benefits including discounts on seminars, conventions, and educational training.

Another privilege is having access to the information we make available. This collection of valuable information is a source of motivation, support and ongoing study. This material is available only to Full I-ACT Members.

I sincerely hope you will consider being a part of I-ACT. We need people with your interest and enthusiasm. We are looking forward to welcoming you into our organization.

Health & Harmony,

[Signature]
Russell Kolbo, DC, ND
I-ACT President
**What is Colon Hydrotherapy?**

Colon hydrotherapy, is a safe, effective method of removing waste from the large intestine. By introducing a small amount of water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. This process is repeated a few times during a session. Colon hydrotherapy best benefits the body when used in combination with adequate nutrient and fluid intake as well as exercise. Today’s sophisticated technology makes this health practice both safe and sanitary.

**Sanitation**

Modern colon hydrotherapy equipment should be manufactured through compliance with strict FDA guidelines that dictate rigorous accountability. The FDA-registered equipment features temperature controlled water mixing and back flow prevention valves, pressure and temperature sensors, and a built-in chemical sanitizing unit or water purification unit. Disposable single-use rectal tubes, rectal nozzles, and/or speculums are highly recommended. The equipment should be plumbed to meet all local ordinances.

**I-ACT’s Work to Ensure Professional Standards**

The International Association for Colon Hydrotherapy (I-ACT) advocates the highest standards of education and professional conduct to assure properly administered colon hydrotherapy. Today, colon hydrotherapists are thoroughly trained professionals, who must pass rigorous testing and adhere to strict guidelines established by I-ACT. These professionals are well schooled in the administering of colon hydrotherapy.

**Colon Hydrotherapy Client & Hydrotherapist Population**

There are an estimated 5,000 colon hydrotherapists in the United States. Hundreds of thousands of clients enjoy the therapeutic value of colon hydrotherapy. There are many medical, chiropractic, acupuncture and naturopathic doctors who prescribe colon hydrotherapy as an adjunct to treatment, and some insurance policies cover it.
Colon hydrotherapy:
1. Hydrates the waste and the body. (hydrated bodily fluids are able to carry nutrients and waste more effectively, these fluids include lymph, blood, mucus, intercellular fluid and extra cellular fluid)
2. Softens and loosens waste. (it is easier for the bowel to evacuate softened, hydrated waste than a hard, dehydrated mass)
3. Water enters the bowel, softening and loosing waste, this creates the reflex for evacuation. The colon evacuates through normal peristalsis. This may be repeated several times during a session, thereby exercising the muscles which make up the colon.

Colon hydrotherapist:
A person who has been trained to assist during the colon hydrotherapy session.

Equipment, instrument, device
Colon hydrotherapy equipment does not have a motor nor a generator. It does not generate force, it controls force. Please do not call colon hydrotherapy equipment a machine, use the term equipment, instrument, or device.

Session
Colon hydrotherapy is a service not a treatment. Colon hydrotherapists are not medical providers unless they have completed their education in one of the medical fields.

Client
Colon hydrotherapy clients are not patients. They are receiving a specific service, for reasons of their own. If they require a medical provider, help them by knowing who in your area provides good quality medical help and refer them to that person.

Table
The cushioned surface upon which a client of colon hydrotherapy rests is called a table.

Rectal tube or rectal nozzle
The small hollow tube which is inserted into the rectum approximately 3 inches and allows water to flow into the rectum and colon. This small tube remains in place during the evacuation of waste.

Speculum
A rigid tube about five and a half inches long, a little less than three quarters of an inch in diameter, which enters approximately two and a half to three inches into the anal canal. A quarter inch water tube attaches to the side of the speculum that is away from the body, with a one inch waste tube attached on the far end.

Obturator
The obturator is a stick with a smooth, half sphere on one end and a small handle on the other end. It is placed within the speculum to allow the speculum to enter the anal canal without disturbing the tissue.

