

HOW TO PREPARE FOR A COLON HYDROTHERAPY SESSION OR SERIES

(good things to know and do in general...)

START FROM ONE DAY, TO SEVERAL DAYS OR A WEEK PRIOR TO THERAPY SESSION:

(how early you start is up to you, but each day of preparation will assist your session...)

1. **REST:** Get plenty of rest, treat yourself gently.
2. **HYDRATION:** Drink 1/2 ounce of purified, distilled, filtered or reverse-osmosis water for each pound of body weight **MINIMUM**, daily. (Example: a 150 pound person needs 75 ounces of water daily, **MINIMUM**. Add more water for dehydrating activities or acidic food or drink.) Fluids should be consumed on an empty stomach, 15 - 30 minutes before meals, or 60 minutes after (**NEVER WITH MEALS!**). Also: drink 16 oz of purified/filtered/distilled water with the juice of one lemon squeezed in water first thing in the morning to help flush toxins from the liver and gallbladder.
3. **BALANCED (CLEANSING) DIET:** Emphasize 'whole, organic, plant-based' foods, in their natural state with a high percentage of raw for increased enzyme benefit. Consume fresh vegetables, fruits, vegetable juices and green drinks, grains, soaked nuts and seeds. Shop at farmer's markets! Eating a variety of local, seasonal, organic foods help supply balanced nutrients, including trace minerals and vitamins. Eating this way can also reduce food allergies, as well as support local organic farmers. **Eliminate DEAD and ACIDIC food:** reducing or eliminating alcohol, caffeine, refined sugar and flour, as well as processed or packaged food, can improve digestion and overall health. Decrease saturated fats from animal foods (meat and dairy). Don't be complex: eat simple, properly combined meals to ensure digestive efficiency; it may reduce gas, bloating, acid indigestion and reflux. (Food Combining Rules: Eat fruits by themselves, vegetables with proteins, or vegetables with starch, but never starch with protein. Try eating mono-meals [one food at a time].) **AVOID OVER-EATING AND EATING LATE AT NIGHT:** Don't eat for 3-4 hours before bed. Sleep is when the liver enters it's anabolic phase of processing and rebuilding the body. Foods eaten late at night can become allergens because digestion is slower and food remains in the digestive tract longer than normal.

I HIGHLY RECOMMEND PROBIOTIC AND ENZYME SUPPLEMENTATION - ESPECIALLY WHILE CLEANSING: **Probiotics** are the helpful, healthy bacteria and microorganisms that should live in the digestive system. It is very important to take a probiotic supplement for awhile after the session(s), but you can also begin beforehand. Consider long-term supplementation as well. **Enzymes** are needed because cooked foods are enzyme-dead. When food enters our system without enzymes we 'borrow' (metabolic) enzymes for digestion. As we age, the production of metabolic enzymes

slows, and this can lead to a deficiency. Cooked foods basically borrow against your metabolism (age) and create difficulty in the digestive system. Consider a good broad spectrum enzyme supplement.

THE DAY OF THE COLON HYDROTHERAPY SESSION:

Note to women on their menstrual cycle: it is perfectly fine to have colonics during menstruation.

1. Please arrive in a calm, relaxed state and be on time for your appointment.
2. Drink plenty of water avoiding caffeine or carbonated beverages.
3. **Have an empty stomach and bladder.** Avoid drinking water for 1 hour, and eating for 2-3 hours before the session.

AFTER YOUR SESSION:

1. Plan to have a light meal after the session. Do not overeat! Your stomach is equipped to digest a meal the size of your two cupped hands; the amount of concentrated proteins (meats, nuts, etc.) should be smaller than the size of your palm. Have vegetable juices, light soup, pureed foods or steamed vegetables for up to 24 hours after the session. (Avoid meat, dairy, sugar, flour and processed foods in general while cleansing as this may negate your cleansing goals and contribute to your need to detoxify.) **DO NOT EAT ANYTHING ICE COLD OR FROZEN.**
2. Allow for time off after the session (several hours) to rest, eat, relax and integrate the experience.

CLEANSING AND DETOXING: Although most experience a 'lightness' and general sense of well-being after their sessions, some MAY experience a detox reaction, or a 'healing-crisis". This is GOOD, but it can be confusing. It means toxins are stirring up, like sediment at the bottom of a pond, to be released. You MAY experience: headaches, aching in joints, change in bowel function, emotional feelings/release, skin eruptions, foul breath, coated tongue, strong PMS, bloating, gas, etc.

