



COLONIC HYDROTHERAPY AFTERCARE ADVICE

PLEASE ABSTAIN FROM ALCOHOL, RICH AND SPICY FOODS FOR AT LEAST 24 HOURS AFTER YOUR TREATMENT

One can anticipate feeling more peaceful, lighter, cleaner and more energised after a Colonic Hydrotherapy session.

On occasion, if there has been a longstanding condition of constipation or several health problems, a slight headache or fatigue maybe experienced with the first or second colonic. If this is so, a short rest will help restore one's equilibrium.

In some cases you may feel slightly bloated for a few hours after the colonic, as the trapped gas makes its way to the exit. If this is the case, have a cup of peppermint tea and lie down with a hot water bottle for a while. In very rare cases tiredness persists for a few days, as the body continues to detoxify itself. In these cases, we recommend having another Colon Hydrotherapy treatment, to accelerate the process.

Since the colon has been cleared of solid matter, it may take on the average one to four days before it fills up again and normal bowel movements are resumed.

Some water is absorbed through the colon wall during a Colon Hydrotherapy session, and you may notice an increased need to urinate for a few hours afterwards. This beneficial effect of flushing the kidneys may also be enhanced by drinking a few glasses of water with the juice of half a lemon added to each glass.



BODY REJUVENATE

DIGESTION AND ELIMINATION TIPS

- Eat smaller meals – grazing is better than gorging!
- Eat for what you are about to do, not for what you have done.
- Keep your meals simple – don't mix too many different kinds of food in one meal.
- Chew slowly and keep your mouth shut while chewing to avoid air getting into your digestive system.
- Buy local and buy in season. By purchasing your groceries from your local farm shops and farmers' markets you will always get nutrient-rich fresh food all the while contributing to the survival of organic farming.
- Do not drink ice-cold water with your meals. Sip room temperature water.
- Avoid carbonated drinks if you feel bloated and gassy.
- Avoid artificial sweeteners – use fructose or honey to sweeten your desserts or drinks.
- Whole grains (rice, barley, oats, buckwheat etc.) are better nutritionally than pasta and breakfast cereals and they contain the true roughage that cleans up your digestive system. Generally, they are better for you "al dente" – very slightly undercooked. Soak the grains overnight before cooking and discard the soak water.
- Beans and pulses have a high fibre content, and they are a very valuable part of your diet.
- Introduce them into your diet carefully and slowly, to avoid excess gas. Soak your beans overnight and discard soak water before cooking.
- Keep your body hydrated, drink a lot of water.

REMEMBER: BEING 80% GOOD 80% OF THE TIME WILL MAKE YOU FEEL AT LEAST 65% BETTER ... AND YOU CAN STILL INDULGE FROM TIME TO TIME!