



shea lynn baird & stephen j. barlow

colon hydrotherapy & cleansing programs
food allergy & sensitivity testing
sauna, d-tox foot baths & massage

Thank you for choosing us for your colon health care!
Stephen and I look forward to meeting and working with you!

We congratulate you on taking responsibility for your health care, on your commitment to wellness, and for taking this step towards your optimal health!

We are dedicated to helping you fulfill this commitment, and we will support you towards achieving optimal health by providing the highest quality in colon cleansing and colon care.

We promise to serve you with the utmost care and respect.

This first appointment is a little longer than any subsequent appointment. It is approximately 90 minutes long. With the additional time we will go over your health history and goals for this work, explain the procedure and the equipment, and make sure that your questions are answered before we begin. The actual session ("table time") lasts for about 45-50 minutes.

Subsequent appointments are 60 minutes in length, with approximately 45-50 minute sessions.

I, Shea, have been practicing colon hydrotherapy since February 2001. I am trained and certified as an Advanced Level Colon Hydrotherapist with both I-ACT (the International Association of Colon Therapy) and NBCHT (The National Board of Colon Hydrotherapists). Stephen has been practicing since February of 2009.

Information on I-ACT can be found at www.i-act.org.

Our equipment is an FDA registered closed system. We use only 'one time use' sterile disposables.

Please try to arrive a moment or two early for your appointment.

Congratulations again on taking this step! We look forward to working with you!

Sincerely,

A handwritten signature in black ink, appearing to read "Shea Baird", is shown within a light gray rectangular box.

Shea Lynn Baird

Basic Instructions for initial appointment:

Please have the following **paperwork filled out and with you** at the first session:

Health History (both sides), Policy Agreement, and State of CA Guidelines.

It is also important that you read the two information sheets: "What is Colon Hydrotherapy?", and, "How to Prepare for a Colon Hydrotherapy Session or Series."

Things you might want to purchase and start using- or call my office to see if I have them in stock:

- It is very important to take a **probiotic supplement** for awhile after the session(s), but you can also begin beforehand. Probiotics are the helpful, healthy bacteria and microorganisms that should live in the digestive system. (See "How to Prepare" info sheet.)
- Consider a good broad spectrum **enzyme supplement**. Eating foods cooked over 118 degrees (which destroys the enzyme content) drains the body's metabolism and creates difficulty in digestion.

Foods to have avoided prior to your session:

Heavy, acidic, dehydrating, system (colon, liver & blood) clogging foods such as: animal products (meat & dairy - *especially cheese!*), grains (bread, cereal, oatmeal, crackers, etc), white flour, white sugar, alcohol, fried or fast food... you get the picture. Focus instead on enzyme live, nutrient dense, hydrating live foods.

(see "How to Prepare for a Colon Hydrotherapy Session or Series" info sheet.)

Although you should arrive for your session with an empty bladder, you should be as hydrated as possible— drink only distilled, filtered or reverse-osmosis water (NO TAP WATER!!). As a rule of thumb drink 1/2 ounce of water for each pound of body weight DAILY! MINIMUM! (example: a 150 pound person needs MINIMUM 75 ounces of water daily)

Please arrive in a calm, relaxed state and be on time for your appointment.

Note to women on their menstrual cycle: it is perfectly fine to have colonics during menstruation.

Fees: Payable by cash, check or Visa/MC

- Initial Consultation & Colon Hydrotherapy Session (90 minutes) \$115
- Subsequent Session (60 minutes) \$85
- 6 Session Series* \$450 (\$80 savings)
- 12 Session Series* \$900 (\$140 savings)
- Implants ask or see website for more info
- Add a Sauna or Foot bath to your Colon Therapy Appointment \$25

If you have never had colon therapy before, it is **HIGHLY** recommended that you consider a **MINIMUM of 3 - 6 sessions**, often more. (It takes time for the pipe to clog up - it can take time to unclog it!)

*Series sessions are scheduled after having completed one initial session, are booked no more than 1 week apart (more often if you're not a daily pooper), and are pre-paid.

Two series of 6 are recommended each year by Dr. Norman Walker. Please realize every single person is different - where 6 - 12 appointments might 'do it' for one person, another person may chose to add a few more or repeat the series.

Address and Directions: Our address is: **2345 Fourth St Suite B., Santa Rosa, CA 95404.**

From 101 - Take the College Avenue exit. Turn East onto College (if heading North on 101 turn Right, if heading South on 101 turn Left). Take College to the end, then turn left on Fourth Street. 2345 Fourth is several blocks on the left side, at the corner of Fourth St. and Rogers Way. (After Bryden, before Safeway)

From Downtown: Just head up Fourth Street. 2345 Fourth is several blocks on the left side, at the corner of Fourth St. and Rogers Way. (After Bryden, before Safeway)

Parking: We have our own parking! There are several spots in our lot, if the lot is full, there is plenty of parking on side streets, like Rogers Way.

