



Following Your Colonic

1. You may feel sluggish for 2 or 3 days.
2. You may experience symptoms of a cold or flu.
3. You may witness a skin rash or breakouts.
4. You may not have a full bowel movement for 2 or 3 days
5. You may feel slight swelling in your lymph areas (*i.e underarms or in the groin area*).
6. If you've had a previous history of constipation you may experience a slight headache.

NOT TO WORRY: These are common occurrences after receiving a colonic. The poisons and toxins in your body have been stirred up and are on the move. The toxins find exits anyway they can when the colon is purged. It is un-natural for your body to hold on to years of putrefied waste and toxins.

Most people only come to think seriously of these problems through personal ill health or not finding the solution in colon hydrotherapy.

After a colonic, one can anticipate feeling more peaceful, lighter, cleaner, and more energized. On rare occasions, if there has been a longstanding condition of constipation or continuous health problems, a slight headache or fatigue may be experienced after the first or second colonic session. If this is so, a short rest will help restore one's equilibrium.

Because the colon has been cleared of solid matter, it may take one or two days before it fills up again and normal bowel movements are resumed. Some water is absorbed through the colon wall during a colonic, and one may notice an increased need to urinate for a few hours afterwards. This beneficial effect of flushing the kidneys may also be enhanced by drinking a few glasses of water with the juice of lemon added to each glass.

A colonic has a profound cleansing effect on the body and many people feel so good afterwards that they want to double their physical activity or workout time (i.e daily routine, jogging etc.) *Caution is advised here*, for it can be overdone. Although light to moderate exercise is good if you are used to it; any strenuous activity should be avoided the day of your colonic session.

A light diet of fruits, vegetable, salads, soup, along with chicken or fish should be followed for 2days, taking care to avoid anything that causes gas (beans, cabbage, onions etc.). Rich heavy foods, flour products, spice and alcohol should also be avoided. Although irrigation of the colon does not remove all of the intestinal bacteria, it is still often helpful to take some form of probiotic such as acidophilus to maintain a good bacterial balance.

How often one should have a colonic depends on the diet, stress level, health, age, and how successful the colonic was at moving the impacted waste matter. It is advised to have a colonic until mucus is no longer visible in release water. The general recommendation depending on the individual, may be an initial series of three (3), six (6), or sometimes eight to ten (10) sessions having been completed before going on a maintenance program (usually monthly, quarterly, or bi-annually).

Conclusion: Colonics expand and cleanse the colon pockets, tone up the colon muscles, stimulate peristalsis, and purify the blood and lymphatic system. A colonic is an energizing experience, and one's body is freed from the effects of its own toxicity following the procedure.

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Diet Replacement

THIS DIET FOR EVERYONE WHO WANTS TO STAY HEALTHY

Eliminate From Diet

Replace With

Red Meat- Beef & Pork	>>>	Fish, Chicken, Turkey, (Bake, Broil, Roast)
White Sugar	>>>	Honey, Maple Syrup, Date Sugar, Agave
White Flour	>>>	Fresh, Stone-Ground Whole Wheat Flour
White Bread	>>>	Whole-Grain Bread or Sprouted
Prepared Cereals	>>>	Cooked Whole Grains
“Dead” Foods, Processed Canned	>>>	Fresh Food, Raw or Lightly Steamed 60%
Fluids with Meals	>>>	Fluids 30 minutes before or after meals
Iced Beverages with Meals	>>>	Never consume during meal and ALWAYS room temp.
Soda, Coffee, Black Teas, Alcohol	>>>	Herb Teas, Fruit or Vegetable Juices,
Distilled water		
Table Salt, Black Pepper	>>>	Vegetable Seasoning, Kelp, Capsicum
Cow’s Milk Products, Pasteurized	>>>	Goat’s Milk Prod.. Raw, To-Fu Milk, Soya
Cheese		
Head Lettuce	>>>	Leaf Lettuce, Romaine Lettuce
Preservatives	>>>	Foods that spoil
Fried Foods	>>>	Raw or Lightly Steamed Foods
Tap Water	>>>	Pure or Distilled 6-8 glasses
Food Containing Hydrogenated Oils	>>>	Sunflower, Safflower, Sesame, Flax Seed,
Olive and Canola Oil		

Cook with Water-Less Cookware

Diet should be 80% Alkaline, 20% Acid

Alkaline Foods:

Almonds Figs Bananas All Potatoes Raisins Dates Avocado Green Pepper

Pears Molasses Coconut All Melons Spinach Beets Okra String Beans

Lettuce Leaf Cabbage Carrots Sweet Corn Prunes Grapes Parsley Green Peas
Maple Syrup

Acidic Foods (LOW)

Butter Cheese Grains Seeds Most Nuts Apricots Prunes
Raisins Peaches Papayas Bananas Strawberries Dried Fruits
Pears Figs Sweet Cherries Raspberries

