

Colon Cleanse CHECK-LIST

1. Make sure that you take Magnesium citrate capsules or powder for at least one week before you start the colonics. Then make sure you continue to take them to keep your bowels regular and soft. The dosage is: 4 capsules before bed and 2 in the morning. It can be lowered if you get too loose or can be increased if you are not going at least 2 times per day. With the powdered Magnesium, the best is to start with the highest dose suggested on the bottle then decrease it or increase it as you see necessary.
2. Make sure to take the fiber drink that works for you. Ground Chia seeds, Ground Flax seeds, Psyllium Combination Powder, and follow the directions on my website.
(At the bottom of the Book An Appointment page, look for “How to take a Fiber Drink”.)
3. Take your probiotic daily (HMF probiotic from Seroyal is the best as it stays in your body the longest. Ask me about this if I haven’t told you already.) especially at the beginning of your suggested regime. As you increase your fermented foods, you will need to take the probiotic less and less until you don’t need it anymore. You can tell when you don’t need it anymore because you will not be bloated after you eat or later in the day any more. (Provided you are eating the diet that is right for you.)
Check my website: www.hiraihealth.com for recipes on fermented foods under: healthinfo/articles&links.
4. Report any problems that you may have after the colonic like;
a) feeling sleepy, b) increase in gas, c) right-sided lower abdominal/back pain d) not being able to have a bowel movement for more than a day after having a colonic.
(Missing the day after having a colonic is normal.)
You need to **call me** when you have these symptoms. Usually if you have any of these symptoms it means you have a dysbiosis, which is low good gut flora and increased yeast & parasites. It can be easily solved by taking a parasite remedy or yeast remedy or a combination of the two.

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5. Remember it takes at least 3 colonic spaced out no more than 2 weeks apart, (1 week apart is recommended) to get decent results and most people need at least 6 colonics or more depending on the nature of your digestive issues.
6. Once your colon is cleaned out you will need to have a “Maintenance Program” in place to help you maintain proper elimination & digestion. This will vary from person to person and you will need a follow-up appointment after your series of colonics. With this program you will be able to have colonics as a part of a cleansing program or before & after travel or as needed for general health maintenance. Cleansing clinics around the world recommend a minimum of 3 colonics spring and fall for cleansing to help keep the body free of dis-ease.
7. Eat fermented foods daily and especially on the days that you have colonics. If you don't know which fermented foods would be best for you, ask. Fermented foods help the Probiotic Supplement stay in your system better. The suggested minimum for fermented foods are 1/4 cup minimum for the kefir drinks and 1/8 to 1/4 cup fermented veges or yogurt. (This may vary from person to person and you may have to start at 1 tsp of kefir and work your way up to 1/4 cup.)
8. Books on cleansing & colonics:
 - a) Tissue Cleansing Through Bowel Management by Dr. Bernard Jensen.
 - b) Colon Health by Norman Walker.
 - c) The Colon Health Handbook by Robert Gray.
9. If you have any questions or concerns or have any symptoms as listed under #4 of this list, please email me or call me right away.

HAPPY CLEANSING! :)