Colonics are cleansing to the system, stimulating to the muscle, and generally strengthening to the bowel function. As with any exercise we need to allow time for the rebuilding process. **Always contact me with questions or concerns.**

IMPORTANT NOTE ON PH BALANCE:

PH stands for "Potential Hydrogen", and is represented on a scale ranging from 0 - 14. The lower the number, the more acidic it is, the higher the number the more alkaline. Maintaining our internal ACID/ALKALINE balance is recognized as one of the most important aspects of preserving health. Our cells function properly only in an alkaline environment. The ratio of foods we take in should be at least 80% alkaline, and 20% acid. Alkaline foods are plant-based foods: vegetables, fruits, nuts and seeds (if soaked) .The Standard American Diet (S.A.D.) is at best opposite! The Standard American is

consuming predominately ACID-FORMING FOODS! Steady degeneration and disease are inevitable.

**SUGGESTIONS FOR INTERNAL DIGESTIVE SUPPORT:
FIRST AND FOREMOST: ALMOST EVERYBODY IS NEEDS MORE H.O.P.E.**

High Fiber: Use ground or soaked flax seed as a fiber source since it is both soluble and insoluble. Only use psyllium when cleansing as it can be harsh, abrasive and potentially disturb the hydration balance in your gut by over-absorption of fluids. (You must increase water intake when increasing fiber intake!) Try mixing a teaspoon of your choice of fiber and gradually increasing to a tablespoon with 8 ounces of water. Drink mixture 1 hour before or 2 hours after meals, in morning or evening.

Oils: Essential fatty acid (EFA) is found in oil rich foods from nuts, seeds, and fish. For oil supplementation consider flax, hemp, Udo's, borage, evening primrose. These oils should be kept in dark containers and refrigerated.

Probiotics: These Friendly flora aid in providing an eco system rich with beneficial bacteria that you may find necessary (and therefore beneficial) to replenish after antibiotic and hormonal birth control use, high stress or cleansing. We depend on probiotics not only for digestion, but also for your immune system, some vitamin production and general quality of life.

Enzymes: There are different types of enzymes for different types of foods. It is generally fine to look for a good broad spectrum enzyme supplement and cover all the bases. Most people are also deficient in Hydrochloric Acid (HCL) which is needed for protein digestion.

Superfoods: Superfoods are nutrient dense natural foods that are nourishing, cleansing and rebuilding. Including: grasses (juiced or powdered), algae, sea vegetables, mushroom concentrates, bee pollen and propolis, and many more.

Whole Leaf Aloe Vera Gel: Soothes / heals tissues throughout the entire digestive tract. Mix with liquid and drink. This might have a mild laxative effect, so consume gradually. (Can be mixed with chlorophyll and water for oxygenizing drink.)

Potassium: Broth or supplement helps maintain electrolyte balance and aides with water absorption in the body.

Fresh Organic Vegetable Juices: Live enzymes enhance nourishment without taxing digestion. Try for 16 - 32 ounces daily. Focus on greens with a little sweet, not all sweet (carrot, beet, apple) to avoid spiking glycemic index.

Water: Your body is 50 - 75% water (depending on fat percentage), so 50 - 75 % of what you bring into your body should be water, or dehydration will and does occur

(contributing to and underlying most health ailments). Remember: for each pound of body weight drink 1/2 ounce of purified water daily. (MINIMUM!)

SUGGESTIONS FOR EXTERNAL DIGESTIVE SUPPORT:

Castor Oil Packs: Soothe abdominal tightness, cramping or pain, and loosen impactions. Apply cold pressed castor oil direct on skin or with wool flannel, cover with plastic (like garbage bag) and apply heating pad.

Colon Massage: Start at right hip/pelvic bone, massage up towards ribcage, across to left side, down towards hip/pelvic bone and go in towards the middle. This can help increase peristalsis and stimulate release.

Slant Board / Incline Positions: Position yourself to elevate your colon and get gravity working in the other direction.

Rebounding: The number one way to move your lymph system - rebound for a minimum of 5 minutes a day. This assists your body in detoxifying, it tones and energizes every cell in every organ, and can also stimulate your bowel.

Skin Brushing: With a natural bristle brush, dry brush your skin vigorously towards the heart in all regions before showering. This aids in lymphatic movement, stimulates blood flow, helps detoxify the skin. Removes tons of dead skin cells.

Hydrotherapy Bath: To detoxify, take a salt (Epsom, Dead Sea or Himalayan crystals) or a powdered ginger bath for up to 20 minutes. (Especially helpful the evening of a colonic session day.)

Hot / Cold Hydrotherapy: In the shower, begin with 40 - 60 second intervals of as hot of water as you can tolerate, followed by 15-30 seconds of as cold of water as you can tolerate. Perform up to 7 sets of therapy ending with cold in morning and warm in the evening. To increase circulation to blocked areas of the body direct water pressure to that place, or aim at the chest.