Other notes
Please don’t put the initials for colon hydrotherapist after your name, write it out in full. According to state law in most states, initials after your name is not allowed unless you have a degree from an accredited professional school. For certification, education is a must for a colon hydrotherapist. To complete Level 1 Certification through I-ACT, the colon hydrotherapist must have completed 100 hours of training.
I-ACT Policy Statements
6/2/2013

I-ACT recommends the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year - maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused).

I-ACT recognizes the FDA classifies equipment used to instill water into the colon through a nozzle inserted into the rectum to evacuate the contents of the colon into three distinct classes; Class I (Enema Kits), Class II and Class III are (Colon Irrigation Systems). Follow the guidelines of your manufacturer, as approved by the FDA for the type of equipment (devices) you are using. Make no claims as to the use of your device other than those approved by the FDA.

The main differences between Class I and Class II devices:

The code of federal regulations CFR 876.5210 & 876.5220 describe the differences between the Class I and the Class II devices. From that regulation, a Class I device is an enema system and does not include “colonic irrigation devices”. A “colon irrigation device” is a Class II device, which in part is described as: “The system is designed to allow evacuation of the contents of the colon during the administration of the colonic irrigation.

The Class I Device:
- The Class I device is defined as an enema system and may not have temperature control, temperature gauges or water purification as part of the device. Class I enema systems must be self-administered.
- Manufacturers of Class I devices are not required to have third party oversight as they need not comply with the good manufacturing practices and record keeping that are required of Class II manufacturers. Class I devices are not as heavily regulated and controlled by the FDA as Class II devices are.
- Owners of Class I devices may not market their service using the terms “colonics or colonic irrigation” in describing the scope of their practice of evacuating the contents of the lower bowel.

The Class II Device:
- The Class II Device is a “colonic irrigation device”.
- Manufacturers of Class II devices are required to have third party oversight and must comply with the good manufacturing practices and record keeping that are required by the FDA. Class II devices are heavily regulated and controlled by the FDA.
- The FDA requires Class II devices to be sold and used on or at the order of a physician or health care practitioner. This may be different in each state.

Although I-ACT is not aware of any laws that preclude you from assisting an individual with an enema, I-ACT does want you to consider upgrading your equipment to the equipment that provides the greatest safeguards to the public. In this profession, that would be equipment marketed as Class II devices.

Remember that I-ACT strongly recommends that all I-ACT members use FDA registered Class II devices or devices equivalent to Class II devices regulated by the appropriate agency in your country. Only individuals using FDA registered equipment will be placed on the I-ACT Web Site. Purchase equipment at your own risk. Ensure you are in compliance with your local, state, federal and country guidelines. Ensure that equipment you purchase is cleared for use in your country.

I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/or as directed by a physician.

The policy on insertion is to follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.

Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims SHALL NOT be used.
Although I-ACT recognizes these schools, it is your responsibility to ensure the school is structured to meet your needs. Ensure you have a contract for services with the school and an understanding about refunds if you are required to depart prior to completing your training.
How to be Certified by I-ACT

New Requirements as of 1/31/2009
Exams and their requirements

The Foundation Level
Prerequisites
1. Must have a high school diploma/GED, or equivalent (prior to entering training)
2. Must have postsecondary education level/college level A&P (equivalent to 3 semester hours of college) (before certification)
3. Must have a current CPR card (before certification)
4. Recommendation - each new student should have received 1 - 3 colonics prior to entering training

Requirements:
1. Either provide proof (by transcript) of completing a 100 hour (in the classroom) course of Colon Hydrotherapy training from an I-ACT approved School and/or an I-ACT Certified Instructor; or proof of a minimum of one year of practice with documentation of at least 100 colon hydrotherapy sessions (in the last year) - If the one year practice option is used, that person must attend an 8 hour (in the classroom) course put on by an I-ACT Instructor or I-ACT School and meet the prerequisite requirements listed above.
2. Must be a Full I-ACT Member in good standing.
3. Must send your resume and proof of all related education; Seminars completed, degrees and experience in both practice and theory. (Copies Please).
4. Must send pictures of your facility showing: at a minimum, the waiting area, the Colon Hydrotherapy room (which has a picture of the equipment), and the bathroom, etc...
5. Must send a blank copy of your Health Questionnaire. (Intake Form)
6. Must carry Liability Insurance (if desired) / provide a copy of the policy front page (or a statement saying you do not wish to carry insurance).
7. Must do a 15 minute presentation on colon hydrotherapy during class.
8. Must pay for ($75.00 exam fee), take and pass an I-ACT Level 1 written exam.
9. Must submit the School / Instructor Critique Form.

