

WHAT TO BRING TO A COLONIC & OTHER HELPFUL TIPS

- 1. A towel (bath size) to use as a cover during the colonic. You save 5\$ each time you come in and it helps me out with the laundry.***
- 2. A pair of socks. If you have cold feet, you'll want to be warm during the colonic.***
- 3. A snack for after, to replenish electrolytes lost and balance the blood sugar. A fruit or vegetable snack is ideal.***
- 4. Remember to avoid beef, pork, wheat, dairy and any other heavy foods within 48 hours of a colonic.***
- 5. It is okay to eat a light snack within 2 hours of a colonic, even an apple or raw veges up to 1 hour before. BUT you do NOT want to have a lot of fluids within 2 hours and certainly not within 1 hour of a colonic. A bit of water is okay at the 2 hour mark, but no more. (The colonic flushes out the kidneys too, and you don't want to have to finish early because you drank too much before you had the colonic.)***
- 6. Remember to avoid coming to the colonic appointment "starved" for food because you could feel light-headed and nauseated after the colonic is over, due to the impact it can have on your blood sugars. If you aren't certain how you will react, just eat an apple within 1 hour before your appointment and you will be fine or if you are fasting just have a bit of juice within 1 hour of your colonic. (1/2 cup or 125 mL will suffice.)***