

Preparation for Colonic

- Try and AVOID red meats, non-fermented dairy & soy products, processed carbohydrates (white rice, bread, pasta, etc.), fried foods and finally sugary foods (including sweet fruits) for as long as possible leading up to your appointment. All of these foods often digest incompletely, leading to gassiness / bloating.
- INCLUDE lots of green salads, steamed vegetables, whole grains, sweet potatoes and other vegetarian options for as long as possible leading up to your appointment.
- Focus on being fully hydrated by the day of your appointment, i.e. drink at **least 2 litres of water a day** for as long as possible leading up to your appointment. A pinch or two of **unrefined sea salt** (celtic / Himalayan pink rock salt) added to a glass of water helps create the right blood / cellular mineral balance to assist proper hydration.
- Try to drink at least 250ml of freshly extracted juice a day for as long as possible leading up to your appointment. **Raw juice also contains abundant alkaline minerals but significantly also helps loosen waste in the body.**
 - Something containing two or more of the following would be ideal; carrot, celery, spinach, ginger, cucumber or beetroot.
 - Please emphasize vegetables over fruit when juicing. If including fruits, lemons are fine and a small amount of sour fruits like Granny Smith apples or grapefruit etc. Sweet fruits feed yeast so for most people we limit during cleanse.
 - Green powders (Chlorella, Spirulina, Wheatgrass / Barley grass) or Liquid Chlorophyll added to juice or water are great supplements in preparation for a colonic (especially if you're prone to gassiness / bloating). Chlorophyll (which is what makes these supplements green) is high in magnesium which assists in relaxing the bowel muscles and reducing gas. It also helps the body hydrate easier and contributes to more complete stool formations.

- For those with Gastro-Intestinal Issues related to excess acidity (toxicity) through the system, the following home remedies designed to alkalize the system, work well for many people;

1. Lemon Juice / Bi-carb Soda mixture (Alkalizer)

- ½ lemon squeezed into bottom of glass
- ¼ - ½ teaspoon of bi-carb soda (baking soda)
- ½ glass of water

Add bi-carb soda to lemon juice and stir. Add enough to eventually stop the fizzing. Add water to this mixture and drink one hour before or after meals. This solution is a strong intestinal / blood alkalizer which aids digestion in many cases. Good remedy for dealing with a toxic (acidic) system. Helpful in dealing with candida and possibly acute gas / IBS like symptoms. This alkalizing solution can be taken 2-3 times a day. i.e upon waking, mid-day and upon going to bed.

2. Apple Cider Vinegar / Bi-carb Soda mixture (Digestive aid/Alkalizer)

- 1 tbsp of undistilled raw organic apple cider vinegar (ACV).
This ACV must be undistilled and hence contain active enzymes , along with the “Mother Culture”.
- ¼ - ½ teaspoon of bi-carb soda (baking soda)
- ½ glass of water

Add bi-carb soda to ACV and stir. Add enough to eventually stop the fizzing.

ACV has many enzymes in it and is very high in potassium, phosphorus, chlorine, natural organic sodium, magnesium and other important minerals deficient in most people. It also contains malic acid which is helpful in dissolving body toxins, softening arteries, and clearing crystal deposits out of the muscle tissue. It also stimulates digestion if taken five minutes before meals and hence improve breakdown of heavier foods (which in turn may help prevent indigestion including acid reflux, along with less gas/bloating through the gastro-intestinal tract).

Can be done once or twice a day before meals. Some people do better with less or more ACV so may want to experiment slightly with the dosage.

- You may be more comfortable if you avoid animal products, beans, bean products, carbonated beverages and alcohol for a few days leading up to your session. Again, we want to avoid being gassy / bloated on the day of the colonic.
- Try and eat lightly on the day of your appointment and ideally try and eat nothing for 4-6 hours leading up to your appointment. This will reduce the likelihood of gassiness during the treatment. You may drink water with sea

salt, fresh vegetable juice is fine, (or some herbal tea) to keep hydrated. If you have an appointment before noon and you really do want something to eat, then eating some (non sweet) fruit is fine, just make sure it is eaten alone, in the absence of any other kind of food, and try not to eat it the hour right before your session.

