

Colon Hydrotherapy Preparation

WHAT TO DRINK BEFORE YOUR COLON HYDROTHERAPY TREATMENT

Juice/Water:

- Drinking freshly pressed vegetable juice is one of the best ways to support your immune system and assist in the loosening and reconstitution of toxins.
- Juice combinations should be palatable: 1) carrot and cucumber can be yummy for the novice juicer. Another option is 2) celery, kale, half a green apple, and ginger or 3) celery, spinach, lemon, and ginger. The point is finding a combination that is appealing. If your taste buds enjoy it, then you will have a better chance of integrating this concept.
- Fresh pressed vegetable juices will make a **HUGE** difference in the results you experience during and after your session(s).
- Remember to drink more water in addition to juices. Hydration is extremely influential in flushing toxins from our cells and improving our elimination.

When to Drink:

- Always drink juice on an empty stomach. Best time is first thing in the morning. Then, wait 30 minutes or longer to eat breakfast.
- If you do not have an appetite for breakfast, then do not force yourself to eat; the minerals in the juice are working for you and enriching your blood!
- **If you have had a late night of indulgence, it is best to avoid juice and/or eating a heavy breakfast in the A.M. You can drink juice later in the afternoon.**

WHAT TO EAT BEFORE YOUR COLON HYDROTHERAPY TREATMENT

Breakfast:

- Fresh fruit is the best choice.
- Toasted sprouted grain bread with mashed avocado is another great option.
- Oat porridge is ok as well, but it will be better to leave out the fruit for easier digestion.
- **The Road to Toxicity:** Processed cereals, eggs, donuts/refined breads, meats, softdrink, or last night's left over pizza!

Salads:

- Your detoxification process will be supported when you incorporate a leafy green **SALAD BEFORE** all your cooked meals.
- You can include other raw vegetables in your salad: shredded or grated carrots, celery, cucumbers, sprouts, and radishes. **Remember:** raw broccoli/cauliflower are very gas-forming.
- Dressing? Try Extra Virgin Olive Oil, Lemon, and Tamari. Simple is better.

Lunch:

- From professional experience I suggest eating a vegetarian meal.
- Start with your **SALAD FIRST** and follow with cooked vegetables, and a starch of your choice such as baked root vegetables, pumpkin soup and/or sprouted grain toast
- Other options: Portobello mushroom sandwiches, Japanese buckwheat soba noodles with mixed vegetables, baked sweet potato, Basmati, Jasmine and Wild rice. Brown rice cakes are great for those of us who like bit of crunch!

Dinner:

- Start with your **SALAD FIRST** and follow with cooked vegetables, and any cleanly prepared animal flesh foods (i.e. fish, chicken, etc.).
- If you are already practicing vegetarianism or already eat a simpler diet, then skip the starch at LUNCH and have it at DINNER.

Simple Eating Basics:

- Food combining is a way of simplifying your meals (and meal prep!) for best digestion and assimilation of nutrients. Most people benefit from using some simple food combining principles
- Try not to mix starches with animal flesh foods (e.g. Chicken w/ rice.)
- Eat fruits alone (without any other type of food) and always on an empty stomach. **Eat fruit alone or leave it alone.**
- During a personalised consultation with a holistic dietitian, you will be shown the details of the food combining information most relevant to you and your stage of detoxification, and have your questions answered.
- If simple eating is a new concept to you, do not feel obligated to have a complete grasp before your first colonic session. Try to eat a bit better than you usually do. Any changes you make for the better will have a positive impact on your session.

Foods to Steer Away From:

- Red meat, cheese, white flour (i.e. pastries, cakes, white bread, etc), and refined starches mixed with tomato sauce (i.e. pizza, pasta, lasagna).
- All processed food. This generally means foods with more than 10 ingredients on the label (i.e. Cheezles, Ritz crackers, hot pockets, fast food, boxed meals, etc.)

Beverages to Steer Away From:

- Alcohol and anything carbonated (i.e. Softdrink, Sparkling water) (Gas + Gas = More Gassssssss!)

OTHER COLON HYDROTHERAPY PREPARATION CONSIDERATIONS

- If you have had a colonic before, but it has been a while, please give yourself 3 full days to reintroduce healthier eating and juicing before coming in for treatment. **Remember:** Your body will be more prepared to receive colonics when your system has had a chance to “loosen” things up with dietary changes that foster greater releases during your session.

NUTRITION & DIETETICS

- **The day before the colonic is not the time to be indulgent. You should allow the day before, the day of, and the day after to be days when you are more considerate of purer, cleaner foods and simpler food combinations.**

THE DAY OF YOUR COLON HYDROTHERAPY TREATMENT

- Please do not eat 3 hours before your appointment. You may drink water, fresh vegetable juice, or herbal tea to stay hydrated.
- If you have an appointment before noon, then eating some fruit is fine. Be sure to eat the fruit alone, and try not to eat it the hour before your session. An afternoon salad is ok for those with afternoon or early evening appointments.

Post Colonic Guidelines

These are the guidelines we suggest to support you after your colon hydrotherapy sessions. This information is based on our combined experience and understanding of human physiology, biochemistry and nutrition, and will help you to succeed at your goals of becoming healthier.

Immediately After Your Colonic:

- Drink a glass of water, a probiotic drink and/or a fresh vegetable juice.
- Hydration is vital to balance our organ function and support our elimination. It is important to feed your body with fresh nutrients, and this is the perfect time to drench your cells with enzymes and promote alkalinity. Fresh vegetable juice, ideally green vegetable juice, is the best vehicle for the enzymes, alkalinity and hydration your cells will now be highly receptive to!

The Day Of and the Day After Your Colonic, Please Refrain From:

- Drinking alcoholic beverages
- Partaking in recreational drugs
- Mixing less favourable food combinations (see holistic dietitian for more personalised info)
- Drinking softdrink/Carbonated Beverages

How to Foster the Transition Diet in Between Colonic Treatments:

- Adopting a more holistic diet-lifestyle approach will ensure you get the very most out of your colon hydrotherapy sessions. A personalised consultation with a holistic dietitian will ensure your eating is spot on for your level of detoxification and frequency of colonics. In general, focus on alkalinising, hydrating and maintaining favourable food-combining principles, which will help to reduce gas. Your eating habits do not have to be perfect in order to make progress. Even small changes and more mindful choices can create results in a short period of time. It will be easier to feel the benefits of follow-up sessions when you keep the diet on track the day before, the day of, and the day after your colon hydrotherapy treatment.

- You will develop an awareness of how old habits and tendencies truly affect your body. As your system becomes more alkaline, the once tolerated acidic/mucus-forming foods and drugs (pharmaceutical and recreational alike) will soon be recognised by your system as the poisons they are. This recognition is a good thing. It means that your cells are regenerating, your blood is more oxygen rich, and your nervous system and senses are gaining acuity.