



COLON-THERAPY Guidelines

www.pathoflifehealing.com

vkalu@pathoflifehealing.com

301-377-4523 / Social: IG, YT: @pathoflifehealing

To Maximize Your Colonic Experience, Follow These Instruction:

TWO to THREE DAYS PRIOR TO YOUR COLONIC Avoid mucus forming foods: Dairy, Animal Products, Gluten Products, Fried Foods, Sugary Foods, Alcohol, Caffeine, Salty Foods. The more fresh and raw food that you eat prior to your colonic, the better your results.

AFTER THE COLONIC:

A colonic can sometimes trigger several bowel movements a few hours later or may also stop bowel movements for a few days if the colon lacks proper tone. Either reaction is normal. If there is cramping, it is usually a result of gas, or tension in the colon. However, most clients actually enjoy the colonic irrigation and its benefits of feeling lighter, clean, clear headed and more energetic after the process is done.

1. Eating immediately after is not recommended but, if necessary, eat lightly. Taking a **digestive enzyme (1-2 capsules with each meal)** will help digestion and gas that may occur with high fiber intake. **The more food you consume during one meal, the more enzymes you want to take.** Gas may also be caused by imbalanced pH and a high population of bad bacteria.
2. Replenishing the healthy intestinal flora with a **probiotic supplement** after each colonic will help to restore the proper pH. **Eat yogurt or take two probiotic capsules before bed on an empty stomach or ½ hour after meals.** Continue taking it throughout the colonic series or until the bottle is done.
3. **Eat & drink raw & alkaline foods** to help encourage detoxification
4. **Psyllium husk or powder (a dense fiber)** will help to loosen debris in the colon and assist in the session if taken twice daily for two to three days before a colonic. **Take 1-2 tablespoon(s) of psyllium husk or powder with 16 oz of water or apple juice, shake and drink immediately. Follow with 8 oz water, if possible.**

FOLLOW-UPS: *A weekly series of 3 are good; a weekly series of 5 are better; a series of 7 are best; a series of 12 are ultimate to improve your health during a crisis. After your weekly series, do 1 colonic monthly. Or do a quarterly or yearly series to maintain your health. Don't forget to purchase your products and schedule your next session. (Purchase your enzymes, probiotics or yogurt, and psyllium husk).*