

CH - Colonic Hydrotherapist Certification Practice Test Questions and Answers

1. How does hydration affect colon function?

- A) Causes dehydration of stool
- B) Maintains soft stool consistency and prevents constipation
- C) Reduces the need for dietary fiber
- D) Has no impact on colon function

2. Which factor can negatively impact colon health?

- A) Adequate hydration
- B) Low-fiber diet
- C) Regular exercise
- D) Probiotic consumption

3. Why is sanitation important in colonic hydrotherapy?

- A) To speed up the procedure
- B) To prevent infections and ensure hygiene
- C) To reduce client intake
- D) To avoid using disposable materials

4. What is the primary benefit of colonic hydrotherapy?

- A) Prevents stomach acid production
- B) Removes waste buildup and promotes digestion
- C) Eliminates the need for hydration
- D) Replaces dietary fiber intake

Answers: 1-B 2-B 3-B 4-B

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