



Colonic Before & After Care

Days Prior To Your Colonics (Preferably 3-7 days):

Eat a healthy diet and stay away from any clogging food such as bread, cheese and red meat. Avoid soft drinks. Only drink plenty of water 1/2 your body weight in ounces is best. Avoid drinking liquids with your meals for 30 min. before a meal and an hour after is best. Always chew your food thoroughly.

Two Hours Prior To Your Colonic:

It is best not to eat anything and to drink lightly two hours before your colonic session. Having a bowel movement prior to your session is certainly not essential but if you do feel the need to do so emptying the rectum with a bowel movement just prior to the colonic saves time and permits more to be accomplished.

After Care:

- **Drink Plenty of Liquids:**
 - * Pure Water (drink half of your body weight in ounces of water per day)
 - * Juices
 - * Herbal Teas
 - * Electrolyte Liquids
- **Replace Intestinal Flora:**
 - * Acidophilus
- **Eat Soups for 24 Hours after Session:**
 - * Vegetable Soup is Best
 - * Pureed (Blended) Soups are also Recommended
- **Avoid Eating Raw Vegetables for 3 Days:**
 - * Cooked Veggies and Raw Fruits are Sufficient
 - * Chew Thoroughly
- **Reduce Heavy Meat Consumption for 3 Days:**
 - * Consider Eliminating Meats All Together