

# Preparing for your Colonic Series

How to get the best results from your treatments

Check your calendar and plan your cleanse for a timeframe when you won't be faced with situations (holiday meals; parties; vacations) that make it challenging or difficult to stick with the procedures. Book your appointments well in advance to ensure there is availability and to have all of your sessions scheduled within the recommended time frame. ie 6 treatments within 3 weeks (2/week) for optimal initial results OR 3 treatments within 2 weeks for follow up and bi-annual cleansing.



## Hydration



BE SURE TO CONSUME A MINIMUM OF 8 GLASSES/ 2L OF WATER FOR AT LEAST 3 DAYS PRIOR TO YOUR APPOINTMENT.

\*JUICING IS ALSO A GREAT OPTION



STICK WITH WHOLE FOODS, 50% VEGGIES AND FRUITS IN THE DAYS PRIOR AND THROUGH OUT YOUR SERIES. AVOID WHEAT, SUGAR, DAIRY, ALCOHOL AND CAFFEINE. DO NOT EAT A HEAVY MEAL THE EVENING BEFORE OR DAY OF OR ANYTHING THAT MAYBE GAS CAUSING FOR YOU



SCHEDULE IN SOME EXERCISE IN THE 24HRS BEFORE YOUR SESSION. THIS STIMULATES THE INTESTINAL CIRCULATION. USE OF A REBOUNDER IS EXCELLENT TO TONE ORGANS AND STIMULATE LYMPHATIC SYSTEM



ARRIVE RELAXED FOR YOUR SESSION, PRACTICE BREATHING, OR HAVE A BATH, DO SOME YOGA, LISTEN TO MUSIC. A CALM NERVOUS SYSTEM ALLOWS FOR A MORE PRODUCTIVE AND COMFORTABLE TREATMENT !