

THE CLEANSE-IN-PLACE

RECOMMENDED SUGGESTIONS FOLLOWING YOUR COLON CLEANSING

Following lower bowel cleansing, the body may feel weary or relaxed. This is simply your body working out and processing through its cleaning period. Proper rest is important for your body to recuperate and rejuvenate.

PRO-BIOTICS – It is important to repopulate the colon with a friendly source of bacteria such as acidophillus. When used, it promotes a healthy intestinal flora for better fecal elimination and for the production of B vitamins. There are more than 300 friendly bacteria, too numerous to mention. Some work primarily in the gut system and some strains are also beneficial to travel throughout other systems of the body to fight off harmful bacteria in blood and tissues.

Especially for the first day or two after a cleansing, select healthy foods that are soft in consistency: Hearty soups, steamed vegetables, brown rice. For breakfast, cooked whole grain cereals are easy on the digestive tract.

Avoid raw vegetables for approximately 24 hours. The seeds and skins of certain vegetables and the tough fibers of lettuce can form air pockets which could lead to a bloated feeling.

Use in Moderation:

- Salt and heavy spices
- Wheat products such as Bread and Pasta
- Soft Drinks – None of any kind
- Fried Foods
- Dairy Products

After your cleansing, drink plenty of fluids: distilled water, juice, herb teas, & electrolyte liquids.

Fruits are OK, preferably in the morning, but chew thoroughly.

Exercise is important as well as a requirement for morning or evening.

Should you have any questions or concerns after your session, feel free to contact us.