



COLONIC HYDROTHERAPY AND SUGGESTED PREPARATION FOR A SESSION



Colonic Hydrotherapy is Most Effective if you prepare by reducing carbs in your diet prior to a session

For Best results it is recommended that you consume
- **16 ounces of Prune Juice** followed by **16 ounces of Water** to soften the old waste and reduce the gas.

Drink the Prune Juice and Water at least 4 Hours before
the Session. For more Excellent Results, drink the Prune
Juice and Water the evening before. Best before dinner.

Colonic Hydrotherapy is not a painful procedure.

The Session is performed by an experienced **Certified
Colon Hydrotherapist** while you lay on your left side.

The Colon (Large Intestine) is the only area of the
body affected. Very similar to an Enema, it is the slow,
manual insertion of a Sealed, One-Time use, Lubricated,
Disposable Speculum. Only about an inch or two enters
the rectum, followed by the flow of 10-15 Gallons of
Ultra-Violet (u-v) treated water (to prevent or kill any
bacterial contaminants) for the next 30 to 40 minutes.

Why are you considering having a Colonic Session?

Perhaps you feel the effects of Constipation and the
accumulation of Gas, that causes you to have a Bloated
gut. This combo makes it difficult to eliminate waste.

The average individual should eliminate waste from the
body at least twice a day. If elimination does not occur
Toxicity sets up that can cause a variety of Health Issues.

Constipation prevents you from eliminating on a regular
basis. Gas occurs from a chemical reaction from the
combination of foods that you consume. Your gut may
then becomes a Toxic environment.

Unless you pass the Gas, Bloating will occur causing you
to continue to experience an extended gut and big belly.

Your Digestive System should Function like Good Plumbing

The Distance between your Mouth
and Anus is about 27 - 30 Feet based
on your individual size. The Colon
measures approximately 5 Feet.

Depending on your Diet, it can take
8 - 40 Hours to Digest food and for
Waste to reach the Colon (the Large
Intestine) and for Elimination of the
Bowels to occur.

