

What should I do to prepare for my session?

In the 24-48 hours prior to your Colon Therapy session, it is advisable that you primarily eat seasonal and organic vegetables, fruits and grains. Drinking 6-8 glasses of water daily will also help you with this cleansing process. Please eat lightly on the day you are scheduled for a session. Try to eat fruits, veggies, and maybe some juices. Please try to refrain from eating and drinking two hours before your scheduled appointment, unless you are on a medically restricted diet* This may help you to be more comfortable during your session.

*If you have a medically supervised diet, please disregard any contraindicated suggestions and follow your doctor's requirements and diet.

Food and drink to avoid directly before and after your session:

Alcohol, coffee and teas, decaf products OK, carbonated drinks, chocolate, dairy products, desserts, fatty and fried foods, flour products, ice cream, junk foods, sugar, wheat products...also, food which may produce gas and bulk such as nuts and seeds, (in amounts larger than 1/4 cup) beans, broccoli, brussel sprouts, cabbage, onions, and any food through past experiences that have caused YOU to create gas.

Beneficial foods and drink before and after you session:

Apricots, bananas, blueberries, chamomile or peppermint teas, fish and poultry, grapes, green leafy veggies, miso soup, nuts, seed (no more than 1/4 cup) oranges, potatoes, seasonal organic veggies, seeds, water, whole grains such as amaranth, brown basmati rice, millet, quinoa

Please have patience with your body and yourself after your session. Everyone has a unique experience to Colon Hydrotherapy. Most feel relaxed and cleansed and have a feeling of truly being "empty". Occasionally, you may feel a slight headache or nausea, but these symptoms quickly disappear. It is often said that this is may be a symptom of the body getting rid of unwanted toxins and waste that may have been "disturbed" during your session. This also may indicate that the individual will a benefit from another treatment within the month.

How often do I need sessions?

Always start with one. Discuss your ideas, goals and options with your doctor or therapist.

Of course, the number of colon hydrotherapy sessions desired will depend on the individual. Every person's goals will differ. Just as some people exercise on a daily or weekly basis to tone and tighten their outer body, some people follow an ongoing cleansing, toning and rebuilding regimen for the inner body. Colon Hydrotherapy could be used as part of any regular maintenance program.