Cancellation Policy: 48 hour notice to avoid full fee. Please read and sign the Policy Agreement Sheet.

If you have any questions or concerns before this appointment, please do not hesitate to call.



chart form : client information & health history

DATE: _____

NAME: _____ D.O.B _____ AGE _____

MAILING ADDRESS (inc zip) _____

EMAIL: _____ ADD TO MY NEWSLETTER? YES / NO REF BY: _____

PH #'s: HOME(____) _____ CELL(____) _____ WORK(____) _____

Have you had a colon hydrotherapy session before? YES / NO When was your last session? _____

What are your reasons for wanting a session today? _____

If your reasons are a specific health issue, what else have you done for it already: _____

Circle what you'd like from this session: better understanding of digestion & pH / nutritional info / cleansing only

How many times a day/week (please circle one) do you have a bowel movement? _____

Do you ever observe blood or mucus in your stool? Please describe: _____

Do you ever experience diarrhea or constipation? Please describe: _____

Do you, or your family, have a history of colon problems? _____ Please describe: _____

Are you under the care of any medical, naturopathic or chiropractic physician? _____

If so, are you receiving treatment? And what is the working diagnosis? _____

Do you receive care from any other health professional? What and how frequently? _____

List any current medications: _____

List any current supplements: _____

How much water did you drink in the past 24 hours? _____ Is this a normal for you? _____

Please list the foods you've eaten in the past 24 hours: _____ Body weight: _____

Breakfast _____ Lunch: _____

Dinner: _____ Snacks: _____

Is this your typical diet? If not, what is? _____

What foods/snacks do you crave? _____

Do you eat late at night? YES / NO Chew your food to liquid? YES / NO Drink with your meals? YES / NO

On the list below, underline any you have had in the past week AND circle any you have daily:
coffee other caffeine alcohol soda sugar tobacco salt animal products grains fried foods fast food

Percentage of diet from fruits & veggies: _____% Do you practice food combining? Y N (circle one)

DO you take laxatives? YES / NO What kind? How often? _____ For how long? _____

When was the last time you took antibiotics? _____ What where they for? _____

Sleep well? YES / NO How many hours nightly? _____

Exercise? YES / NO What type / How often? _____

How do you feel today? _____

Is there any condition that concerns you (if not already addressed)? _____

CONTRAINDICATIONS

Some health conditions would contraindicate colon hydrotherapy. In order to determine whether any of these relate to you, please put YES or NO for the following. If it was in the past, please write PAST and include year.

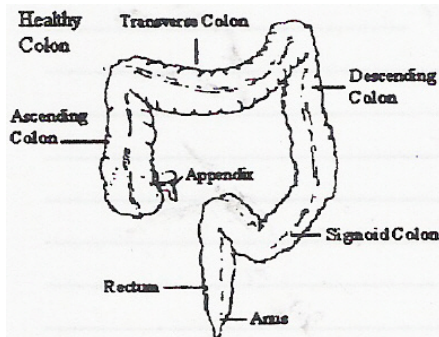
Are you pregnant? _____ How many months? _____
 Ever had a Sigmoid or Colonoscopy? _____ If so, when? _____
 Acute Fecal Impaction _____ Parasitic Infection _____
 Irritable Bowel Syndrome (IBS) _____ Spastic Colon _____
 Colitis (colitis, mucous, bleeding or ulcerative) _____ Chrohns Disease _____
 Severe Hemorrhoids, Rectal Fissure or Acute Fistula _____ Intestinal Ulcers _____
 Diverticulosis (pocket on colon pouching outward) _____ Diverticulitis (infected pocket) _____
 Recurrent or constant severe abdominal pain _____ Constant and/or frequent Diarrhea _____
 Hyper/ Hypothermia _____ Kidney Insufficiency or Failure _____
 Recent Colon or Rectal Surgery _____ Abdominal hernia _____
 Gastro-Intestinal Hemorrhage or Perforation _____ Recent Abdominal Liposuction _____
 Acute Inflammatory Pathology of the Colon _____ Abdominal Radiation _____
 Cancer of the Colon _____ Blood in stools _____
 Rectal / Intestinal tumors _____ Aneurysm _____
 Congestive Heart Failure, Heart Disease or Abnormal Heart Condition _____ Cirrhosis of the Liver _____
 Hypertension? _____ If yes, is it controlled, and what was last blood pressure reading? _____
 If you answered yes to any of the above, please elaborate further:

The following questions, though not necessarily contraindicating colon hydrotherapy, are very important to discuss here. They are to help rule out any possible high risk status relevant to AIDS or AIDS Related Syndrome. If you were to be in this high risk group, special arrangements could be arranged for you.

