

## **Dietetic Guidelines & Preparation:**

*The principles below are some of the beginner basics for both preparing for a colon hydrotherapy session and transitioning one's diet towards health or healing in general. After first seeing me, you will also receive the Food Chart. Moving forward, use these two articles in conjunction with each other. Together they will help you absorb and integrate the principles into your lives, at the level that works for you. The more we eat in alignment with our digestive system, the less stress and damage to our bodies, and the more energy and healing ability we allow through.*

**\*NOTE:\*** This is just a guideline. Certain practices or foods may not be possible or recommended for certain people, due to the current state of their body/bio-chemistry. If you think already this applies to you, or notice after trying that you don't feel well, let me know. I will know more myself, once I have your intake questionnaire. I will guide you through any alternatives, variations, or personal customizations necessary in the meantime. As we go, we can facilitate the process of cleansing & transitioning your system out of that space.

### **1) Water First Every Day:**

First thing in your day, drink at least a liter/quart (32oz) of water before anything else. You do not have to drink this all at once, just have at least this amount before starting to take anything else into your body for the day.

**\*NOTE:\*** If you have difficulty with your bowel, it actually is helpful to warm the water and drink the whole liter/quart all at once. Heat it only to the point that it starts to become hot to your finger or less - not too hot to drink easily. This will help your bowels and gas pass through, or at least shift and break down somewhat.

### **2) Raw Salad Starts Every Meal:**

Have a large, green, leafy salad at the beginning of each meal. The salad is your first course. *Cooked vegetables Are Not a substitute for this Raw salad first.* This is a separate, essential tool and practice.

### **3) Vegetables With Each Meal:**

Also include lots of cooked vegetables with each meal (*unless your meal is all raw*). So, after the large salad as the first course, the "entrée" course of the meal should still be vegetable heavy itself.

### **4) Juicing:**

"Juicing" means *fresh/raw vegetable juice, made straight from a juicer (not a blender)*, either at a juice bar or at home. If you are familiar with or open to juicing, this has a huge, medicinal, therapeutic, & regenerative level impact on both your health and your colonic. Raw/fresh vegetable juice needs to be taken on an empty system. Have a vegetable juice (*at least 16oz*) after your morning water (*say, 20 min*), but before starting eating food for the day. If this time slot is not possible for you, call me to discuss proper alternatives. After your juice, wait at least 40 min – 1 hour before eating food for the day.

### **5) Stay Hydrated:**

Drink a lot of water throughout the day, between meals as well. Fyi, it is ideal to Not eat and drink together, or drink too soon after a meal. If you are thirsty, however, water of course is best. Drink whatever water you need to satisfy your thirst. Try making sure to drink more water 20 minutes to an hour before food, and see if you still feel the need for water during or soon after eating.

## **6) Fruit & Breakfast Guidelines:**

- Having a breakfast that is light, clean, high vibration, and easily digestible is very important.
- Fruit Should be eaten Alone, and as the first solid food in your body for the day (*after your morning water and veggie juice*).
- Ultimately, Fruit Should Not be eaten with or after other food, as “dessert,” or in between meals.
- For these and multiple other reasons, you’d ideally want to make fruit your breakfast.
- Wait at least 1-2 hours afterwards before eating anything else.
- If you don’t feel well having only fruit for breakfast, add avocado to it for now – this combination is ok. Or just eat avocado alone or with veggies. In these cases, wait at least 3 hours after the meal before eating again.
- If you still don’t feel well, try plain oatmeal, or baked “Manna” or “Ezekiel” bread with avocado for now. No fruit or dairy added here. Try to “prep” it by eating some baby carrot sticks, celery stalks, or romaine lettuce leaves, first. Ideally, wait at least 4 hours before your next meal.
- As your system gets cleaner, eating a higher vibration breakfast will become easier and more natural.

## **7) Space & Time Between Meals:**

Space your meals out at least 4 hours apart (*besides fruit or plain salad meals as mentioned above*), if not 5 or 6. You want to wait for food to digest and leave your stomach before putting the next meal in.

