

# CLEANSING *Waters*

Total Body Cleansing



## **BEFORE A COLONIC .....**

- ❖ The day before your colonic, eat light; preferably fruits and vegetables.
- ❖ The day of your colonic, eat a light breakfast and lunch, depending on your appointment time.
- ❖ No coffee or soda pop day of the colonic as this may cause cramping during your session.
- ❖ **IMPORTANT: NO FOOD 2 hours prior to your colonic.**

## **AFTER A COLONIC .....**

After colon irrigation, it has been our experience at Cleansing Waters that it is important to:

- ❖ Drink plenty of liquids-pure/filtered water, fresh vegetable or fruit juices, herbal teas, electrolyte drinks and young coconut water.
- ❖ Fortify with intestinal microflora (friendly bacteria) – ask for more information about this.
- ❖ Optimally eat soft food such as pureed soups for the first 24 hours after the colonic session.
- ❖ Avoid eating raw vegetables for 2 days. Steamed vegetables and raw fruit are alright, but masticate (chew) thoroughly. Raw vegetables juiced or blended (like in a green smoothie) are also okay.
- ❖ Reduce meat consumption for 3 days (heavy beef and pork). Wild-caught fresh fish would be the preferred animal protein for the first 24 hours.
- ❖ No alcoholic beverages for 48 hours minimum!
- ❖ Observe your body's reaction to the colonic; food you eat and the energy you feel.
- ❖ Avoid strenuous exercise the day of your colonic as you have just cleansed/detoxified your body may need to rest and heal. Walking is okay.
- ❖ Take a detox bath the evening of your colonic. This will help continue the detox process by pulling toxins through the skin as well. Not to mention it is relaxing and part of being "good to yourself". Use baking soda or Epsom salts in tub of water, or you may use 1 cup raw apple cider vinegar in tub.