



Fish Creek Naturopathic Medicine

Patient-Centred Holistic Medicine

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Colon Hydrotherapy Recommendations

Here are some guidelines to follow in order to maximize the effectiveness of your colon hydrotherapy sessions

First Day of Colon Hydrotherapy:

"It is safe to let go. Only that which I no longer need leaves my body" -Louise Hay

Eat light-soup or salad, nothing too heavy and try not to eat for 2 hours prior to your session.

Avoid water –for 2 hours prior so that your bladder isn't full.

Rest and Relax –try to reduce stress as much as possible. Stress plays a huge role in interfering with the body's ability to digest and eliminate food properly. You will have a much more effective experience if you take deep abdominal breaths and relax the body and mind as much as possible.

Days in between Colon therapy sessions:

- Eat a whole foods diet and **drink ½ you body weight in ounces of water daily**. For example, a 150lbs woman should be consuming 75 ounces (or 2.2 liters) of water per day.
- Do abdominal massage- this will be taught to you in your first session. You can use this at home while lying in bed prior to falling asleep or prior to getting out of bed in the morning, also while sitting on the toilet if you're having problems eliminating.
- Do light exercise only.
- Try dry brushing, infrared saunas, massage, Epson salt baths or juicing. All are excellent ways of detoxifying the body.

After Colon Hydrotherapy appointment series is completed:

- Continue with eating a whole foods diet that is high in fiber and drinking lots of water. Hopefully, this will kick start a lifestyle change now that your colon is clean and healthy.
- Take probiotics. It is very important to replenish the colon with healthy bacteria after your series of colon therapy is done.

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Colon Hydrotherapy: How to Prepare

- Don't forget about maintenance. It is important to continue to keep the colon clean. Most clients like to come in the spring and fall, as these are our natural detoxification times.

How much fiber is enough?

Adults should be aiming to consume *30 grams* of fiber per day. This is approximately double the amount the average Canadian is consuming right now. Fiber is critical for digestive health and preventing colon cancers.

Here is a list of foods and their approximate fiber in grams:

TYPE OF FOODS	FIBER IN GRAMS
Milk, cheese, yogurt and butter	0
Meat, poultry and fish	0
WHOLE GRAINS	
Whole wheat bread, 1 slice	
Rye bread, 1 slice	4.0
White bread, 1 slice	0.4
Brown rice, ½ cup cooked	2.4
White rice, ½ cup cooked	0.3
Whole wheat pasta, 1 cup	3.9
White pasta, 1 cup	1.2
Popcorn, 3 cups air popped	3.5
All Bran cereal, ½ cup	13.2
Bran Flakes cereal, ¾ cup	4.8
Regular flakes or crispies, 1 cup	trace
Rolled oats cereal, 1 cup cooked	2.8
Barley, pearl, cooked	6.0
LEGUMES	
Baked beans, ½ cup	8.8
Dried peas, ½ cup cooked	4.7
Kidney beans, ½ cup cooked	5.8
Lentils, ½ cup cooked	6.8
NUTS AND SEEDS	
Almonds, 10 shelled	1.1
Peanuts, ½ cup shelled	6.2
Trail mix, ½ cup	5.0
Flax seeds, 1 tbs	3.4
Sunflower seeds, ¼ cup shelled	3.9
FRUITS	
Apple, medium, skin on	3.5
Apple, medium, peeled	2.7
Applesauce, ½ cup	1.8
Banana, medium	2.4
Blueberries, ½ cup	4.0
Grapes, ½ cup skin on	2.2

Mango, peeled	2.6
Orange, medium peeled	2.6
Grapefruit, 1/2	1.6
Apricots, 5 halves, dried	4.0
Prunes, 3	4.0