



Get the Most Out of Your Colon Hydrotherapy Sessions

Nutritional Guidelines

Congratulations on completing your
first colon hydrotherapy session!

Here are some general nutritional guidelines to help you get the most out of your colon hydrotherapy sessions, as well as some information on what to expect.

You have taken a valuable step forward on the road to good health by cleansing your body with colon hydrotherapy. It is important that you continue to support your body while you are in the process of cleansing your colon. These guidelines will support you, reduce discomfort, and help you achieve the best success through this process.

You may experience what is known as a “healing crisis” as your body begins to let go of toxic residues that have accumulated over the years. During a healing crisis you may experience flu-like symptoms, a skin breakout, headache or fatigue. These symptoms will pass and you will feel better within a few days at most. It is important not to suppress the symptoms as your body is cleansing and to continue your sessions to move out the toxins swiftly. Not everyone will experience this.

Important: Do not have alcohol, anything spicy, bubbly water or soda on the day of your colonic.

Quick Tips

1

**DRINK 64 OZ
OF WATER
A DAY**

2

**EAT AN
APPLE
A DAY!**

3

**TAKE A
PROBIOTIC
SUPPLEMENT**

4

**CHEW YOUR
FOOD TILL
IT'S LIQUID**



DO Eat

Organic preferred

All fresh fruits and vegetables, especially:

- Cucumbers, carrots, tomatoes, spinach, arugula, lettuce, beets, asparagus, sweet potatoes, baked potatoes, squash, cabbage, salads, soups
- Blueberries and other berries, grapes, oranges, apples, watermelon and other melons, bananas, dates
- Oatmeal, white basmati rice
- Fresh juices, herbal teas (nettle, lemon balm, ginger, licorice root, dandelion, pau d'arco)
- Wild caught seafood (no farm raised fish), grass fed beef, organic ground turkey
- Honey, olive oil & fresh lemon/lime for salad dressing, garlic
- Green smoothies of 60% fruit, 40% dark green leafies, water
- Sweeteners: small amount of honey or maple syrup

DON'T Eat

**Avoid these foods while on your colonic cleanse:*

- Eggs
- Corn
- All flour products (including bread, baked goods, tortillas, cereal, muffins, bagels, etc.)
- Wheat & wheat products
- Dairy (a little butter or ghee is okay)
- All seed oils (soybean, canola, sunflower, safflower, palm, corn)
- Nuts and nut butters
- Refined sugar, artificial sweeteners
- Alcohol, soda, coffee
- Nutritional yeast
- Fast food/junk food/processed food
- Protein bars of any kind
- Soda or bubbly water

CELERY JUICE

Optional: Try 16oz of celery juice per day every *morning* on an *empty stomach*. You can eat 15 minutes after. It may take a few months of doing it every day to see the benefits. I have a [video on my website](https://vitalityflow.com/nutrition-cleanses) that shows two ways to make it: <https://vitalityflow.com/nutrition-cleanses>.





Frequently Asked Questions

How many sessions do I need?

It is recommended for a first-timer to colon hydrotherapy to do a series of 3-10 colon hydrotherapy sessions. The first three should be scheduled within a 10-14 day period. The goal is to cleanse the full length of the colon, which is about 5 ½ feet long! This is a process.

Each session builds on the previous one when the initial 3 sessions are spaced relatively close together as your body will hold the hydration which is key in releasing the older residue. If the initial 3 sessions are spaced too far apart, it will be like starting the process all over again each time.

After the first single session you probably won't notice too much of a change. You should definitely feel a difference when a full cleanse has occurred. However, it is normal for 50% of people to skip a day or two of bowel movements after a colonic.

How often should I come after the first sessions?

After the initial series of 3-10 colonics, one can come once a month for maintenance or as needed. You can also do a series of three whenever a cleanse is needed; the change of seasons is a good time for cleansing.

Do I need to do anything during and after my colonic sessions?

- ➔ **Take probiotics** (friendly bacteria) It is important to keep a healthy balance of intestinal bacteria. During colon hydrotherapy, some of the friendly bacteria in your colon is removed along with the waste material. It is important to take a probiotic supplement. Advanced Probiotic is available for purchase at the office.
- ➔ **Chew your food** until it is liquid for optimum digestion, gut healing, and absorption of nutrients.
- ➔ **Chew and swish your fresh juices** and mix with the saliva so they predigest in your mouth. It is very important to digest them well.
- ➔ **If you are feeling gassy and bloated** during your detox, eat soups, rice and cooked foods until the gassy feeling subsides.



- ➡ **Increase your exposure to sunlight.** Get up at twilight and watch the sunrise without glasses or contact lenses. Try to get full body sunlight between 11am-1pm daily for 15-30 minutes. Decrease your blue light/radiation (computer, phone, tablet, TV) exposure.
- ➡ **Hydrate** your body. Sipping on warm, body temperature water throughout the day (2 or 3 sips every 1/2 hour or so, is a great way to hydrate the colon specifically.

Do you recommend adding any superfoods or detox products while doing colonics?

To break addictions, heal your gut at a root cause level, and make a long lasting lifestyle change, I recommend the [Purium 90-Day Ultimate Lifestyle Transformation](#) . This has helped many people, including myself, overcome seemingly insurmountable health challenges.

If you need to reduce inflammation, increase energy, reduce toxins, help drop weight, improve sleep, boost mood, balance hormones and/or improve gut health, this program is a game changer.

The Ultimate Transformation (ULT) is available at my office or you can order online. Gift code **VITALITYFLOW** will give you 25% off the ULT or \$50 off your first order of any other Purium product such as the parasite cleanse or the Power Shake (which is a great alternative if you are too busy to make your own juices).

I also highly recommend [Share® Swiss fermented detox plums](#). The plums are fermented for 30 months in their own juices, making them rich in probiotics and enzymes. You will have a smooth, effortless and complete elimination with this product. It aids digestion, relieves constipation and improves the skin. Start with 1/2 a plum and work your way up to a whole one, followed by 16 oz of warm water (as this activates the enzymes). Share Plums are made in Switzerland and tested for

Keep in mind, these are general guidelines for the cleansing period. Should you have any questions, [please contact me](#).



[Visit the Vitality Flow website](#)

DISCLAIMER:

The content on this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

©VitalityFlow All rights reserved