

Preparation for Colon Hydrotherapy Sessions

1. Stop eating and drinking all dairy products ... milk, yogurt, cheese, ice cream, etc. Substitute almond, hazelnut, or hemp milk products instead. Over 95% of the population is lactose intolerant.
2. Stop drinking anything cold, including soft drinks, iced teas and water. This shocks the digestive system and makes it work harder.
3. Drink filtered or spring water. Tap water is full of chemicals! A guideline is to drink half of your body weight in ounces between meals. So, if you weigh 120 pounds, you need a minimum of 60 ounces of water per day and more if you work out or have a strenuous job that makes you sweat.
4. Substances like alcohol, caffeine and nicotine are all neuro-toxins. This means they damage the nervous system and organs. It's best to stop these during a cleanse. Try herbal teas.
5. Explore wheat free breads, pasta and cereals.
6. Try simmering whole grains for a nice hot breakfast like millet, quinoa, buckwheat, basmati brown rice and kamut.
7. Increase your consumption of leafy green vegetables, like spinach, kale and swiss chard. They are full of magnesium, other essential nutrients and have a natural laxative effect on the bowel.
8. Eat plenty of papaya and avocado. Both laxative foods.
9. If eating lean meats or fish, make them your garnish, and eat mainly vegetables and fruits.
10. Good fats / oils include coconut, palm, flax, pumpkin seed, sesame and olive.
11. Notice the foods that make you bloated and avoid them for at least 5 – 7 days. Then reintroduce and see if that is the offending food.
12. Go slowly with all of this. Remember, even small changes will make a big difference.
13. Don't eat or drink for 2 hours before your colon hydrotherapy session.