

COLON HYDROTHERAPY

CLIENT PRE AND AFTERCARE ADVICE



DO'S AND DONT'S BEFORE THE TREATMENT

To ensure a comfortable and successful colonic treatment, we recommend that you avoid consuming sugary, fried, and baked foods at least 24-48 hours before your appointment. It's best to steer clear of heavy protein foods like red meat and pork as well. Instead, increase your intake of water and fibre-rich foods.

On the day of your treatment, we suggest fasting for three hours before your appointment. However, you may consume liquids such as green tea, juices, or water. The entire process typically takes 45-60 minutes, so we recommend arriving 15 minutes before your scheduled treatment time.

CLIENT AFTERCARE ADVICE

After receiving colon hydrotherapy, some individuals may experience immediate the following benefits:

- A general feeling of wellness and increased energy
- Reduced bloating
- Flatter abdomen
- Clearer, sharper vision
- Increased mental agility
- Better quality sleep



It is important to understand that a colonic treatment is only the beginning of the process of improving your digestive health. To achieve optimal results, it is recommended that you take an active role in improving your diet and lifestyle, and consider having regular colonics.

To ensure optimal results and minimize any discomfort, we recommend the following aftercare instructions:

- Take a relaxing day and make time for yourself.
- Follow the advice given by your therapist.
- Eat lightly and simply, and chew your food well.
- Drink an extra litre of water, particularly within the first 48 hours after treatment, as you may have absorbed a significant amount of water during the procedure.
- You may experience increased wind and rumbling, as your colon becomes active again and produces beneficial bacteria.
- Avoid rigorous exercise, particularly heavy lifting, for 24 hours after the treatment.
- Some individuals may experience a temporary feeling of fatigue or weakness as toxins are released from the colon into the body. This is normal and should subside within 24-48 hours. Not everyone will experience this, but it is something to be aware of.

BUT NOT TO WORRY ABOUT It is a positive reaction!

After a colonic treatment, it is essential to drink plenty of water to help your body flush out toxins and waste. This will aid in the elimination of any residual toxins and waste that may have been dislodged during the treatment.

It is not uncommon to experience the following symptoms after a colonic treatment:

- Cold-like symptoms, such as a runny nose or sore throat
- Headaches
- Tiredness
- Skin blemishes or breakouts
- Passing more urine than usual

These symptoms usually subside within a day or two. If any of the symptoms persist or worsen, it is advised to contact us.

PLEASE DO NOT HESITATE TO CONTACT US FOR FURTHER ASSISTANCE OR ADVICE.

“Begin to care for yourself, because you matter!”

To maintain a healthy and balanced diet, follow these simple measures:

- Chew your food thoroughly before swallowing. This helps break down the food into smaller pieces, making it easier to digest.
- Drink plenty of fluids, particularly water. Drink a large glass of water 30 minutes before or one hour after a meal to aid digestion. Avoid drinking fluids with your meals as this can dilute your digestive juices. Limit your consumption of alcohol, coffee, tea, and other caffeinated beverages as they can dehydrate you.
- Limit your consumption of red meat. Instead, opt for lighter meats like fish and chicken or vegetarian meals. This helps reduce your intake of saturated fats and cholesterol.
- Choose wholegrain foods such as brown rice and pasta, wholegrain cereals, and wholemeal flour rather than refined white flour, white bread, pasta, or rice. Wholegrain foods are higher in fiber and nutrients, making them more nutritious and beneficial for your health.
- Incorporate a variety of vegetables into your diet. Consider making fresh soups or roasting or stir-frying your vegetables. Aim to eat a range of colours to increase your antioxidant intake. This helps ensure that you get a variety of nutrients and antioxidants from your diet.

- Opt for natural, organic, and unprocessed foods when possible. These foods are less likely to contain additives, preservatives, and other harmful chemicals.
- Pay attention to what you eat and aim for a balanced and nutritious diet. This helps ensure that you get all the necessary nutrients and minerals your body needs.
- If you experience wind or gripes, try drinking warm fennel, chamomile, or peppermint tea and avoid carbonated or cold drinks and foods that are known to cause gas. This helps soothe your digestive system and prevent discomfort.

