



## Preparation For Your Colonic

- Cut out all intake of red meat from your diet at least three days prior to your appointment. Replace with grilled fish or chicken. *Salads, fruits, and broths are excellent food choices in preparation for your treatment.*
- Cut out all sugar, rice, pasta, bread, and potatoes at least three days prior to your appointment.
- Do not eat or drink anything one hour prior to your appointment. (this includes water)
- Go easy on the water the day of your appointment. You do not want a full bladder during your treatment.
- The night before your appointment take one herbal laxative with an 8oz glass of water before bed. We recommend Dr. Schulze Formula One, which is available for purchase at our studio.