

Healing Waters Healing Hands
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Colon Hydrotherapy – Pre and Post Recommendations

It is recommended that 24-48 hours prior to your colon hydrotherapy session you consume organic fruits, vegetables and grains. Drinking 6-8 glasses of water a day will also assist in the cleansing process, on the day of your treatment eat lightly, such as vegetables, fruits and juices and also limit your water intake. If possible try to refrain from food or drinks within 3 hours of your treatment. At the end of your session you may feel relaxed, due to the movements of the colon muscles. It is not uncommon to wait 2-3 days before your first bowel movement after treatment. During this time you may have heightened sensitivities to what you ingest. Consume plenty of water and abstain from consuming gas producing foods. It is extremely important that you also begin taking a probiotic supplement to re-establish good bacteria in the gut.

Foods and beverages to avoid directly before and after your treatment:

- Alcohol, Pastries, Processed junk food, bread (whole grain is okay)
- Caffeinated tea and coffee, Carbonated drinks, Dairy products, fried and fatty foods
- Chocolate, Pasta (brown rice and kamut okay)
- Desserts, Ice cream, pizza, sugar

Also avoid eating gas producing foods:

- Beans, Brussels sprouts, cauliflower, raw apples, broccoli, cabbage, peppers, soy products

Beneficial foods to consume before and after treatment:

- Apricots, Asparagus, Bananas, Blueberries, Brown and basmati rice, fish and poultry, garlic, grapes, green leafy vegetables, herbal teas (especially peppermint, ginger and chamomile), miso soup, nuts, onions, oranges, organic vegetables, seeds, water, quinoa, whole grain bread

Natural health therapies that help compliment your treatment:

- Deep breathing, skin brushing, massage therapy, infrared sauna treatments, castor oil packs, walking, yoga, abdominal hot packs, warm Epsom salt baths, rebounding.