

## After Care Advice for West London Colonics clients

After your colonic you may experience a sense of wellbeing and feel more energized, or you may feel lighter or more relaxed.

Whatever your experience, it can be maintained by following these simple measures: -

### Dietary Advice for the next 24-48 hrs.

**(Longer periods of compliance will enhance the helpful effects)**

- ❖ don't **overeat** and if possible eat simply cooked (or raw food - *only* if your digestion is good); and chew it well.
- ❖ Avoid **eating red meat every day** - white meat, fish and vegetarian meals are easier to digest.
- ❖ Eat **whole grains** like brown rice:(cook it well, with more water than for white rice.) Brown rice is arguably the best grain for colon health. If you are going eat flour, have it as whole meal flour. Avoid refined products like white flour and pasta.
- ❖ Eat **fruit and vegetables**, especially leafy greens, as they will add to the cleansing effect of your colonic and help to regulate your bowels.
- ❖ Drink **plenty of water**. If your digestion is weak avoid drinking water with a meal- take a glass of water 30 minutes, before or after, your meal.

### Other advice

- ✓ You may notice the urge to pass water more frequently at first. This is due to the body absorbing water during the session. It is normal and will subside.
- ✓ You may experience some gassy flatulence and hear an increase in bowel sounds. This is due to the bowel bacteria repopulating the colon over the first 48hrs after treatment, and the following will help: -
- ✓ Eating **raw fruit** and **cooked vegetables** (but not cruciferous, i.e. cabbage, broccoli and the like; or beans). Eat Soups for 24 Hours after colonic. Vegetable soup is best; pureed (blended) soups are also helpful. (If the bowel is still in cleansing mode after the colonic it's important to avoid eating raw Vegetables for 3 Days or so).
- ✓ Chew well.
- ✓ Drinking peppermint, fennel and chamomile infusions
- ✓ Avoid carbonated (fizzy) or cold drinks
- ✓ Take acidophilus or other suitable probiotic. (We give you a capsule to take after your colonic, and recommend you take high strength or maintenance strength probiotics for a period after the colonic).
- ✓ Avoid vigorous exercise and weight lifting for 24hrs after treatment

### Specific recommendations/ suggestions for you (given after the session)

***Remember***

A great deal of our tension is held in our guts so after the release of toxins and waste, people can feel more relaxed.

However it is also normal to feel tired after your treatment. Your body has been working very hard to clean itself of waste and toxin build up - all of which takes energy.

Resting and taking the herbal infusions and drinking plenty of fluids - water, herbal teas, and juices - can help to restore the balance of the energy.

Don't expect a bowel movement the next day; depending upon your condition, it may take several days for normal bowel movements to resume. As your diet improves and your bowel muscle strengthens, the delay between eating and bowel emptying will shorten.