- **For clients troubled with gassiness / bloating, please do refrain from eating for at least 4-6 hours leading up to your appointment.** The above mentioned Gastro-Intestinal home remedies are helpful for many people. Also, as previously mentioned Green Supplements are often effective.

Post Colonic Guidelines

After you had your colonic, it's important to make the most of it. The colonic generates some change in the intestinal tract and then by extension the body at large;

- The depressurizing of the colon enables your lymph to begin to drain more readily, accelerating your entire body's detoxification as toxins throughout the body's tissues are moved into the blood and sent to the liver for detoxification and to the elimination channels (colon, kidneys, skin etc) for removal.
- The lowering of pressure in your colon also allows congestion (waste and gas) to begin moving down from the small intestine to colon (large intestine). This movement of gas from the small intestine to the large intestine can occasionally result in some temporary acute gassiness (but most of the time people experience less gassiness after their colonic).
- Your colon, even after 1 colonic will have been cleaned up quite significantly of retained fecal matter, gas and mucus. This clearing of toxic material gives your "good" bacteria a chance to start getting back on top. It's wise then to start your vegetable juices and raw foods right away as feeding your body live enzymes gives your healthy "good" bacteria the extra energy needed to clear out congestion/toxins further.
- Include fermented foods / probiotic supplements after your colonic.

Ideally we would have a ratio of 80% healthy "good" bacteria to 20% "bad" bacteria; **the reality though is that the reverse is true for most people.**

We **don't believe** that the "washing out" process of colonics **adversely affects your "good" bacteria** as mostly it remains firmly nestled inside your intestinal mucosal lining.

For any "good" bacteria that is washed out, the benefits of the colonic far outweigh the temporary loss of this bacteria, as the effect of the colonic enables any new "good" bacteria **to proliferate a lot more effectively** in what is now a healthier environment.

Remember too that the ratio of “good” to “bad” bacteria for most people is very much out of healthy balance from the start anyway. Certainly what is mainly being removed is over abundant “bad” bacteria bound up in toxic fecal matter and mucus.

Colonics by removing this “bad” bacteria, finally gives the body the opportunity to begin effectively addressing intestinal flora imbalance.

- It’s important then to include probiotics supplement and or fermented foods in your diet right away; yogurt, kefir, fermented vegetables (homemade sauerkraut), raw apple cider vinegar etc. After you had your colonic you’ll find that your probiotics and fermented foods will work much better.
- The Therapist will cover all of this in detail with you as well as provide you with a dietary plan.

How will you feel / what should you expect?

Naturally there is a range of different experience on how people feel after their colonic. In our experience though, nine times out of ten people walk out really refreshed, light and with plenty of energy. As such, in most cases you’ll be able to go back to your usual routine.

It’s possible though that you might need to take it easy for the rest of the day. As outlined above, colonics kick starts detoxification throughout your body; things get stirred up, so occasionally some people may feel a little fatigued due to the release of trapped toxins and the liver kicking in to continue the detox process. If this happens, please don’t worry, it usually passes quickly. Be sure though to drink plenty of water, have light meals (some warming soup is a good choice) and take it easy. A cleansing herbal tea, with chamomile or peppermint, ginger etc is also helpful to have on hand.

It’s not uncommon for it to take a day or two for your normal bowel rhythm to settle back in. Remember though that your colonic will likely have done your bowel’s job for a day or two so don’t be alarmed. Naturally though, if you have any questions or concerns you can always call us anytime.

In general what we recommend post colonic is that you treat your body kind. Truth is most people feel naturally inclined this way after a colonic anyway but if it’s a cool day make sure you bring something warm to put on afterwards, feed your body good food and drink, take it easy if you can, and allow your body to get the most out of the cleansing process which has been started.

Many people report having a wonderfully restful sleep after their colonic, which we see as a good indicator that you’ve set in motion a healing process throughout your body.

Again if you have any questions, prior or post colonic please call us anytime to discuss.

DISCLAIMER

Any preparation guidelines offered is not a substitute for professional medical prevention, diagnosis, or treatment. If unsure how any of the above guidelines / remedies may affect your condition, please consult with your physician, pharmacist, or health care provider before proceeding. Only your health care provider, personal physician, or pharmacist can provide you with advice on what is safe and effective for your unique needs or diagnose your particular medical history.

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