



HEAVENLY WHOLE

COLONIC THERAPY

COLONIC AFTER CARE

For the best results following our services:

1. Drink plenty of liquids – ionized or filtered, spring water, fresh vegetable juices, fruit juices, herb teas, mineral drinks, and young coconut water kefir. No soft drinks or coffee.
2. Fortify with intestinal microflora (friendly bacteria). This may be done with probiotic beverages, cultured vegetables, or a probiotic supplement.
3. Optimally eat soft food such as pureed soups immediately following the colonic session.
4. Avoid eating raw vegetables for 2 days. Steamed vegetables are good.
5. Raw fruit is fine. You will want to masticate (chew) thoroughly.
6. Reduce meat consumption for 3 days (only organic beef). Cold-water, wild-caught fresh fish would be the preferred animal protein for the first 24 hours.
7. Avoid alcoholic beverages for 48 hours minimum!
8. Observe your body's response to the colonic; the food you eat and the energy you feel.
9. Avoid strenuous exercise immediately following the colonic. Rest. You have just cleansed. Allow the body to heal. Walking is okay.
10. Add a health step or "bowel stool" to your bathroom. Being in the proper squatting position during elimination will reduce stress and straining on the pelvic floor, and help with complete eliminations.
11. Be aware of your breathing and your thoughts. Sometimes emotional energy is also moved during a colonic.
12. Follow proper food combining rules to reduce gas and aid digestion.
13. Take a detox bath the evening of your colonic. This will help continue the detox process by pulling toxins through the skin as well. Not to mention it is relaxing and part of being "good to yourself." Use baking soda or Epsom salts in tub of water, or you may use 1 cup raw apple cider vinegar in a tub.

Visiting Heavenly Whole Colonic Therapy will end your search for natural health and wellness options. Effective, safe, non-toxic natural health services help to bring the body, mind, and spirit into balance so you can enjoy life the way it was meant to be.

Our aim: identify the cause of the problem, stimulate the body's healing mechanisms, and support clients' transition into a healthier lifestyle.

Welcome to your road to wellness.