

Halifax Hydrotherapy and Holistic Health

Congratulations on taking a step towards achieving optimal health!

For health maintenance, Colonics are used in combination with detoxification/nutrition programs that include proper nutrition and/or cleansing diets, skin brushing, herbs and/or homeopathic remedies, and nutritional supplements.

Often a series of 6-7 colonic sessions will achieve desired results, followed by regular sessions 1 to 12 months apart.

Please be patient with your colon if you are experiencing constipation or other health concerns. Remember it took years for your colon to become lodged with toxic matter. It takes time to help the body heal and cleanse from old fecal matter.

COLON THERAPY REGIME:

The following information is to help you get maximum benefit from cleansing with the greatest of ease. The more you adhere to a proper diet the easier the colonic with go, and as you slowly change your habits this will help to build a healthier lifestyle.

General Guidelines before your session:

Do not eat 2 hours before your appointment.

Diet:

Do not change your diet drastically. It is too hard on the system and therefore must be attempted gradually. However, it's best if the night before and the day of your treatment not to eat a lot of meat, chicken, seafood, cheese, dairy products or any gluten or mucus forming foods, such as bread or wheat products.

It's best to consume fresh fruit, vegetables and sprouts. They provide roughage (bulk), vitamins and live enzymes. Flax seed or any Fiber supplement is also beneficial.

Grains (brown rice, millet, quinoa etc) are also okay to have.

Your body will be able to eliminate easier and the colonic will be more comfortable with these foods.

Avoid any food that makes you feel gassy. For example: beans, broccoli, cauliflower, cabbage, cucumbers, onions, raw apples, melons, or unripe fruit. Also avoid heavy greasy foods.

If you are prone to gas- Drink 8 cups of Fennel, Ginger, or Peppermint tea, the day before the Colonic treatment. This will eliminate most of the discomfort.

Water and lemon (if possible.) It's best to have 2 cups of water first thing in the morning before you eat or having anything else to drink. This helps to hydrate your body and flush toxins through.

Optional** on the evening before a colonic you may do a Castor Oil Pack. *** Castor oil packs are not mandatory, Omit the heating pad if you feel gaseous. Take 1 teaspoon of olive oil each evening of the pack.

We sell Castor Oil Packs at our Clinic if you cannot find them at your local health store. For more information on Castor Oil Packs, please visit: http://www.edgarcayce.org/health/database/health_resources/castor_oil_packs.asp

Please make sure you use Hexane free Castor Oil.

POST- COLONIC INSTRUCTIONS:

Avoid gas-forming food for 2 days after a colonic: for example: beans, broccoli, cauliflower, cabbage, onions, raw apples, melons, or unripe fruit. Also avoid heavy greasy and sugary foods.

Eat foods that are more laxative: salads, vegetables, fruit, juice, soup, and fish/chicken/turkey.

MUST supplement with Probiotics capsule/powder containing Acidophilus/Bifidus, 10 Billion units should be taken am and pm daily. EAT plain organic Yogurt with acidophilus) (if there are no dairy intolerances)

Drink several glasses of water with lemon juice throughout the day/evening.

Avoid strenuous exercise the day of the colonic.

Your next elimination is usually 1-3 days after the colonic.

If you have any questions after your colonic please call: 902.479.1144

Or e-mail: Amanda@halifaxholistichealth.ca / Kathleen@halifaxholistichealth.ca

See you soon ☺

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