Here are some dietary changes you can try:

- Incorporate garlic into your meals by blending it with chilli, ginger, turmeric, and oil to create a paste. Use this as a base for stir-fries, soups, and casseroles, or as a flavour enhancer for fish, chicken, or roasted vegetables. Garlic has been shown to have beneficial effects on blood pressure and cholesterol levels.
- Add 1-2 grams of cinnamon per day to help regulate blood sugar levels in people with type 2 diabetes. However, taking too much cinnamon may cause liver damage, so it's important to consult with a healthcare provider before adding it to your diet.
- Use high-quality fats such as extra-virgin olive oil, avocado oil, or canola oil in your cooking and salad dressings. These oils are rich in monounsaturated and polyunsaturated fats, which can help improve heart health. Additionally, it's important to choose oils that have a high smoke point when cooking at high temperatures to avoid the production of harmful compounds.
- Incorporate a variety of nuts and seeds into your diet, with a focus on pumpkin seeds. These foods are high in protein, healthy fats, fiber, vitamins, and minerals. However, they are also high in calories, so it's important to consume them in moderation.
- Choose whole-grain bread, such as whole wheat, rye, or sourdough bread, over refined white bread. Whole-grain bread is rich in fiber, which can help improve digestion, lower cholesterol levels, and reduce the risk of heart disease and diabetes.
- Eat a variety of fruits and vegetables of different colours to ensure that you are getting a range of vitamins, minerals, and antioxidants. Aim for at least 5 servings of fruits and vegetables per day.

To promote a healthy bowel, consider limiting or avoiding:

- Yeast-containing foods - bread, mushrooms, "mouldy" cheeses, yeast extract spreads (such as Marmite), wine, beer, or lager.
- Added sugars - refined sugar; use natural sweeteners like honey or fruit instead.
- Artificial sweeteners and additives - avoid processed foods that contain these additives and opt for whole foods.
- Mucus-producing dairy and refined flour products - consider limiting or avoiding these foods; try alternatives such as soya, oat, or rice milk.

Are you feeling unsure about what to eat after your rejuvenating colon hydrotherapy treatment? We've got you covered!



Post-Colon Hydrotherapy Diet Recommendations

1. Avoid highly processed foods and those to which some people are sensitive or intolerant: This includes dairy, gluten, eggs, peanuts, red meat, sugary snacks, coffee, tea with caffeine, and alcohol for at least 24 hours after the procedure. These foods can cause inflammation, irritate the colon, and hinder the detoxification process.
2. Consume mostly organic vegetables, fruits, whole non-glutenous grains, nuts, seeds, and lean protein: These foods are rich in nutrients, fiber, and antioxidants that can aid in the detoxification process, support gut health, and boost the immune system.

3. Greek yogurt is an excellent source of probiotics: Probiotics are good bacteria that can improve gut health, digestion, and immunity. Greek yogurt is a great source of probiotics and can help replenish the gut flora after colon hydrotherapy.
4. Fresh fruits such as blueberries, cantaloupe, grapes, and raspberries are suitable in moderation: These fruits are less gas-producing and contain high levels of antioxidants and vitamins that can benefit the body. However, they should be consumed in moderation due to their sugar content.
5. Vegetables low in carbohydrates, such as bell peppers, bok choy, and spinach, are also beneficial: These vegetables are rich in fiber, vitamins, and minerals that can promote gut health and aid in the detoxification process.
6. Green smoothies and fresh homemade juices can supplement your diet: These drinks are rich in nutrients and can help hydrate the body, which is crucial for optimal gut function and detoxification.
7. Drink 3 litres of water a day, including coconut water: Staying hydrated is essential for optimal colon function and detoxification. Coconut water is a great source of electrolytes that can help replenish the body's fluids.
8. Whole grains like brown rice, millet, and quinoa, along with fiber-rich foods, are also beneficial: These foods are rich in fiber, which can promote bowel regularity, support gut health, and aid in detoxification.
9. Herbal drinks such as green or herbal tea are recommended: These drinks are rich in antioxidants and can aid in detoxification. Vegetable soups like spinach soup or vegetable soup are also beneficial.
10. Nuts and seeds like almonds, basil seeds, chia seeds, and flaxseeds are great for snacking: These snacks are rich in healthy fats, fiber, and protein that can promote gut health and aid in the detoxification process.

By following these dietary guidelines after colon hydrotherapy, you can enhance the effects of the procedure and promote a healthier lifestyle. It's important to note that these recommendations may vary depending on the individual's health status and medical history, so it's best to consult with a healthcare professional for personalized dietary advice.

Detox Tea



Ingredients:

- 10-15 fresh mint leaves with stems
- 1 teaspoon of freshly grated ginger
- 1 teaspoon of Ceylon cinnamon
- 3-4 cups of water

Instructions:

1. Combine the mint leaves, grated ginger, cinnamon, and water in a pot.
2. Bring the mixture to a boil and let it simmer for 10-15 minutes.
3. Once done, allow the mixture to cool down and then refrigerate it overnight.
4. The next day, warm up the infused water before drinking.
5. Enjoy 2-3 cups of this refreshing beverage per day, 1 hour after your meals.