IN THE PAST 12 YEARS HAVE YOU HAD ANY OF THE FOLLOWING:

Immune system disorders? HIV _____ Aids _____ Other _____
 Sexual contact with a known AIDS carrier, or reason to suspect contact with AIDS or ARS? Yes No
 Blood transfusions within the 7 years prior to 1988? Yes No
 Used any illegal IV drugs, or been sexually active with an IV drug user? Yes No
 Have you ever had an AIDS test? Yes No

I appreciate your honesty and patience in filling out this form. Thank you for answering such personal questions. Please shade in any areas that are a current or past concern on the below diagram:



Who would NOT be a candidate for colon hydrotherapy treatments? If you have a concern about your health or the appropriateness of colon hydrotherapy you should consult a doctor. If you are diagnosed with diverticulitis, ulcerative colitis, Chrons disease, severe hemorrhoids, rectal or intestinal tumors, have undergone recent radiation therapy, have uncontrolled hypertension, congestive heart failure, or organic valve disease, have an aneurysm, severe anemia, GI hemorrhage/perforation, cirrhosis of the liver, fissures or fistulas, have an abdominal hernia, have had recent colon surgery or renal insufficiency then you would NOT be a candidate for colon hydrotherapy sessions. Pregnant women are also advised to only receive colon hydrotherapy sessions during the second trimester of their pregnancy, and only under the supervision and advice from their physician.

Every therapy, service and product described or presented by Shea Lynn Baird (SLB) is NOT a cure for any disease, ailment or health condition. NO MEDICAL CLAIMS are expressed/implied, either directly or indirectly. I do not diagnose, treat or prescribe. I, _____, agree that the above information is accurate to the best of my knowledge. I give SLB permission to provide colon hydrotherapy. I am aware of and do not have any of the above listed contraindications. I am aware of my 9th Amendment Rights to practice alternative health modalities, and agree that I am responsible for my health and the services received here.

Signature of Client

Date of Signature

Signature of Colon Hydrotherapist

Date of Signature

because the road to health is paved with good intestines!!!!



chart form : appointment policy agreement / client expectations

- Payment in full is expected at the time of service. We accept Cash, Personal Checks, Master Card and Visa. Any other possible arrangement will need to be worked out prior to the date of the session and a clear alternate agreement made at that time.
- When purchasing a 'Series' for any of the available services, payment for the 'Series' is made in full at the time of the first appointment of the series. Again, any other possible arrangement will need to be worked out prior to the date of the session and a clear alternate agreement made at that time.
- If, for any reason you are unable to complete a 'Series', or if you prepaid for services (for yourself or someone else) that can't be completed, you have 30 days to request a refund. After 30 days the refund amount becomes a credit with Every Body Cleansing Studio.
- The 'Series' price for any service is discounted, and comes with stipulations which must be adhered to in order to receive the discount. (Ex: a 'Series' of colon hydrotherapy sessions are scheduled NO MORE than a week apart - although closer together is fine - anything farther than a week apart changes it from a 'Series' to individual appointments.) If, for any reason, you require a refund for unused sessions, the refund will be prorated without the discount.
- Full payment for any check returned NSF, PLUS my bank fees, will be collected before a future appointment is scheduled.
- We have a **48 Hour Cancellation Policy**. Missed appointments, or appointments cancelled without at least 48 hours notice, are subject to full charge. Another appointment will not be scheduled until full payment for the missed appointment has been made. Your co-operation is greatly appreciated.
- Late arrival of over 15 minutes is considered an un-notified cancellation. If there is a need to reschedule, a full charge is still made for that day. Or, a shorter session may be done at the full fee.
- Please understand that your appointment time is YOUR time. It is not available to us unless you release the time by canceling or rescheduling with enough time for us to make use of it.
- Due to the nature of this work there is always the possibility that we may be off schedule. Our first priority is to prevent that from happening. If we ever see that this might happen we will try to reach you. If you are left waiting more than 15 minutes, or you are forced to reschedule due to time constraints, I will adjust the fee of your next session. If you can stay, and your appointment is started late, your session length will not be affected.
- Although I do try to leave time spaces between appointments as a buffer, it is not always possible. Regardless, please also be mindful of your appointment time by arriving and leaving as scheduled. If questions arise, and there is not enough time to talk after our appointment, we can make a specific phone date.

I AGREE TO AND UNDERSTAND THE ABOVE POLICIES.