## **8) No Snacking:**

Similarly, it is not recommended to eat “snacks” inbetween “meals.” Doing so creates and compounds indigestion, gas, fermentation and toxicity/poison.

## **9) Things to Consider Cutting Down On:**

- Junk food, baked goods, fried foods, animal products (meat/flesh, dairy, eggs), or heavily processed breads/starches.
- If you are already vegetarian/vegan, apply this to heavily processed bread/starches, fake meats, beans (including soy, chickpeas & lentils), miscombining fruit with other food, large volumes of nuts, etc.
- If you already eat only raw, apply this to miscombining fruit with nuts/starch, fancy-miscombined raw food cuisine/desserts, raw starch, heavy protein/starch or protein/fat combinations, large volumes of nuts, etc.

### **\*\*How To Do This:\*\***

Remember, your breakfast ideally is as described above; your lunch still relatively clean enough; leaving your dinner for the heaviest, most indigestible meals. *From morning to night you are eating from lightest to heaviest, most simple to most complicated, cleanest to least clean.* If you have a Large gap between lunch and dinner, it is possible that having a heavier lunch instead would be more appropriate for you.

### **\*When Preparing for a Colonic:\***

- The earlier you start this, the better; and consider cutting some of these items out completely.
- The closer to the day of your colonic, the more you cut down (or out)
- Ideally, you’d at least cut out the applicable items completely on the day before & day of your colonic.

### **Preparing for your Colonic Specifics:**

*Whatever you're doing on a regular basis, try to apply the dietetic principles at an even deeper level when approaching a colonic. Juicing has an amazing effect on the success and ease of your treatments. If you're up for it, do it. If possible, it would be best to simply stick to fruits, vegetable juice, vegetables, avocados/olives, squash/yam, and loose whole grains close to your colonic. Just do the best you can, within the context of the principles explained above. If you eat only Raw, cut out the nuts and fancy raw food cuisine/desserts – eating only fruits, veggies, and natural plant fats (avocados/olives/young coconut).*

**\*\*NOTE:\*\*** The closer it is to your colonic, the lighter/cleaner your eating should be. So, if you plan to start making deeper changes 2 weeks ahead, that is great and will be very helpful. *However, Do Not* then get tired of it and fall off the plan the day or two before your treatment, and binge. It would be better to just start the dietary practices closer to the date of your colonic to begin with, than to indulge or pig-out right before. So do what you'll need to do to ensure that you're eating well in the days leading up through to your appointment. *The closer it gets to your colonic, the more you adhere to the eating guidelines.*

### **Day of your Colonic - Before:**

1) The day of your colonic, your stomach, and ideally your system, should be empty. The earlier your appointment is, the less/lighter you should eat.

-If you think you can last, only do water and vegetable juice before your treatment.

-If you feel you need to eat, try to have the lightest/ cleanest food you can, but still within the following list only - listed in order of lightest to most dense:

-Fruit (or fruit with avocado).

-Salad with avocado, or Salad with cooked vegetables & avocado.

-Salad, cooked vegetables, and either squash, yam/potato, or millet/quinoa/ brown rice etc... maybe whole grain bread or oatmeal (no milk), if you have to.

\*Do Not eat anything other than these things the day of your treatment, unless there is something very specific about your condition and we have discussed it personally.\*

2) If you are eating day of, be finished at least 3 hours, if not 4 or 5, before your treatment.

3) Do not drink too close to your appointment (at least 1.5 hours), so you do not have a full bladder during your treatment.

### **Day of your Colonic - After:**

-It is essential to get a fresh (raw) vegetable juice after your treatment before eating food again - and you need to wait at least 40 min to 1 hour after juice before eating food.

-Ideally, you should have some water first, and then the vegetable juice a bit later.

-Ideally, it's best to take your time with putting things in your body after a treatment in general - unless you feel a true need.

-If you feel you can take your time after your session, that's great, but no matter what, Always have the juice before eating food again, and give at least the minimum proper wait time before eating.

-It's best to eat lighter after your session... Salad first; cooked veggies; & stay off the junk, animal products, and fried, if possible that day. You will feel much better for it.