

Pre and Post Colonic Recommendations

It is recommended that 48 hours prior to your colon hydrotherapy session you consume plenty of raw organic fruits and vegetables. Drinking 6-8 glasses of water a day will also assist in the cleansing process. On the day of your treatment eat lightly, such as vegetables, fruits and juices, and also limit your water intake. If possible try to refrain from consuming food or drinks within 1.5 hours of your treatment. At the end of your session you may feel relaxed, due to the movements of the colon muscles. It is not uncommon to wait 2-3 days before your first bowel movement after treatment. During this time you may have heightened sensitivities to what you ingest. Consume plenty of water and abstain from consuming gas producing foods. It is extremely important that you also begin taking a probiotic supplement to re-establish good bacteria in the gut.

Foods and beverages to avoid directly before and after your treatment:

Alcohol	Breads, bagels, muffins, etc.
Caffeinated tea and coffee	Carbonated drinks
Chocolate	Dairy products
Desserts	Fried and fatty foods
Ice cream	Pasta
Pastries	Pizza
Processed junk food	Sugar
Wheat	Bananas
Eggs	Pasta
Rice	

Also avoid eating gas producing foods:

Beans	Broccoli
Brussels sprouts	Cabbage
Cauliflower	Onions
Soy products	

Beneficial foods and beverages to consume before and after your treatment:

Apricots	Asparagus
Apples	Blueberries
Fruit Smoothies	Herbal teas (esp. peppermint & chamomile)
Garlic	Water
Grapes	Green leafy vegetables
Miso soup	Nuts
Quinoa	Oranges
Organic vegetables	Seeds

Natural health therapies that help to compliment your treatments:

Deep breathing	Castor oil packs
Abdominal hot packs	Skin brushing
Walking	Warm baths
Massage therapy	Yoga