

COLONIC THERAPY PREPARATION

LIQUID: THE DAYS LEADING UP TO & THE DAY OF YOUR COLONIC APPOINTMENT

- DRINKING FRESHLY PRESSED VEGETABLE JUICE IS ONE OF THE BEST WAYS TO ASSIST IN THE LOOSENING AND EMULSIFICATION OF TOXINS AND INCREASE THE STRENGTH OF YOUR IMMUNE SYSTEM.
- DRINK JUICES ON AN EMPTY STOMACH, NOT WITH YOUR MEALS OR IMMEDIATELY AFTER.
- WAIT 30-60 MIN AFTER DRINKING JUICE BEFORE YOU EAT A MEAL.
- STAY HYDRATED THE DAY OF YOUR APPOINTMENT BUT EASE OFF DRINKING THE HOUR BEFORE.

SOLID: BREAKFAST SUGGESTIONS FOR THE DAY OF YOUR COLONIC APPOINTMENT

- LIQUID: START YOUR DAY WITH A FRESH PRESSED JUICE FOR OPTIMUM RESULTS IN YOUR COLONIC SESSION.
- SOLID: FRESH FRUIT IS THE MOST OPTIMUM CHOICE. IF YOU HAVE ADVERSE REACTIONS, WE OFFER THE NEXT SUGGESTION.
- TOASTED WHOLE GRAIN BREAD WITH MASHED AVOCADO (ADD SOME SEA SALT) OR SPREAD ON SOME COCONUT BUTTER (SPRINKLE ON SOME CINNAMON).
- OATMEAL IS OK AS WELL, BUT BEST NOT TO COMBINE WITH ANY FRUIT.
- THE ROAD TO INDIGESTION: PROCESSED CEREALS, EGGS, BAGELS/BREADS, ANIMAL PROTEIN, SODA, OR LAST NIGHT'S LEFT OVER LASAGNA! THIS WILL CREATE EXCESSIVE GAS IN YOUR TREATMENT.

SALADS MAKE FOR A COMFORTABLE AND SUCCESSFUL COLONIC TREATMENT

- IMPROVE YOUR DETOXIFICATION PROCESS BY SIMPLY INCORPORATING A LEAFY GREEN SALAD BEFORE ALL YOUR COOKED MEALS.
- YOU CAN INCLUDE OTHER RAW VEGETABLES IN YOUR SALAD: SHREDDED OR GRATED CARROTS, CELERY, CUCUMBERS, SPROUTS, AND RADISHES. REFRAIN FROM RAW BROCCOLI/CAULIFLOWER.
- DRESSING? DRIZZLE EXTRA VIRGIN OLIVE OIL, CUMIN POWDER, LEMON/LIME, COCONUT VINEGAR, AND TAMARI.

WHAT TO DRINK AND/OR EAT AFTER YOUR COLONIC APPOINTMENT

- LIQUID: TENSUI WATER, COCONUT WATER, AND/OR COLD PRESSED VEGETABLE JUICES ARE ALL OFFERED FOR YOUR CONVENIENCE HERE AT THE SPRINGS LA!
- SOLID: ALWAYS START YOUR MEAL WITH A SALAD AND ANY OF THE OTHER OFFERINGS WE HAVE AT THE SPRINGS ARE FABULOUS OPTIONS TO FOLLOW WITH. IF YOU ARE AWAY FROM THE CONVENIENCES WE HAVE HERE, ARE NOT FULLY SATISFIED, AND PREFER TO EAT SOME COOKED FARE, YOU CAN FOLLOW WITH COOKED VEGETABLES AND/OR A STARCH. (YAM, WILD RICE, QUINOA, ETC.)

FOODS TO REDUCE:

- RED MEAT, CHEESE, WHITE FLOUR (I.E.: PASTRIES, CAKES, WHITE BREAD, ETC), AND PASTA/STARCHES MIXED WITH TOMATO SAUCE (I.E.: PIZZA/LASAGNA).
- ALL PROCESSED FOOD. FOODS WITH MORE THAN A HANDFUL OF INGREDIENTS ON THE LABEL

BEVERAGES TO STAY CLEAR OF:

- ALCOHOL AND ANYTHING CARBONATED (IE: SODA, SELTZER, SPARKLING WATER = GAS).

OTHER COLONIC PREPARATION CONSIDERATIONS:

- IF YOU HAVE HAD A COLONIC BEFORE, BUT IT HAS BEEN A WHILE SINCE YOU RECEIVED A TREATMENT, YOU MAY WANT TO GIVE YOURSELF 2-3 DAYS OF PREPARATION FOR OPTIMUM RESULTS.
- YOUR BODY WILL BE MORE INCLINED TO RELEASE DURING YOUR COLONIC TREATMENT WHEN YOUR SYSTEM HAS HAD A CHANCE TO *LOOSEN* THINGS UP WITH SIMPLE DIETARY MODIFICATIONS.
- THE DAY BEFORE A COLONIC IS *NOT* THE TIME TO BE INDULGENT. YOU SHOULD ALLOW THE DAY BEFORE, THE DAY OF, AND THE DAY AFTER TO BE DAYS WHEN YOU CAN FOCUS A BIT MORE ON IMPLEMENTING THE FOOD COMBINATION PRINCIPALS AND DRINKING FRESH PRESSED JUICES.
- PLEASE BE MINDFUL OF YOUR SOCIAL CALENDAR WHEN BOOKING YOUR APPOINTMENT SO YOU CAN PREPARE AND CARE FOR YOUR BODY ACCORDINGLY.