Signature of Client

Date of Signature

Signature of Therapist

Date of Signature

We reserve the right to refuse service to any person for any reason.



chart form : state of california guidelines

Notice Designed to Comply with the State of California Guidelines in The Business and Professions Code of the State of California - Section 2053.6

All clients must read, understand and sign this disclosure.

Colon Hydrotherapy services provided in this office or center comply with Section 2053.6 to the Business and Professions Code of the State of California. In compliance with this code, you must be advised:

- A) There are no licensed physicians in this office and the individual performing colon hydrotherapy is only a colon hydrotherapist ... they are not a physician. This means and implies that they cannot and will not:
1. Conduct surgery or any other procedure on another person that punctures the skin or harmfully invades the body.
 2. Administer or prescribe X-ray radiation to another person.
 3. Recommend the discontinuance of legend drugs or controlled substances prescribed by an appropriately licensed practitioner.
 4. Prescribe or administer legend drugs or controlled substances to another person.
 5. Willfully diagnose and treat a physical or mental condition of any person under circumstances or conditions that cause or create a risk of great bodily harm, serious physical or mental illness, or death.
 6. Set fractures.
 7. Treat lacerations or abrasions through electrotherapy.
 8. Hold out, state, indicate, advertise, or imply to a client or prospective client that he or she is a physician, a surgeon, or a physician and surgeon.
- B) Colon Hydrotherapy is alternative or complementary to healing arts services licensed by the state.
- C) The services of colon hydrotherapy and the Hydrotherapist that provides the service are not licensed by the state.
- D) The session of colon hydrotherapy includes the following procedures:
1. The client will insert and retract the speculum.
 2. Warm (temperature and pressure controlled water will flow into the colon softening the fecal material which will be released through normal peristalsis, through a closed tube, into the sewer.
 3. Your dignity and modesty will be maintained at all times.
 4. The session will last approximately 45 minutes.
- E) The theory of treatment upon which colon hydrotherapy is more historical and intuitive than scientific as there have not been any studies to validate the effectiveness of this modality. However, many cultures and societies believe that a clean colon can enhance the health of the individual. This standard started thousands of years ago with the simple enema and has evolved into the present day colonic. Many people simply report that they feel better after a colonic. On the other hand, there is a growing number of health care practitioners that believe in the concept of auto-intoxication, that a sluggish bowel (one that is not regular) allows the body to reabsorb toxin from the colon. This theory may or may not have validity depending on who you are listening to, but we know there is an increased level of toxins in our environment and common sense tells us that anything we can do to assist the body in ridding itself of toxins should have some value.
- F) I, Shea Lynn Baird, have been trained by an accredited I-ACT School, and follow the I-ACT Guidelines. I am currently certified by I-ACT at the **ADVANCED LEVEL** and have been in practice since **February of 2001**. You may validate this information by checking with the I-ACT office at (210) 366-2888, or go to the I-ACT website at www.i-act.org and check the referral section.

I acknowledge that i have read the above disclosure and have been given a copy of this document if requested. This information was provided to me in a language that i can read and understand. By signing the this document I state that I have seen my primary care physician and my rectum is free of obstructions, and that I give permission to the therapist to assist with my speculum insertion when I am unable to insert on my own.

Client Signature

Date of Signature

Signature of Therapist

Date of Signature



information sheet : what is colon hydrotherapy?

The Average American's body no longer has its natural ability to cleanse itself, by itself. The elimination tract is 30 feet long! That's as long as two cars parked end to end. Knowing what goes on in the last five feet of it CAN SAVE YOUR LIFE!

YOU WANT TO PUT WATER WHERE?

A colon hydrotherapy session consists of the gradual and gentle introduction of warm, purified water into the colon. This washing of the colon (large intestine), combined with some abdominal massage, helps to stimulate natural peristalsis (contraction of the bowel to move waste through). Also known as colon therapy, intestinal hydrotherapy, or colonic irrigation, it is completely safe, beneficial and nontoxic.

The procedure lasts about 45–50 minutes and is performed by a certified colon therapist using FDA approved colon irrigation equipment that regulates the water pressure, temperature, and volume. This set up allows the water to flow in under gentle pressure to cleanse the entire length of the colon. The equipment should also thoroughly filter the water - my filtration system consists of two 1- micron particle filters, two ceramic filters, an activated charcoal filter, and finally, ultra-violet light.

