

Preparing for a colonic

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Firstly please don't panic! It's normal to feel slightly nervous.

PLEASE READ CAREFULLY

ALL EQUIPMENT IS SANITIZED BEFORE AND AFTER EACH SESSION. We do use disposable speculum kits, therefore there is NEVER cross contamination. If you are feeling ANY SYMPTOMS RELATED TO COVID-19, PLEASE STAY HOME AND RESCHEDULE YOUR APPOINTMENT AFTER 14 DAYS.

Please arrive ON TIME to fill out your medical history form (unless you choose to do so beforehand, please email us, so that we can send it to you). 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 following are JUST SUGGESTIONS ONLY...

- Drinking as much water as you can comfortably is important – do NOT over-compensate by guzzling a gallon of water a few hours before your treatment or you are likely to constantly want to go for a pee. 😞
- Eat healthy and nourishing foods the day of your session unless you are fasting or on a specific Detox Program.
- 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 – which I will ensure that you are.
- A day or two before your appointment drinking 16 to 32 ounces of raw vegetable juice daily can be really helpful. Raw veggie juice goes to work to help scrub your cells squeaky clean like soap does for us externally. A colonic rinses the released toxins out of the body and away from our internal lining. Drinking the raw veggie juice prior to your colonic helps loosen wastes in the body and starts the cleansing process in advance.

A great cleansing formula is:

- 1 English cucumber

- 1 head of celery (about 6 stalks)
- 1 small handful of Italian parsley
- 1 apple
- 1 small lemon (or half of a large one; no need to peel it)
- 1 inch knob of fresh ginger (no need to peel)(**go all organic if you can**).

- Avoid dairy products, red meats, shell fish, processed carbohydrates (white rice, pasta, etc.), fried foods, sugar, carbonated beverages i.e. fizzy pop or cheeky beers and that also includes carbonated water too..... for as long as you can leading up to your appointment.

- Include lots of the following in your diet:
- Raw fruits – ideally only 2 portions a day – a portion being 80grams or 3oz

for people who don't do metric 😊

- Lightly steamed, low starch vegetables
- Organic raw nuts and seeds
- Plenty of omega 3, 6, 9, coconut oils, avocados and cold pressed plant oils

like olive and sesame oil:star:

- Whole grains – NOT whole wheat
- Chicken and fish

- Chew your food thoroughly. Try to chew each mouthful 20 to 30 times before swallowing. Thorough chewing will reduce the accumulation of undigested food and pockets of gas in your colon.

- Colon Therapist actually see more socks and toes than I do bottoms believe it or not, so Ladies nicely painted toes and smooth legs are an advantage and for the Gentlemen trendy socks are also good so I have something interesting to look at! 😎

- Please wear, or bring a pair of socks to your session.

Important !!!!!!!

Please feel free to talk openly and honestly with your colonic therapist to discuss your lifestyle, medical history, and any questions or concerns you may have about your symptoms or the procedure.