The Intermediate Level
Prerequisites
1. Must have a high school diploma/GED, or equivalent
2. Must have postsecondary education level A&P (equivalent to 3 semester hours)
3. Must have a current CPR card
4. Recommendation - each new student should have received 1 - 3 colonics prior to entering training
5. Individual may not enter training for the Intermediate Level (Level 2) until they have been fully certified by I-ACT at the Foundation Level (Level 1) for a minimum of 6 months. (see the option for the licensed healthcare provider listed below)

Requirements:
1. Must be certified, by I-ACT, at the Foundation Level for a minimum of six (6) months.
2. Licensed Healthcare providers may take the Level 2 exam upon showing proof they have received at least 500 hours of in classroom training, or have two years working on the public under the scope of practice of their license.
3. Make any corrections on your resume - update continuing education, recent seminars, etc...
4. Share for 30 minutes, choose A, B, or C:*
   A: Take us on a video journey with your client as you teach them how they may assist themselves during a session.
   B: Read your essay of 3000 words in personal experience.
   C: Demonstrate the expertise you have developed through your work in Colon Hydrotherapy.
5. Must take and pass the I-ACT Intermediate Level 2 Exam.
   *Above presentations may be at an I-ACT approved school, a regional seminar, or an I-ACT Convention - eight people in attendance desired.

The Advanced Level
Prerequisites
1. Must have a high school diploma/GED, or equivalent
2. Must have postsecondary education level A&P (equivalent to 3 semester hours)
3. Must have a current CPR card
4. Recommendation - each new student should have received 1 - 3 colonics prior to entering training
5. Individual may not enter training for the Advanced Level (Level 3) until they have been fully certified by I-ACT at the Intermediate Level (Level 2) for a minimum of 1 year. (see the option for the licensed healthcare provider listed below)

Requirements:
New Requirements as of 6/22/2008
Exams and their requirements

1. Must be certified by I-ACT at the Intermediate Level for a minimum of 1 year, and must be a full member of I-ACT
2. Licensed Healthcare providers may take the Level 3 exam upon showing proof they have received at least 1000 hours of in classroom training, or have three years of experience working on the public under the scope of practice of their license.

The Instructor Level
Prerequisites
1. Must have a high school diploma/GED, or equivalent
2. Must have postsecondary education level A&P (equivalent to 3 semester hours)
3. Must have a current CPR card
4. Recommendation - each new student should have received 1 - 3 colonics prior to entering training
5. Individual may not enter training for the Instructor Level (Level 4) until they have been fully certified by I-ACT at the Advanced Level.
6. Each Instructor candidate must attend an Instructor training class put on by an I-ACT Instructors or an I-ACT School

Requirements:
1. Must be certified, by I-ACT, at the Advanced Level and be a Full I-ACT Member.
2. Must attend a mandatory 60 hour (in the classroom) instructor training course put on by an I-ACT School or I-ACT Instructor.
3. Demonstrate 3 hours of teaching on Foundation or Intermediate Level Anatomy & Physiology at an I-ACT approved school or with an I-ACT instructor during an approved I-ACT Instructor Course.
4. Must demonstrate one hour of teaching at an I-ACT Convention - eight people in attendance desired.
5. Submit outline of teaching and the complete presentation to the I-ACT office by April 3, prior to the convention.
6. Write a test of 50 questions on Colon Hydrotherapy Anatomy & Physiology -multiple choice (A, B, C, & D)- with answers (provide correct answer on separate pages and also provide source documentation for each question). Submit this test to I-ACT.
7. Student will bring to the Convention the textbooks, class handouts, enrollment application, enrollment agreement, A&P review exam, evaluation forms, lesson plans, schedule, and the certificate of training completion that they will be using in their class.
8. Sign the Instructor Oath.