The filtered water enters and exits the body through an apparatus called a speculum. The speculum is attached to a hose leading to the colonic equipment. (Both the speculum and the hose are sterile and disposable.) During a colon therapy session most people find that they can relax completely. The client reclines comfortably on his/her back during the course of the treatment, while warm, purified water is slowly administered. The water dislodges toxic wastes, old feces and mucus in the colon, which are then flushed out through the waste-flow hose (also attached to the speculum). During the cleansing a series of water 'fills' and 'releases' helps to stimulate the expansion and contraction of the muscular walls of the colon. This, combined with occasionally changing the water temperature from warm to cool, exercises the colon and promotes the restoration of proper peristaltic action. After the colon has been sufficiently stimulated, the therapist releases the water pressure. The water and wastes from the colon pass through the hose into the machine's waste drain, (which is connected directly into the sewer, making this in an entirely closed system), and fresh, filtered water is again introduced into the colon. The gentle water flow is always under the direct control of the therapist, who repeats the process of fills and releases for the length of the appointment time, while remaining present and in communication with the client.

WHY WOULD I DO THAT?

The colon's main function is the elimination of the body's waste. We experience health and well-being when the colon is clean and normal. When the colon is sluggish or clogged, hardened feces and toxins coat and collect in pockets of the colon walls. This waste build up over months and years interferes with final absorption and digestion of foods, depriving the body nutrients. This results in fermentation and putrefaction of undigested foods, which creates poisons (and the proper environment for unhealthy bowel flora, parasites and candida – all of which create their own toxins). These poisons are reabsorbed into the bloodstream and are carried and distributed to every part of the body. (See 'WHAT IS AUTO-INTOXICATION' on reverse side of this information sheet..)

WILL ONE DO IT?

Almost never. Many of us have 10 or more pounds of impacted feces in our colon. Often the waste is so old, hard and deeply lodged in the colon that a series of colonics may be necessary to sufficiently soften and loosen it. The number of treatments in a series varies with each individual and his/her condition and objective. We can talk about this and together we can design a series that best suits your needs.

WON'T THAT WASH OUT THE GOOD BACTERIA?

Helpful bacteria can only live in an acidic environment, whereas harmful ones thrive in alkaline ones. Most people, due to years of improper diet, lack of exercise, and poor elimination, have an alkaline colon and very little helpful bacteria to begin with. Removing toxic material and gases is the first step. Replenishing the beneficial bacteria can be accomplished by supplementation—either oral or by implant.

WILL LAXATIVES OR ENEMAS GET THE SAME RESULTS?

Using an enema you are missing about 4 feet of the colon. During a colonic water goes through all 5 feet of the bowel to the ileo-cecal valve. Whereas enemas can sometimes fatigue the colon, colon hydrotherapy are far more

effective and comfortable, and they also exercise the colon, weakened by poor bowel habits and burdensome foods. Laxatives are an irritant, acid-based in nature. They cause the colon to spasm, expelling waste in a effort to expel the laxative. They leave behind more acids and toxins, thereby contributing overall to the constipated condition already in place. Because of this they can become very habit forming.

IS THE PROCEDURE SAFE AND SANITARY?

With the use of high-tech disposable apparatus, the equipment is made 'new' every session. There is total hygienic safety.

information sheet : **what is auto-intoxication?**

“The very best diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste and corruption. “ -Norman Walker, D.Sc., Ph.D.

Many of the health problems we 'live with' are problems we can control by getting rid of stagnating and fermenting foods that should have been removed as waste from our body but instead are collecting inside our colons. This happens when the pH (or acid/alkaline measurement) in your colon is out of balance, usually as a result of acid-based food choices and habits, prescription or recreational drug use, overload of toxins from environment or foods, intestinal flora getting out of balance, and stress.

A healthy digestive system will be carrying about 6 pounds of fecal matter. The average person, however, eating the Standard American Diet (S.A.D.), carries 10-15 pounds of fecal matter in their intestines. Think about that for a minute: 10 to 15 pounds! It has been reported that actor John Wayne's colon weighed an incredible 60 pounds at his death. Can you imagine your colon weighing 60 pounds? The more this stuff collects it creates a seriously vicious cycle – further hindering elimination and causing a toxic build up in the body.

Toxins (whether acids from foods, metabolic waste, dead cells from your body, waste from the blood and liver, environmental, dead bacteria, etc.) trapped in the colon will be reabsorbed, picked up immediately by the blood, and travel throughout your entire body. Your blood Ph value cannot waiver, so it has no choice other than to play 'hot potato' with the toxins (acids) – distributing them wherever it can. In this way trapped waste is reabsorbed and distributed throughout the body, over-burdening the liver, poisoning the blood and lymph, weakening the immune system, depleting electrolyte mineral reserves. the body can become tired and listless; the brain and nervous system toxic, causing depression and irritability; the lungs create foul breath and stressful breathing; skin problems and sallow complexion; and the joints can become stiff and painful due to toxic deposits. All of which seem minor once a serious disease condition is allowed to set in due to the shift in Ph balance these deposited toxins bring with them over time.

