

Health₂O

In order to get the most out of your colon hydrotherapy session, we recommend that you follow this simple protocol.

If you don't follow the protocol, please know that is not a reason to cancel within 24 hours of your appointment and we will need to charge you for the price of the session. Many clients ignore these recommendations and still have a good experience. However, we want you to have the best chance for the most productive session possible so we offer this list and recommend that you do your best.

Two days before your colonic:

Do not eat...

Pizza
Pasta
White bread
Red meat
White rice
Cheese
Bananas
Roasted nuts or nut butters

Do not drink alcohol.

Do eat lots of fruits and vegetables.
Drink plenty of pure (not carbonated) water (half your body weight in ounces).
Drink fresh vegetable juices.

Two hours before your colonic:

Do not eat or drink anything

Two days after your colonic:

Continue to drink plenty of water.
Drink plenty of electrolyte beverages, herbal teas, fresh juices.
Choose cooked vegetables and soups over raw vegetables.
Continue to avoid red meat and alcohol.
Eat slowly and chew your food until it turns to liquid.

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