ATTENTION - ALL Individuals seeking to achieve the Instructor status at the next Convention MUST be registered for the Convention and MUST have checked the Instructor block BEFORE April 30, of that year.
Any individual that does not meet the April 30 cutoff, MUST then register for the next annual Convention.

Testing for each level:
1. The testing for Level 4 (Instructor Level) requires the completion of a 60 hour course put on by an I-ACT school or with and I-ACT Instructor. During that training, the individual will teach for a total of four instructor hours. Three (3) hours may be accomplished at an I-ACT recognized school, or with an I-ACT Instructor (it is desired that minimum of 8 individuals attend the instructor presentations). One hour must be completed at an I-ACT Convention (at a minimum, the presenting instructor should wear business casual attire). In addition, the prospective instructor must attend a mandatory two hour instructor workshop provided at the convention. After attending the mandatory 60 hour Instructor class, the instructor candidate may practice the one hour presentation at Regional meetings.

2. Upon an applicant’s passing the test and paying the initial certification fee and fulfilling all requirements for I-ACT Level 1, I-ACT shall then certify the individual at the Foundation Level. Completion of the requirements for Level 2, 3 or 4 will cause I-ACT to certify the individual at that level.

3. All certification examinations must be proctored and an accurate record of each examination shall be made; and that record, together with all examination papers, shall be filed by I-ACT or the school certifying the examination and be kept indefinitely.

4. Members testing at the convention be allowed to take a test 2 times during the convention. If the member fails the exam 2 times they will be required to show additional training before they can retest. They may retest and pay $75 for the test. If they fail this test they will be required to wait 6 months and show they have additional training. Before they can retest and pay an additional $75 test fee. If the person does not pass this exam they will be required to retrain with A & P at a school, instructor or tutor and present a transcript.

5. Maximum time allowed for Level 1 & 2 exam shall be 2 hours, and maximum time allowed for Level 3 exam shall be 3 hours. This time may be extended by the proctor as required for International students that English is not their first language or if the student has documented learning disabilities.
INTERNATIONAL ASSOCIATION FOR COLON HYDROTHERAPY APPLICATION

Which of the following classifications of membership correspond to your situation?

Affiliate Member  (groups, organizations, or companies)
☐ $250 per year  -- Groups, organizations, or companies who want to support the growth of colon hydrotherapy and the goals of this Association are invited to become Affiliate Members of I-ACT. Affiliate Members subscribe to I-ACT’s ethical and professional guidelines, receive a newsletter subscription and can designate a representative to serve on committees. Affiliate Members are not eligible to vote and are not eligible to serve as an officer or a member of the Board of Directors.

Full Member  (Professional colon hydrotherapist)  How did you hear about I-ACT______________________
☐ $150  - {International Members pay $125 – U.S. funds}  -- Professional colon hydrotherapists are welcome to join I-ACT as Full Members. A Full Member has one vote, receives a newsletter subscription and is eligible to serve as an officer, member of the Board of Directors, or on committees. Dues are required annually. Membership will lapse if dues are not paid in a timely manner.

Donating Member  (clients, health care practitioners, family, friends)
☐ $35  or $_____________ or ____________________________ Goods and Services (please specify)
Individuals who want to support the growth of colon hydrotherapy and the goals of this Association are encouraged to join I-ACT as Donating Members. A Donating Member receives a newsletter subscription, can serve on committees or advisory boards, but is not eligible to vote or serve as an Officer or member of the Board of Directors.

Patron Member  (clients, health care practitioners, family, friends)
☐ $75  or $_____________ or ____________________________ Goods and Services (please specify)
Individuals who want to support the growth of colon hydrotherapy and the goals of this Association are encouraged to join I-ACT as Patron Members. A Patron Member receives a newsletter subscription, other communications from the office and other Patron Member benefits. He/she can serve on committees or advisory boards, but is not eligible to vote or serve as an Officer or member of the Board of Directors.

