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### **COLONIC HYDROTHERAPY PRE-TREATMENT ADVICE**

1. Ensure you are well hydrated by drinking plenty of water, herbal teas or coconut water on the days leading up to your treatment.
2. Avoid gas forming foods such as - onions, apples, mushrooms, beans, garlic, chilli and hot spices. This will help make your treatment more comfortable as these foods can create trapped wind.
3. Do not eat for at least 2 hours before your appointment, try to avoid starchy carbohydrates on the day of your visit before and after.
4. If it's your first visit, please bring along a filled in Client History Form – downloaded from website or email.

### **COLONIC HYDROTHERAPY AFTER CARE ADVICE**

Following your colon cleansing treatment, people often experience the many positive benefits of the therapy. Benefits may include:-

- Feeling of wellness
- Flatter abdomen
- Reduced bloating
- Increase in mental agility/euphoria
- Better quality sleep
- Clearer, sharper vision

Depending on the outcome of the treatment there are some individuals who may experience a 'Healing Crisis' which may mean they feel a little worse before feeling better, the result of toxins being released from the colon. As we are all unique individuals it is not possible to predict who will succumb to the healing crisis, which, I stress, is a positive one. Symptoms may include:-

- Headaches
- Cold like symptoms
- Increased urination
- Lethargy

Now the initial groundwork has commenced it is up to you to take an active part in striving for optimum health, by reviewing your diet and lifestyle including having regular colonic treatments.

It is advisable to eat only a light meal following your treatment and essential that you drink plenty of water. Remember to drink at least 2 litres of water daily.

It is not uncommon for some people not to have a bowel movement for several days after the treatment. This is a strong indication that Transit Time is slow, this is the time that elapses from swallowing of food to its elimination. I have colon herbal capsules that are available from Lavender Rooms that help speed up the transit time to a healthy rate, please ask me about these if you require more information.

An essential component for colon health is the administering of probiotics in tablet form available at Lavender Rooms, which I firmly encourage you to take. Research suggests that it is instrumental in preventing colon cancer whilst maintaining a healthy bowel.



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