



## **BEFORE AND AFTER CARE INSTRUCTIONS**

Suggested dieting prior to and directly after receiving colon hydrotherapy.

### **Before**

No foods 2 – 3 hours prior to your appointment. **Ensure to drink plenty of fresh purified water!**

### **After**

After receiving colon hydrotherapy we have experienced that it is important to:

- 1. DRINK PLENTY OF LIQUIDS:**
  - a) PURE WATER
  - b) JUICES
  - c) HERBAL TEAS
  - d) ELECTROLYTE LIQUIDS
- 2. EAT PUREED (BLENDED) SOUPS FOR 24 HOURS AFTER THE PROCEDURE.**
- 3. AVOID EATING RAW VEGETABLES FOR 3 DAYS. COOKED VEGETABLES AND RAW FRUIT ARE RECOMMENDED and CHEW WELL.**
- 4. REDUCE HEAVY MEAT CONSUMPTION FOR 3 DAYS**

We are happy to answer your questions, please call **713-667-8600**.

**Disclaimer:**

This information is a combination of medical literature, personal use and observations.

It should NOT be construed as medical advice.

You should always discuss your dietary needs with your own personal practitioner licensed by law!