



EBCS Info Sheet : How to Prepare for Colon Hydrotherapy

START FROM SEVERAL DAYS OR A WEEK PRIOR TO A COLON HYDROTHERAPY SESSION:

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

- **REST:** Get plenty of rest, treat yourself gently.
- **HYDRATION:** Drink a minimum of 1/2 ounce of purified water for each pound of body weight daily. (A 150 pound person that would be a minimum of 75 ounces of water daily.) Add more water for dehydrating activities or acidic food or drink. Fluids should be consumed on an empty stomach and NEVER WITH MEALS.
- **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, soaked nuts and seeds. Eat a variety of local, seasonal, organic foods to 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:** Eliminate all dead, acid-based & mucus producing foods. This includes: alcohol, caffeine, refined sugar and flour, pasteurized dairy products especially milk, cheese and soy, fried foods (especially deep-fried foods), most meats (especially pork products, processed lunch meats, hotdogs, etc.), wheat & grains (especially breads), all salt, all sugar, junk foods, bottled fruit juices, recreational drugs, all processed or packaged food, and tobacco if you can.
- **AVOID OVER-EATING AND EATING LATE AT NIGHT:** Don't eat for 3-4 hours before bed. Sleep is when the liver tries to cleanse the body. Foods eaten late at night can become allergens. (Digestion is slower and food remains in the digestive tract longer than normal.)
- **PRACTICE BASIC FOOD COMBINING:** Eat fruits alone, veggies with protein or veggies with starch. Never combine protein with starch.
- **PROBIOTIC AND ENZYME SUPPLEMENTATION:** Probiotics are the helpful, healthy bacteria 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. We need digestive-enzymes to digest our foods. Cooked foods are enzyme-dead. When 'dead' food enters our system we 'borrow' metabolic-enzymes for digestion. This contributes to aging and many other issues. I carry both items in my office.

THE DAY OF THE COLON HYDROTHERAPY SESSION:

- Please arrive in a calm, relaxed state and be on time for your appointment.
- Have an empty stomach and bladder. Avoid drinking water for 1 hour, and eating for 2-3 hours before the session.

Note to women: it is perfectly fine to have a colon hydrotherapy session during menstruation.

AFTER YOUR SESSION:

- Eat light. Do not overeat! Have vegetable juices, light soup, pureed foods or steamed vegetables for up to 24 hours after the session. Continue to 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.
- Allow for time off after the session (several hours) to rest, eat, relax and integrate the experience. While it is true that plenty of our clients come in on their lunch break and go right back to work, you never know how YOU'LL feel.

THE PROCESS OF 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 to be released. **Never hesitate to contact us with your questions or concerns.**



Because the Road to Health is Paved with Good Intestines!!!!