

# Colon Hydrotherapy Recommendations

Here are some guidelines to follow in order to maximize the effectiveness of your colon hydrotherapy sessions

**First Day of Colon Hydrotherapy:** *"It is safe to let go. Only that which I no longer need leaves my body"* – Louise Hay

**Eat light-** soup or salad, nothing too heavy and try not to eat for 2 hours prior to your session. If at all possible, cut out the foods that bog our systems down for example, Gluten, Dairy, Sugar, Alcohol. Focus on whole, organic foods. Avoid as much animal and animal protein as possible, if you cannot please make it organic. Increase salads and steamed vegetables with simple light dressings

**Lemon water-** Upon rising, drink 1 large glass warm water with ½ lemon or whole fresh lime.

**Avoid Water-** for 2 hours prior so that your bladder isn't full.

**Rest and Relax-** try to reduce stress as much as possible. Stress plays a huge role in interfering with the body's ability to digest and eliminate food properly. You will have a much more effective experience if you take deep abdominal breaths and relax the body and mind as much as possible. Try and time your colonics out for a period of time where you have some flexibility with your work and home life schedule. Carve out some time for naps, walks, baths, and reflection. Slowing your life down will give you the best results with your colonics.

## Days in between Colon therapy sessions:

- Eat a whole food diet and **drink ½ your body weight in ounces of water daily**. For example, a 150lbs woman should be consuming 75 ounces (or 2.2 liters) of water per day.
- Make sure to replenish your electrolytes- Eat a variety of fresh fruits and veggies. Sprinkle small amounts of grey Celtic sea salt or Himalayan crystal salt onto your foods. Or you may use electrolyte supplements that don't contain artificial colors or corn sugars.
- Do abdominal massage- this will be taught to you in your first session. You can use this at home while lying in bed prior to falling asleep or prior to getting out of bed in the morning, also while sitting on the toilet if you are having problems eliminating.
- Do light exercise only.
- Try dry brushing, infrared saunas, massage, Castor Oil packs, Epsom salt baths or juicing. All are excellent ways to encourage detoxification.

## After Colon Hydrotherapy appointment series is completed:

- Continuing with eating a whole food diet that is high in fiber and drinking lots of water. Hopefully, this will kick start lifestyle changes now that your colon is clean and healthy.
- Take probiotics. It is very important to replenish the colon with healthy bacteria during and after your series of colon hydrotherapy is done.
- Don't forget about maintenance. It is important to continue to keep the colon clean. It is far easier and more efficient to keep a maintenance plan for your colonics then to go away and not come back for a year. Remember that "Death begins in your colon." Dr. Norman Walker
- Most clients like to come at the change of the seasons, as these are our natural detoxification times.