“In my opinion, there is only one real disease, and that disease is autointoxication—the body poisoning itself. It is the filth in our system that kills us. So I am convinced that unless you clean out your bowel you will never reach vibrant health.” V. Earl Irons, noted bowel specialist.

“Autointoxication is the process whereby the body literally poisons itself by maintaining a cesspool of decaying matter in its colon. This inner cesspool can contain as high a concentration of harmful bacteria as a cesspool under a house. The toxins released by the decay process get into the bloodstream and travel to all parts of the body. Every cell of the body is affected, and many forms of sickness can result. Because it weakens the entire system, autointoxication can be a causative factor for nearly any disease.” -The Colon Health Handbook, Rockridge Publishing Co.

Colonic irrigation enables the impacted fecal matter to breakdown and be eliminated, along with particles of old mucus from the entire length of the colon. In some cases of cleansing, parasites and candida (yeast overgrowth) may also be eliminated. The liver, gallbladder, kidneys, blood and lymph system are often stimulated into dumping their toxic loads. Most people wouldn't even consider going weeks without a shower or brushing their teeth. Yet they go for years (or la lifetime) without cleansing their internal system? There are viable solutions to the autointoxication dilemma.

My goal is to help you to detoxify your whole body system so you can rebuild and regenerate new cells and tissues in a healthy environment. It won't happen over night— 10, 20, 30, 40 or more years of toxic living can't be rinsed out in an hour. It's a process and it takes time and commitment.. Only you know if you feel optimally healthy. Only your body can show us what it's going to take to get you there. And if you really think about it, I know you'll agree this a great place to start the work.

because the road to health is paved with good intestines!!!!

707.529.1020 . 2345 fourth st. suite b . santa rosa . ca . 95404 . everybodycleansing.com . info@everybodycleansing.com
telephone address url email



information sheet : how to prepare for a colon hydrotherapy session or series

(good things to know and do in general...)

START FROM ONE DAY, TO SEVERAL DAYS OR A WEEK PRIOR TO THERAPY SESSION:

(how early you start is up to you, but each day of preparation will assist your session...)

1. REST: Get plenty of rest, treat yourself gently.

2. HYDRATION: Drink 1/2 ounce of purified, distilled, filtered or reverse-osmosis water for each pound of body weight MINIMUM, daily. (Example: a 150 pound person needs 75 ounces of water daily, MINIMUM. Add more water for dehydrating activities or acidic food or drink.) Fluids should be consumed on an empty stomach, 15 - 30 minutes before meals, or 60 minutes after (NEVER WITH MEALS!). Also: drink 16 oz of purified/filtered/distilled water with the juice of one lemon squeezed in water first thing in the morning to help flush toxins from the liver and gallbladder.

3. BALANCED (CLEANSING) DIET: Emphasize 'whole, organic, plant-based' foods, in their natural state with a high percentage of raw for increased enzyme benefit. Consume fresh vegetables, fruits, vegetable juices and green drinks, grains, soaked nuts and seeds. Shop at farmer's markets! Eating a variety of local, seasonal, organic foods help supply balanced nutrients, including trace minerals and vitamins. Eating this way can also reduce food allergies, as well as support local organic farmers. Eliminate DEAD and ACIDIC food: reducing or eliminating alcohol, caffeine, refined sugar and flour, as well as processed or packaged food, can improve digestion and overall health. Decrease saturated fats from animal foods (meat and dairy). Don't be complex: eat simple, properly combined meals to ensure digestive efficiency; it may reduce gas, bloating, acid indigestion and reflux. (Food Combining Rules: Eat fruits by themselves, vegetables with proteins, or vegetables with starch, but never starch with protein. Try eating mono-meals [one food at a time].)

4. AVOID OVER-EATING AND EATING LATE AT NIGHT: Don't eat for 3-4 hours before bed. Sleep is when the liver enters it's anabolic phase of processing and rebuilding the body. Foods eaten late at night can become allergens because digestion is slower and food remains in the digestive tract longer than normal.

I HIGHLY RECOMMEND PROBIOTIC AND ENZYME SUPPLEMENTATION - ESPECIALLY WHILE CLEANSING:

Probiotics are the helpful, healthy bacteria and microorganisms that should live in the digestive system. It is very important to take a probiotic supplement for awhile after the session(s), but you can also begin beforehand. Consider long-term supplementation as well. Enzymes are needed because cooked foods are enzyme-dead. When food enters our system without enzymes we 'borrow' (metabolic) enzymes for digestion. As we age, the production of metabolic enzymes slows, and this can lead to a deficiency. Cooked foods basically borrow against your metabolism (age) and create difficulty in the digestive system. Consider a good broad spectrum enzyme supplement.

