

## How to prepare for a great colonic

*Every colon therapist with a little bit of experience behind them hopes and prays that their clients follow a few simple pre-colonic tips. They can make all the difference between a productive, comfortable session and a relatively uncomfortable, less productive one.*

*The following instructions are those I give to first time clients in particular, as they are ones who need information to improve their experience of colonics.*

*If you are a reader considering colonics, do read this article. Even as an experienced user of colonics, you may find something of value in it.*

*For best results, it is suggested you follow these tips for 3 to 5 days prior to your colonic. In any event, do what you can- even a 24-hour period of pre-colonic adherence will help.*

*Someone going to a gym for a workout knows better than to approach the workout proper without warming up. It is received wisdom that a warm-up is essential for optimum performance, and for the safety and comfort of the workout. Equally, your colonic does not start on the table; it starts a few days earlier off-table with at least some level of compliance with these tips. They are the warm up stage for colonics.*

### **Hydration is the cardinal requirement**

#### *Water intake*

*The whole body responds favourably to good levels of hydration. But this is especially true of the colon. If you are a stingy water drinker, it really will pay dividends to change your habits for as many days as you can pre-colonic. If you typically drink less than 1 litre of water a day, that's far too low, aim to slowly get up to 2 litres/day and then to 2 1/2 litres or even 3 litres/day. If you are already drinking 2 1/2 litres or more, good for you: make sure you stay with consistently optimal levels of water intake in the days before the colonic.*

*If it suits your lifestyle, you may have between 750ml to 1000ml in the morning, upon waking (when the body is at its most dehydrated), however drink the rest of the days water intake spread out throughout the day. It's advisable not to take any liquids for an hour or so before you go to bed, else you will probably wake up at night to visit the loo. Water, plain and simple, is best, but lemon juice may be added to your morning drink of water. It is helpful to alkalise the system, and helps the liver. If you generally find it difficult to drink water on its own, it's acceptable to substitute 6 to 8 cups of herbal teas (e.g. Peppermint, Fennel, Licorice, Camomile, or try hot water with crushed lemon/grated ginger/fresh mint leaves/ cinnamon sticks).*

*This is the key take away message: ensuring you are fully hydrated in the days prior to the colonic really will enhance your treatment. If you are not well hydrated, your colon will spend a good 20 minutes (and quite conceivably, more) of your on-table colonics time greedily guzzling the water intake. Meaning the water will not be working as effectively to loosen the colon debris. Meaning that you may not have an optimal colonic. Of course the re- hydration of the colon that occurs during the session is useful, but it's really not what you are paying for.*

### ***What about other liquid intake?***

*Fresh veggie juices are good. Still you should note that technically juices do not count towards the body's hydration content. Whilst they are liquid, it's best to think of them as highly concentrated, freshly processed, food.*

*That said, juices are a good support in the pre-colonic period. They are highly nutritious, easily digestible, and they sensitise the body for cleansing, as well providing energy for that process. De-toxing the body is an energy intensive process. (Of course, even a moderate release of toxic debris stored in the body also frees up energy, which is one reason why people tend to feel good post-colonic).*

*If you are not used to vegetables juices you may include some apples or pears to add a little sweetness. Keep the juices mainly veggies though. Better than fruit, choose carrots instead, they are a naturally sweet and alkalising vegetable. Again, do not overdo the quantity of them. If you have your own juicer, (or a local fresh juice bar), drink up to 1 litre/day of fresh vegetable juice. Avoid orange and tomato juice as they may be acid forming in the body. Pre-Packaged juices don't count as superior nutrition, they are factory produced, pasteurized and acid forming products. Unhelpful.*

*One fashionable packaged product that's acceptable is coconut water. Coconut water is a simple product from tropical climes. It's a wonder drink, previously a favourite among the A-list, now easily available to all of us in supermarkets and web sources, is the water from the inside of a young (green) coconut. The juice contains simple sugar, electrolytes, and minerals, which help replenish hydration levels. Coconut water is also a good source of B-complex vitamins, which are essential in replenishing the body, as well as good old vitamin C. All these make it ideal for hydrating before and after colonics. Just watch out for drinking it overly chilled (cold drinks and foods are not preferred for ease of digestion; its also gas producing.)*

*Other substances not helpful in the pre colonic period are: alcohol (has a highly dehydrating effect), fizzy drinks (they will increase abdominal gas, and thus the chances of discomfort during the colonic; they also leach bone calcium), caffeinated drinks including tea and coffee (they dehydrate the system), smoking (bad for the lungs, and also very dehydrating. Rooibos (red bush) tea makes a good alternative to tea and coffee, it is hydrating, naturally caffeine free, and is full of antioxidants.*

*When it comes to smoking and coffee, its not easy, nor even desirable to stop cold turkey. My position is pragmatic. If you can reduce consumption without bringing on withdrawal effects, then do so. If not, that's ok. Don't let that stop you having a colonic. Just increase your water intake, perhaps up to the 3 litres per day level, upping the quantity a little day by day. Assuming you start increasing water intake 5 days before the colonic, you might drink 1 1/2 litres the first day (i.e. six 250 ml glasses), then add a glass or two a day until you get to 12 glasses. This becomes quite do-able when you see that your first glass of the day, sipped in the period from waking up to leaving for work, might be a mega-glassful of 750 ml. Our experience is that even such quantity is unlikely to make you want to use the loo until you get to work. But everyone's bladder is different, so experiment, starting with perhaps 400ml at the start of the day.*

## **Nutrition**

*Superior cleansing is dependent on superior nutrition. Eat as well as you can, but keep the meals lighter (less meat, more veggies and salads), less processed foods, more home cooked meals, etc. Don't go on a fasting regime before the colonic, unless its juice fasting, with a high juice intake per day. In winter months, or when its cold, a nourishing vegetable -based soups or stew are a better choice than juices (especially if your body tends to get cold). Homemade Vegetable Soups adds fibre to your diet, which makes your stools easier to pass. Pay attention to how you chew food. Chew each mouthful well before you swallow as this helps the food break down and enables the digestive system to absorb nutrients. You will also eat less when you chew more. Have meals at regular intervals.*

*On the day of the colonic, make sure you do NOT arrive for your colonic feeling hungry, or conversely, immediately after having a heavy meal.*

### **Notes –some more about hydration**

The best advice general purpose advice I can give you is to make sure that you are hydrated always. The current guidelines are:

The European Food Safety Authority (EFSA, 2013) recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. Most holistic practitioners will say this is the minimum level of hydration (ie better to drink *a little more*) and also that all fluids are not created equal (ie *best to drink plain water*, unless otherwise indicated)

That's about eight (8) 200ml glasses for a woman and ten (10) 200ml glasses for a man depending on their size, the temperature and how active they are.

Remember being properly hydrated helps to:

- Enhance digestion and metabolism
- Boost brain function
- Regulate body temperature
- Carry nutrients, oxygen, enzymes and glucose to the cells
- Remove toxins and other metabolic waste from the body
- Cushion joints and strengthen muscles
- Provide natural moisture to skin and other tissues