

**FOODS TO AVOID AND ALTERNATIVES BEFORE YOUR CLEANSE.
FOR ONE WEEK TO TWO DAYS BEFORE CLEANSING
ONE SHOULD FOLLOW A HEALTHY EATING PROGRAM.**

Two days before your Colon Hydrotherapy session, we suggest that you eat light: organic vegetables, fruits, gluten-free grains & light protein like fish. Drinking 8-12 glasses of water (pH of 7 or higher) daily to hydrate the body. This is to be followed unless you're on a special eating plan, e.g. juice fast, doctor or nutritionist eating plan.

Foods to Avoid	Alternatives
All pasteurized dairy products: milk, cheese, soy and yogurt	Goat Cheese, Feta Cheese, Raw Butter, goat or sheep yogurt, Kefir
All fried foods: especially deep fried	Coconut oil, grapeseed oil or sesame oil
Pork: especially sausage and bacon	Turkey bacon and sausage (nitrate/nitrite free)
All processed meats: lunch meat and hot dogs with nitrates and nitrites.	fresh slices of turkey or chicken. Turkey or chicken hot dogs. (nitrate/nitrite free)
All Wheat: white and wheat bread	wheat free/gluten free bread and cereal.
All Salts	Jensen's Vegetable Seasoning, Bragg's Liquid Aminos, Celtic Sea Salt, Himalayan Salt
All Sugar	Stevia, grade B Maple Syrup, Organic Honey
All Junk Food: Fast Food & Processed Food, Fried Food	
Soft Drinks	Purified water with 2oz. of fruit juice such as apple or pineapple, water with flavored stevia
Chocolate and Candy	Organic cacao products
All Recreational Drugs: Coffee, Black Teas, Alcohol & Tobacco	Dandy Blend, green/herbal teas/ Liquid Heaven

Two days before your Colonic please refrain from the following:

Gum Chewing, Nuts, Broccoli, Brussel Sprouts, Cauliflower, Asparagus, Cabbage, Beans, Onions, Peppers, Soy Products and Raw Apples. You may indulge in other vegetables that are not gas producing and combine them with starch or a protein.

PLEASE TRY NOT TO COMBINE STARCH AND PROTEINS TOGETHER.

DO NOT EAT 2 HOURS BEFORE & DO NOT DRINK 1 HOUR BEFORE APPOINTMENT.

This is to prevent having to urinate during the session as we use a closed system, not eating two hours before allows the food to be totally digested.