



Detroit Wholistic Center ***BEFORE AND AFTER CARE FOR COLON THERAPY***

What should I do before a session?

It may be more comfortable to refrain from eating at least two hours before your scheduled appointment. For the best results, prepare a diet of vegetables and grain. Also drink plenty of water and refrain from red meat.

What kind of diet shall I follow after getting a Colon Hydrotherapy session?

Following colon cleansing, the body may feel energized or relaxed. This is simply your body working out and processing through its cleaning period; so, proper rest is important for your body to rejuvenate.

After receiving Colon Hydrotherapy, We have experienced that it is important to:

1. Drink plenty of liquids (purified or distilled water, juices, herb teas, and electrolyte liquids.)
2. Eat light food for 24 hours after each session (soups and salad are recommended.)
3. Avoid eating raw vegetables for a couple of days. Steamed vegetables and raw fruit are sufficient, chew very thoroughly.
4. Reduce flesh consumption. (Especially beef, pork and chicken.)
5. Avoid drinking coffee, alcohol and fizzy sugary drinks
6. Avoid salt as much as possible by reducing process foods and crisps
7. Live natural bio-yogurt will help to replenish your colon with friendly bacteria.

Please note: Women in their monthly cycle can still benefit greatly from having a colonic treatment. In fact, because the body is already in a natural state of cleansing during that time of the month, the session can prove to be even more beneficial. Many of our clients have noticed a decrease in cramping, bloating, moodiness and fatigue afterwards.