

After a colonic...

It's important to replace the good bacteria in your colon so...

- Take acidophilus following your treatment, it is provided through the front desk

OR

- Eat yogurt; active culture, organic is best for you but any will do

24 hours following a colonic you should avoid eating the following

- Deep fried foods
- Spicy foods; curry, Thai, Szechuan
- Gassy foods; broccoli, cauliflower, cabbage, peppers, Brussels' sprouts, kale, swiss chard, radicchio, collared greens
- Beans, lentils, chickpeas

24 hours following a colonic you should eat the following

- Mango, papaya, or pineapple
- Basmati rice, brown rice, millet, quinoa, or teff
- Carrots, sweet potatoes, squash, zucchini, beets, spinach
- Salad of dark, leafy greens (no iceberg lettuce)
- Fish, chicken, duck, Cornish hen, lean beef (small portions)
- Herbal tea; Peppermint, lemon, chamomile, fennel, comfrey

General Eating Guidelines

- When buying fruits and veggies, remember that fresh is always better than frozen and that buying organic can be vital to a healthy functioning colon. If you cannot buy all organics, at least try to purchase organic root vegetables.
- Meat should be free-range and organically fed and portions should be no larger than your fist
- Removing wheat from your diet can make a big difference. Try to substitute with rice buns, spelt, or Ezekiel 4:9 breads.
- Slippery Elm Bark powder or lozenges may help to reduce gas following your treatment.

Additional therapist recommendations:
