



How to Prepare for Colon Hydrotherapy:

Please arrive 15 minutes early to fill out your paper work (unless you choose to do at home). Upon completion we will spend some time talking, reviewing your health history, answering questions and making sure that you feel very comfortable before getting started.

The day before your session:

Drink at least a gallon of water throughout the day so that you will be well hydrated for your session.

Eat healthy and nourishing foods the day of your session unless you are fasting. Eating a meal two to four hours before your colonic is ideal, but no food or beverage should be consumed in the two hours before your appointment. You are in the process of taking very good care of yourself so allow for the time and space you need to be in a calm state of mind. Your body responds best to treatment when it is relaxed. Deep breathing, laughing, exercising, soothing music and a positive, supportive environment will all be helpful.

Follow up Diet after getting a Colon Hydrotherapy session? Following large intestinal cleansing, the body may feel weary or relaxed. This is simply your body working out and processing through its cleaning period; so, proper rest is important for your body to recuperate and rejuvenate. After receiving colon hydrotherapy, for best results:

Drink plenty of liquids (distilled water, juices, herb teas, and electrolyte liquids. Eat light foods for 24 hours after the procedure. (Vegetable soups are recommended)

Avoid eating raw vegetables for a few days. Steamed vegetables and raw fruits are sufficient — chew thoroughly.

Reduce protein consumption. (Especially beef, pork, and chicken)

We support and encourage your exploration of a healthier lifestyle and look forward to working with you.

“THIS FACILITY DOES NOT CLAIM TO CURE OR TREAT ANY CONDITION OR DISEASE”