Enclosed is my payment of $_____________ by  ☐ Check  ☐ Mastercard  ☐ Visa

Signature__________________________________________   Today’s Date _____________________
Cardholder’s Name______________________________________________________________________
Credit Card #_______________________________________  Credit Card  (3 or 4 digit code) ________
Expiration Date_______________________     (Visa, Mastercard, or American Express only)
Name to appear on Membership Certificate___________________________________________________
Mailing Address_____________________________________________Email_________________________
City_________________________________State_________Zip _________  Country
Name of Business_________________________________________________________________________
Name of Business_________________________________________________________________________
City________________________State______Zip _________  Country
Home Phone (       )____________  Business Phone (        )__________  Fax Number (        ) __________________

Please tell us about yourself:

Membership in Other Organizations______________________________

Skills, Hobbies & Interests_____________________________________

Have you ever been convicted of a felony or other misdemeanor, please describe:_______________________

If you are a colon hydrotherapist, please answer the following questions:

When did you begin working as a colon hydrotherapist?__________________________________________

How many clients per week do you currently see?______What type of equipment do you use?_____________

What complementary modalities do you use? (e.g., massage, iridology)?_______________________________

Please describe your education and training in colon hydrotherapy:______________________________________________
I-ACT Policy Statements

I-ACT recommends the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year- maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused).

I-ACT recognizes the FDA classifies equipment used to instill water into the colon through a nozzle inserted into the rectum to evacuate the contents of the colon into three distinct classes; Class I (Enema Kits), Class II and Class III are (Colon Irrigation Systems). Follow the guidelines of your manufacturer, as approved by the FDA for the type of equipment (devices) you are using. Make no claims as to the use of your device other than those approved by the FDA. The FDA requires Class II devices to be sold on or at the order of a physician or healthcare practitioner. This may be different in each state. Ensure you are in compliance with your local, state, federal and country guidelines. Ensure equipment you purchase is cleared for use in your country.

I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/or as directed by a physician.

The policy on insertion is to follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.

Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims SHALL NOT be used.

Additionally, I-ACT recommends each therapist not using FDA registered equipment consider upgrading their equipment to FDA registered equipment in the very near future.

I acknowledge the I-ACT policies and agree to comply with all I-ACT policies. I understand that failure to comply with the policies listed above may result in my removal from the association.

Signature of Applicant *** required for all applications***        Date of Application

STOP!!! All applications to I-ACT MUST include a photograph for our file... by signing this application, the applicant certifies that they have read the I-ACT By-Laws and Standard Operating Procedures, Regulations and Guidelines and the statements below, and will comply with the information contained in them.

Information for all new members outside of Texas:

“Colon irrigation devices are prescription devices and their purchase must be authorized by a practitioner licensed by state law to use such devices in that state. A colon hydrotherapist must be supervised by such a practitioner to use a colon irrigation device and must have a written order on file for each procedure from a practitioner licensed by state law in the state where the procedure is to be performed.”

Information for all new members inside of Texas:

“Colon irrigation devices are prescription devices and their purchase must be authorized by a physician licensed by the Texas Board of Medical Examiners. A colon hydrotherapist must be supervised by such a physician to use a colon irrigation device and must have a written order on file for each procedure from a physician licensed by the Texas Board of Medical Examiners.”

Signature of Applicant *** required for all applications***        Date of Application

All applications to I-ACT require a sponsor. The sponsor must be a Full Member in good standing of I-ACT. No Sponsor? Contact the I-ACT Home office (210) 366-2888 for assistance.

Signature of Sponsor *** required for all applications***        Sponsor's I-ACT Membership #

Thank you. Your application will be reviewed for membership and you will be notified promptly. Return this form with your current resume, picture, and payment to:

I-ACT, P.O. Box 461285, San Antonio, TX 78246-1285

(Rev: Sept 2011)