I stock both of these, and other items, in my office.

THE DAY OF THE COLON HYDROTHERAPY SESSION:

Note to women on their menstrual cycle: it is perfectly fine to have colonics during menstruation.

Please arrive in a calm, relaxed state and be on time for your appointment.

Drink plenty of water avoiding caffeine or carbonated beverages.

Have an empty stomach and bladder. Avoid drinking water for 1 hour, and eating for 2-3 hours before the session.

AFTER YOUR SESSION:

1. Plan to have a light meal after the session. Do not overeat! Your stomach is equipped to digest a meal the size of your two cupped hands; the amount of concentrated proteins (meats, nuts, etc.) should be smaller than the size of your palm. Have vegetable juices, light soup, pureed foods or steamed vegetables for up to 24 hours after the session. (Avoid meat, dairy, sugar, flour and processed foods in general while cleansing as this may negate your cleansing goals and contribute to your need to detoxify.) DO NOT EAT ANYTHING ICE COLD OR FROZEN.

2. Allow for time off after the session (several hours) to rest, eat, relax and integrate the experience.

CLEANSING AND DETOXING: Although most experience a 'lightness' and general sense of well-being after their sessions, some MAY experience a detox reaction, or a 'healing-crisis'. This is GOOD, but it can be confusing. It means toxins are stirring up, like sediment at the bottom of a pond, to be released. You MAY experience: headaches, aching in joints, change in bowel function, emotional feelings/release, skin eruptions, foul breath, coated tongue, strong PMS, bloating, gas, etc. Colonics are cleansing to the system, stimulating to the muscle, and generally strengthening to the bowel function. As with any exercise we need to allow time for the rebuilding process.

Always contact me with questions or concerns.

IMPORTANT NOTE ON PH BALANCE:

PH stands for "Potential Hydrogen", and is represented on a scale ranging from 0 - 14. The lower the number, the more acidic it is, the higher the number the more alkaline. Maintaining our internal ACID/ALKALINE balance is recognized as one of the most important aspects of preserving health. Our cells function properly only in an alkaline environment. The ratio of foods we take in should be at least 80% alkaline, and 20% acid. Alkaline foods are plant-based foods: vegetables, fruits, nuts and seeds (if soaked). The Standard American Diet (S.A.D.) is at best opposite! The Standard American is consuming predominately ACID-FORMING FOODS! Steady degeneration and disease are inevitable.

SUGGESTIONS FOR INTERNAL DIGESTIVE SUPPORT:

In my experience almost everybody is **acidic, dehydrated** to some extent, and **mineral and enzyme deficient**... so:

Water: Your body is 50 - 75% water (depending on fat percentage), so 50 - 75 % of what you bring into your body MUST be water, or dehydration will and does occur (contributing to and underlying most health ailments). Remember:: for each pound of body weight drink 1/2 ounce of purified water daily. (MINIMUM!)

Fresh Organic Vegetable Juices: Alkalizing, Mineral Rich (including electrolytes) and full of Live Enzymes - Juices enhance nourishment without taxing digestion. Try for 16 - 32 ounces daily. Focus on greens with a little sweet, not all sweet (carrot, beet, apple) to avoid spiking glycemic index. (And not bottled! Bottled =s Pasteurized =s Enzyme DEAD!)

Fresh Organic Raw Plant-Based Foods: Hydrating, alkalizing, enzyme rich, high-fiber, high easily assimilable nutrient (vitamins, minerals, electrolytes, phyto-nutrients, amino acids, etc.) content, feeds your body system instead of draining it. Live food for a live body! Eat Raw, Live Long!

Superfoods: Superfoods are nutrient dense natural foods that are nourishing, cleansing and rebuilding. Including: grasses (juiced or powdered), chlorophyll, algae, aloe vera, sea vegetables, mushroom concentrates, bee pollen and propolis, cacao and many more. I love superfoods! Today's environment needs extra help to balance out the toxins we breathe in every day - Superfoods really do the trick.

THEN, FOCUS ON MORE H.O.P.E. (It is always best to get what you need from food sources)

High Fiber: Use ground or soaked flax or chia seed as a fiber source since they are both soluble and insoluble. Only use psyllium when cleansing as it can be harsh, abrasive and potentially disturb the hydration balance in your gut by over-absorption of fluids. (You must increase water intake when increasing fiber intake!) Try mixing a teaspoon of your choice of fiber and gradually increasing to a tablespoon with 8 ounces of water. Drink mixture 1 hour before or 2 hours after meals, in morning or evening. You can also sprinkle on salads or ix in smoothies.

