

PRE-COLON HYDROTHERAPY PREPARATIONS:

Those clients that follow a special diet or have diabetes can disregard the following:

- Please have a light meal or a healthy snack two to three hours before your appointment. After that, have no more solid food prior to your colonic. You may have some juice or water just before the appointment, if desired. (Note: If your colonic is part of a half-day spa package, it is important that you have a regular meal before your appointment, to avoid any light headedness. You may eat up to 1 hour before your appointment, in this case.)

- Avoid gas-forming foods the day before your appointment. Bananas, beans, broccoli, cabbage, carbonated beverages, cauliflower, cucumbers, melons, raw apples, onions, peppers, and unripe fruit can typically trigger gas. Avoid these or any foods that cause gas for you.

- For clients considering a fast; it is highly recommended to eat raw fruits & vegetables for 1 week prior to your colonic.

- It is recommended that after each colonic session that you take some form of a probiotic supplement. This will help to replace the good bacteria that may have been reduced during the colonic.

- Probiotic: Probiotics are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. They are also called “friendly bacteria” or “good bacteria”. Probiotics are available to consumers mainly in the form of dietary supplements and foods. They can be used as complimentary and alternative medicine (CAM).

Please be advised, some supplements are blood type specific, e.g (TYPE O=Avoid YOGURT)!

POST-COLON HYDROTHERAPY SUGGESTIONS:

- Avoid gas-forming foods for two days after your colonic session. Bananas, beans, broccoli, cabbage, carbonated beverages, cauliflower, cucumbers, melons, raw apples, onions, peppers, and unripe fruits typically trigger gas. Be sure to avoid fried foods as well.
- Avoid these or any foods that cause gas. Eat yogurt with live cultures for several days and have plenty of fruits, vegetables, salads with olive oil dressing, and whole grains or animal protein.
- Between meals, drink a minimum of 48 ounces of water a day.
- Avoid strenuous exercise the day of your appointment.
- You may or may not have an elimination for 1-3 days following the colonic.

Please call if you have any questions (804) 644-1084.

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