

# Health<sub>2</sub>O

In order to get the most out of your colon hydrotherapy session, we recommend that you follow this simple protocol. If you choose not to 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 and comfortable session possible, so we offer this list and recommend that you do your best.

## **For two to up to seven days before your colonic:**

Do not eat:

- Gluten (pizza, pasta, bread)
- Dairy (milk, cheese, ice cream)
- Refined sugar
- Protein powders
- Soy products
- Nuts and nut butters
- Processed foods
- Red meat

Do not drink:

- Soda, seltzer, sparkling water
- Alcohol

Do:

- Eat lots of leafy green salads, hydrating fruits, and vegetables
- Drink plenty of pure (not carbonated) water and fresh vegetable juices.

## **Day of your colonic:**

Do not eat or drink anything two hours before your colonic.

## **After your colonic:**

- Continue to drink plenty of pure water, herbal teas, fresh juices, and liquids that contain electrolytes.
- Eat plenty of cooked vegetables, soups, broths, and hydrating fruits.
- Practice proper food combining to allow your body to digest food properly and avoid gas.