Oils: Essential fatty acid (EFA) is found in oil rich foods from nuts, seeds, and fish. For oil supplementation consider flax, hemp, Udo's, borage, evening primrose or wheat germ oils. These oils should be kept in dark containers and refrigerated.

Probiotics: These Friendly flora aid in providing an ecosystem rich with beneficial bacteria that you may find necessary (and therefore beneficial) to replenish after antibiotic and hormonal birth control use, high stress or cleansing. We depend on probiotics not only for digestion, but also for your immune system, some vitamin production and general quality of life. Cultured and Fermented Food and Drink: Rejuvelac, kombucha, cultured vegetables, help to establish more of the good bacteria in the intestines. Use raw, unpasteurized items, or learn to make them yourself.

Enzymes: A raw, plant-based diet and fresh juices are naturally high in enzymes! But if you are eating cooked food, or have a large amount of toxins to break down, enzyme supplementation is very helpful. There are different types of enzymes for different types of foods. It is generally fine to look for a good broad spectrum enzyme supplement and cover all the bases. Most people are also deficient in Hydrochloric Acid (HCL) which is needed for protein digestion.

SUGGESTIONS FOR EXTERNAL DIGESTIVE SUPPORT:

Skin Brushing: With a natural bristle brush, dry brush your skin vigorously towards the heart in all regions before showering. This aids in lymphatic movement, stimulates blood flow, helps detoxify the skin. Removes tons of dead skin cells.

Rebounding: The number one way to move your lymph system - rebound for a minimum of 5 minutes a day. This assists your body in detoxifying, it tones and energizes every cell in every organ, and can also stimulate your bowel.

Castor Oil Packs: Soothe abdominal tightness, cramping or pain, and loosen impactions. Apply cold pressed castor oil direct on skin or with wool flannel, cover with plastic (like garbage bag) and apply heating pad.

Colon Massage: Start at right hip/pelvic bone, massage up towards ribcage, across to left side, down towards hip/pelvic bone and go in towards the middle. This can help increase peristalsis and stimulate release.

Slant Board / Incline Positions: Position yourself to elevate your colon and get gravity working for you.

Hydrotherapy Bath: To detoxify, take a salt (Epsom, Dead Sea or Himalayan crystals) or a powdered ginger bath for up to 20 minutes. (Especially helpful the evening of a colonic session day.)

Hot / Cold Hydrotherapy: In the shower, begin with 40 - 60 second intervals of as hot of water as you can tolerate, followed by 15-30 seconds of as cold of water as you can tolerate. Perform up to 7 sets of therapy ending with cold in morning and warm in the evening. To increase circulation to blocked areas of the body direct water pressure to that place, or aim at the chest.



Implants

WHAT IS AN IMPLANT?

An implant is a small amount of a concentrated solution inserted directly into the colon. This procedure is usually done at the end of a colon hydrotherapy session. These implants can be administered in office or prepared for you to take home.

“BOOTY BUGS” - PROBIOTIC IMPLANTS

Introducing a special solution of healthy / beneficial intestinal bacteria into the rectum is designed to reinforce the balance of the bowel flora, restoring the colon's bacteria to its healthy and normal state.

It is important to supplement our systems with beneficial bacteria because as our internal pH (acid/alkaline) becomes unbalanced (usually due to dietary and lifestyle choices, stress and negative emotions, external toxins, food allergies /sensitivities), so does our micro flora population.

Implantation and retention of a probiotic solution directly into the colon will allow for greater viability of a much larger population of the probiotics than just oral consumption. This is because the probiotic does not have to survive it's way through hydrochloric acid and other extremes in pH before it arrives at the colon.

After implantation, many clients have reported an improvement in bowel function, including resolving chronic constipation. It has given relief to irritable bowel problems, reducing pain and bloating.

It is beneficial to repeat this as needed until implantation has been successful, and this will vary with each individual depending on their circumstances and conditions. Then, it is always a good idea to consider implanting twice a year with your colon hydrotherapy series.

“BOOTY BREW” - COFFEE IMPLANTS

Coffee implants help remove toxins from the liver quickly and safely. They often provide quick relief when fatigued, sleepy or headachy. They can help reduce or eliminate spasms and pain. 1 day noticed needed to prepare an implant, or bring your own (ask for preparation details).

“BOOTY BLADES” - WHEATGRASS IMPLANTS

Wheatgrass has unprecedented healing and nutritive values. Implanted directly into the colon, wheatgrass is a powerful cleanser, detoxifier, deodorizer, energizer and full body rejuvenator; it is tremendously healing to the lining of the gut, helps restore proper ph, balances the gut ecology, and can leave you feeling a surge of energy and a sweet taste in your mouth. (If we can't get fresh wheatgrass, I can prepare liquid chlorophyll as a good second choice.)