



PREPARATION FOR COLON HYDROTHERAPY

FOODS TO AVOID AND ALTERNATIVES BEFORE YOUR CLEANSE

For one to two days before cleansing, one should follow a healthy eating program. The following are all acid-forming and mucus producing and should be avoided:

ALL PASTEURIZED DAIRY PRODUCTS ESPECIALLY MILK, CHEESE AND SOY

May have raw organic cheese and unsalted butter.
Substitute yogurt by Alta Dena or Brown Cow.

ALL FRIED FOODS ESPECIALLY DEEP-FRIED FOODS.

Cook with cold pressed olive oil, coconut
or grapeseed oil

ALL TYPES OF PORK, ESPECIALLY SAUSAGE AND BACON

May have turkey sausage or turkey bacon

ALL TYPES OF PROCESSED MEAT, ESPECIALLY LUNCHMEAT AND HOTDOGS WITH NITRATES AND NITRITES

May have fresh slices of turkey, chicken or turkey
and chicken hot dogs as an alternative

ALL WHEAT AND ESPECIALLY WHITE BREAD

May have 7 grain sprouted bread, wheat-free /
gluten free bread and cereals

ALL SALT

May have Jensen's vegetable seasoning,
Bragg's liquid aminos or Celtic sea salt

ALL SUGAR

May have stevia, grade B maple syrup or
organic honey

ALL JUNK FOODS

This includes: Fast foods /Processed Foods Soft
drinks, Chocolate, Candy & Artificially colored foods
As an alternative have sparkling mineral water, or
purified water with 2oz. of fruit juice such as apple
or pineapple; may have Carob

ALL RECREATIONAL DRUGS

This includes: Alcohol, Tobacco and yes, Coffee,
Black teas
As an alternative have Teecino, Pero, Caffix and
Postum, green or herbal teas

2 DAYS BEFORE YOUR COLONIC PLEASE REFRAIN FROM THE FOLLOWING:

Gum Chewing Nuts Broccoli, Brussel Sprouts,
Cauliflower, Asparagus, Cabbage

You may indulge in other vegetables that are
not gas producing and combine them with a
starch or a protein.

**Please try not to combine starch
and proteins together. Don't eat
2 hours before & don't drink 1
hour before appointment.**