

CONTINUING YOUR WAY TO HEALTH

Congratulations! You just made the first step towards health and wellness! This sheet is just to give you some information on getting the most from your Colon Hygiene session today.

1. Water is key after your session. Be sure to at least drink half your weight in ounces. So for example, if your weight is 150 lbs. lets say be sure to drink at least 75 ounces in water. This will help flush out some toxins and support elimination.
2. In addition, be sure to replenish your electrolytes. A good way to do this is drinking coconut water, some bananas or even an orange.
3. For two to three days following your session, following a high alkaline diet is great. This is a diet high in veggies and fruit. Try to incorporate green salad, juices, smoothies in your diet to make gradual changes in the future.
4. Please note that because colon hygiene is a more powerful form of an enema, it may take one to two days before your colon fills up again and normal bowel movements are resumed. So don't be alarmed if you don't go the next day.
5. Try to avoid heavy foods, alcohol, meat, dairy, fried and gas forming foods, animal products or sugar. If you are hungry, I suggest veggie juices, light soup or steamed vegetables.
6. After your session, replacing probiotics or good bacteria is highly beneficial.
7. Keep in mind that some of the most common food allergies are: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans. If you think you might be allergic to any of these foods, trying to eliminate these after your colon hygiene session might be beneficial.