



Colon Hydrotherapy Preparation Instructions

Foods to eat 24 hours before and after your colonic, cooked food is preferred over raw food for this period:

Sugar	None allowed honey – very sparingly
Artificial & Herbal Sweeteners	Stevia (herbal sweetener), monk fruit
Fruit	Avocados, green apples, berries, lemons, limes, fresh coconut, tomatoes, tomatillo
Meat	Most meats, including fish, poultry and beef; (wild or range-fed sources are best), lean pork in moderation (cooked well), bone broth
Eggs	Yes, all types
Dairy	Butter, plain yogurt (organic is best); sparingly : cream cheese, organic unsweetened whip cream and sour cream
Vegetables	Asparagus, artichoke, bamboo shoots, beet greens, Brussels sprouts, broccoli, cabbage, cauliflower, celery, chard, collards, cucumber, eggplant, fennel, garlic, green beans, kale, leafy greens, lemon grass, okra, onion, peppers (color in moderation), radish, rhubarb, sprouts like alfalfa and beans, sea vegetables, spaghetti squash, spinach, turnip, zucchini. Carrots in moderation. Organic is best. Freshly made vegetable juices with ginger
Beverages	Bottled or filtered water; non-fruit herbal teas; stevia-sweetened fresh lemonade or limeade; almond drink (unsweetened), organic tea and coffee (max 2 cups), Pau D’arco and rooibos tea
Grains	Quinoa, amaranth, millet & buckwheat, wild rice
Yeast Products	None allowed
Vinegars	Unpasteurized apple cider vinegar, and black olives not aged in vinegar; replace soy sauce with fermented soy seasoning such as Bragg’s
Oils	Olive, avocado, grapeseed, flax, and virgin coconut oils (cold-pressed is best)
Nuts & seeds	Raw nuts/seeds, including pecans, macadamia, almonds, walnuts, cashews, pumpkin seeds, brazil, chia, flax, hemp

1. Please fast for 2 hours before your colonic, nothing to eat or drink.
2. You will be drinking purified alkaline water when it is finished and you will be offered a probiotic.
3. Take your medication as normal.
4. During the 2 hours leading up to your appointment, do some deep breathing.