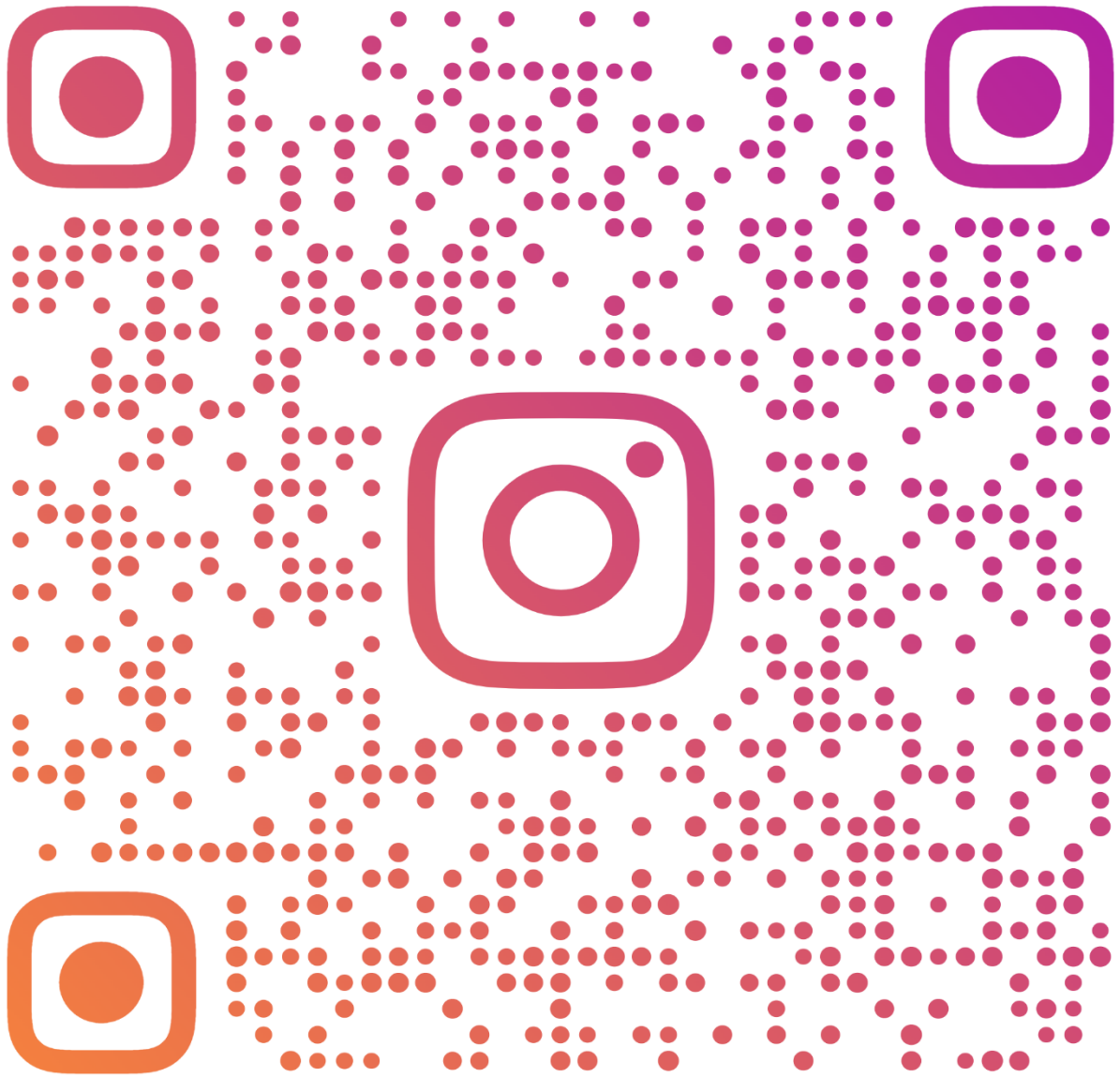
This mint and ginger-infused water is a great way to stay hydrated while also providing numerous health benefits. Mint is known for its digestive properties, while ginger and cinnamon have anti-inflammatory and antioxidant properties. Give this recipe a try and enjoy the delicious taste and health benefits of this refreshing beverage.

Did you know that the recommended daily water intake for women is 2.8 litres and for men is 3 litres?

Stay hydrated and keep your body functioning at its best by drinking enough water every day.



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