



## PREPARING FOR COLON HYDROTHERAPY

- Please **arrive 15 minutes early** to fill out your medical history form. Upon completion we will spend some time talking, reviewing your health history, answering questions and making sure that you feel very comfortable before getting started.
- Drinking as much water as you can comfortably is important.
- Eat healthy and nourishing foods the day of your session unless you are fasting or on a specific Detox Program.
- Eating a meal two to four hours before your colonic is ideal, **but no food or beverage should be consumed in the two hours before your appointment.**
- A day or two before your appointment drinking raw vegetables can be really helpful. (Raw veggie juice goes to work to help scrub your cells squeaky clean like soap does for us externally. A colonic rinses the released toxins out of the body and away from our internal lining. Drinking the raw veggie juice prior to your colonic helps loosen wastes in the body and starts the cleansing process in advance.)

Juice Recipes		
1 large Green Apple 1/2 cup Pineapple Chunks 2 Carrots 1/4 inch Ginger 1/2 Lemon Juice 6-7 Mint Leaves	1 Cucumber 1 Carrot 1 Beetroot 1/2 Lemon Juice 6-7 Mint Leaves	1 cup Spinach 1 medium Green Apple 1/2 Cucumber 1/4 inch Ginger 1/2 Lemon Juice 6-7 Mint Leaves

- Avoid dairy products, red meats, shell fish, processed carbohydrates (white rice, pasta, etc.), fried foods, sugar, carbonated beverages i.e. beers and soft drinks.
- Avoid alcohol, tobacco, cigarettes.
- Avoid coffee
- If you wish to go a few steps further, there are a number of additional foods you can eat to prepare for your colon hydrotherapy. Include lots of the following in your healthy diet:
  - Raw fruits and vegetables - ideally only 2 portions a day – a portion being 80 grams
  - Lightly steamed low starch vegetables, organic raw nuts and seeds
  - Plenty of omega 3, 6, 9 fatty acids, coconut oils, avocados and cold pressed plant oils, such as olive and sesame oil
  - Raw, unpasteurized dairy products from goats or sheep
  - Whole grains (not whole wheat) - oats, quinoa, barley, buckwheat and many more
  - Organic chicken and fish
- **Avoid spicy food** a day before going for colon hydrotherapy.
- Get enough sleep a night before the process.