



# AFTERCARE

## DIET

- Replace intestinal flora with acidophilus or other suitable probiotics.
- Drink plenty of liquids. Pure water, vegetable juices, herbal teas and electrolyte liquids (like coconut water) are all good. Drink warm water with lemon throughout the day helps to reduce any gas.
- Please abstain from alcohol, rich and spicy foods for at least 24 hours after your treatment.
- Be mindful of your choices of meals for at least 24 hours following the colonic. Green juices and vegetable soups are highly recommended to have as your first meal after the colonic. Thereafter, eat simple cooked foods – a diet rich in fruit and vegetables, especially leafy, will add to the cleansing effect and help to regulate the bowel. Avoid eating raw vegetables for 3 days following the colonic, as they can make you more gassy.
- Reduce heavy metal consumption for 3 days and avoid red meat for 24 hours after the colonic.
- Chew slowly and keep your mouth closed while chewing, to avoid air getting into your digestive system.
- Avoid artificial sweeteners – use fructose or honey to sweeten your desserts or drinks.
- Beans and pulses have a high fibre contents, and they are a very valuable part of your diet. Introduce them into your diet carefully and slowly to avoid excess gas. Soak your beans overnight and discard soak water before cooking.

## PERFECTLY NORMAL, DON'T PANIC

- Since the colon has been cleared of solid matter, it may take a couple of days before it fills up again and normal bowel movements are resumed. This is perfectly normal.
- You may be more gassy than usual, and sometimes more smelly. For anyone who also had a probiotic implant, it is normal to experience extra gas and sounds in your digestive system.
- Your body will be going through a detox for the first 2-3 days. This may make you feel more tired than usual, although this is not always the case.
- On occasion, a slight headache or fatigue may be experienced after the first few treatments. If this is so, try and rest and drink plenty of water.
- In some cases you may feel slightly bloated for a few hours after the colonic, as the untrapped gas makes its way to the exit. If this is the case, have a cup of peppermint tea and take rest.
- If you have any worries or concerns, feel free to contact us.

**HAPPY DETOXING!**