

Cleansing Dietary Guidelines

While doing your colon hydrotherapy session, many find it beneficial to follow a lighter, more cleansing dietary protocol for best results.

20% of your diet should come from this column	80% of your diet should come from this column	NOT Recommended Currently
Fish Lamb Beef (Organic) Poultry Tofu (plain unsweetened) Beans (ex. kidney, garbanzo, pinto etc.) Lentils Nuts (except peanuts) and their butters Peas Soy Beans (edamame) Eggs Most grains- Whole or flaked (ex. Barley, oats, buckwheat, amaranth) Seeds (ex. Hemp, Flax, Sunflower, pumpkin) Tomatoes Bragg liquid Aminos Stevia <hr/> To be eaten in extreme moderation <hr/> Bananas Popcorn (airpopped) Soy Milk (unsweetened) in moderation Melons (ex. Watermelons, cantaloupe etc.) Corn Potatoes (Baked) Coffee (black-one cup per day Max)	Beets Carrots Parsnips Rutabagas Onions, Chives, Garlic, Ginger Arugula, Bok Choy Artichokes, Asparagus Avacado, Celery Brussel Sprouts, Cabbage Cauliflower, Broccoli Cucumbers, Peppers Dandelion, Sorrel Endive, Escarole, Radiccio Herbs (fresh and dried- cilantro, basil, oregano, thyme, etc.) Kohlrabi, Okra Lettuce, Spinach Mustard Greens Parsley, Peppermint Radishes, Squash Seaweeds, Sprouts Rhubarb (cooked) Other grains: Quinoa, Millet and Brown rice Apples Berries (blueberries, raspberries, etc.) Turnips Apricots Cherries Peaches/Pears Plums/Nectarines Pumpkin/Yams/Sweet Potatoes Rice Milk (unsweetened) Almond Milk (unsweetened) Pineapple Spices (turmeric, curry, cayenne etc.) Lemons (as a condiment) Herbal Tea Water	Alcohol Grapes Tropical Fruit Oranges Fruit Juices Honey, Malt, Maple Syrup, Molasses, Sugar Flour from ANY grain Pasta of any grain Fermented Foods (Soy Sauce, Vinegars) Candy, cakes, cookies, crackers Cereal (packaged) Pre-packed Soups Peanuts, peanut butter Yeast of any kind Dairy Products of any kind (including Yogurt) Wheat in any form (including bulgur and couscous) Seafood (crab, lobster etc.)