



YHS
your health success

Proposed Protocol Before and After a Colonic Session

As a courtesy, we'd like to give you some easy instructions that will benefit you, prior to getting a colonic

Our body has been designed for easy elimination. As the body gets the bulk of waste transported to the colon, the urge to eliminate follows. This built-in bodily function has been programmed within us, since birth. It's the first, most important function for keeping us healthy, avoiding waste accumulation, and maintaining healthy levels of friendly bacteria (probiotics). To keep elimination on schedule, one must have a bowel movement after every meal. It should be "meal-in" followed by "previous meal-out." Let's be conscious about it, so we avoid any reabsorption of waste back into our bloodstream.

Here are some foods to avoid as you prepare for your colonic:

- Red Meat, Eggs, Cheese, Milk, and other Dairy Products, as they are all mucus forming.
- Soy products and Beans, as these can cause gas and bloating.
- White flour foods, such as cookies, pastries, white bread, and pastas
- Alcoholic beverages, as they are dehydrating and can set the body into fermentation mode.
- Avoid dining out, as the menus may contain heavy sauces, fried food or sweet additives, all burdening your digestion and elimination.
- Also avoid complex ingredients, or too many ingredients. Try to keep it simple, hydrate and eat lots of fruits and vegetables.

GENERAL GUIDELINES:

It is best to plan your colonic 2-3 days in advance, so you can prepare your body to release easily and entirely. Some choose to prepare with a fresh juice or fruit cleanse, since they are so alkalizing and detoxifying.

One example of a juice cleanse might be:

- A green juice in the morning, consisting of cucumbers, celery and leafy greens. Some add an apple or lemon to compliment the taste. This stabilizes alkalinity and begins the cleansing process.
- A fresh fruit juice of any sort may follow- you can always keep the sugar in balance by adding in some leafy greens. This will invigorate the Lymphatic system, begin circulation, and awaken the intestines to start moving waste.
- A vegetable juice containing carrots, ginger, or turmeric, plus more root vegetables.
- A beet juice to invigorate your liver.
- A freshly squeezed citrus juice, containing grapefruit, oranges, and lemons and elimination.

These five juices get divided throughout the day in 16-ounce portions, which keep you full and energized. It's best to use organic produce, since it contains higher vitamins and minerals, and is grown naturally, without pesticides.

Drink enough water, half your body weight in ounces. For example, one weighing 125 lbs. needs 8 cups of water (8x8=64). This invites the kidneys to join the cleanse, as they filter all fluid waste. (If you are doing a juice cleanse, you might not drink 8 cups of water, and that's okay. Keep this ratio in mind, in general.)

Some take Fiber and Herbs to help them eliminate. These are helpful generally, but avoid them if juice cleansing, since we want to get your intestines moving on their own.

NOTE:

- Eat a light dinner the night before your session. A light vegetable soup, some steamed vegetables, quinoa etc.
On the day of the Colonic, please eat lightly, or just keep yourself on juices. Stop eating 2-3 hours before the session, so your body will have energy to cleanse, as well as to avoid gas and bloating. Don't have any juice or heavy fluids an hour before the appointment.
- Wearing loose-fitting, comfortable clothing is a good idea. You might also want to bring socks and layers to stay warm, grounded, and relaxed, as bottoms are off during the session
- Please plan on connecting with your body and placing your cell phone aside. You will have the most success if you focus on massaging your abdomen, while doing conscious breathing.

**Our center has a lovely, relaxing, oasis aesthetic: Clean, Cool, Serene
We urge our clients to come in with the mindset that: This is my time...**

Protocol Suggestions for After Colonic:

- The best thing to do is first HYDRATE and replenish ELECTROLYTES. This can be done by drinking coconut water or water with a fresh squeeze of lemon or lime.
- Second, get a fresh pressed juice, smoothie or eat some fruit.
From there, easy simple to digest foods are best. Examples include: soups, steamed vegetables, squash, baked or sweet potatoes, quinoa, etc. Keeping it gluten and dairy free is best, with simple food combinations and low amounts of meat and protein.
- You may or may not have a bowel movement for the next couple of days and your digestion will be a bit weaker as everything resets. Focus on chewing well.
- Drink plenty of water, coconut water, herbal teas and give yourself time to relax and rest. Take it easy- don't physically overexert yourself. Go to bed early and enjoy your new sense of lightness and wellbeing.

Please feel free to contact us with any concerns you may have. We are looking forward to seeing you and your success very soon.

The following are some commonly asked questions. Please read carefully as they will inform you, bring clarity and support.

Question: Who is a candidate for Colon Hydrotherapy?

Answer: Anyone experiencing indigestion, gas, bloating, bad breath or body odor, coated tongue, constipation, sallow complexion, dark circles under the eyes, cold hands and feet, menstrual problems, blood pressure up or down, brittle nails and hair, irritable bowel syndrome, sagging posture (pot belly), allergies, skin problems, swelling of legs, headaches, tension, fatigue, brain fog, loss of memory or concentration, back pain, sinus pressure, and low appetite. These are all signs of traffic in the colon.

Question: How often can someone do a colonic treatment?

Answer: Colonics are a very safe and effective method of cleansing the colon. When you are a beginner, it's advisable to schedule at least once a week, (and for some, every other day), until you feel better. This may be anywhere from 3-12 sessions. After that, you can customize your own schedule, based on your needs. Most of our clients skip the next 24-48 hours of bowel movement, yet this does not indicate constipation. Once the waste of the large intestine has been emptied, it takes whatever is your current personal transit time of digestion, assimilation, and elimination for new waste to leave the body. As you continue your sessions, you will reset regularly and regain the ability of your peristalsis to flow well.

Question: What if I don't have the urge to eliminate daily?

Answer: This is not acceptable. Elimination is not a casual or optional setting of one's body. Elimination is a critical and necessary function, which keeps our body balanced, hygienic, alkaline, and at the right temperature. We would advise you to sign up for a series of Colonics and even work with one of our Wellness Coaches to get you back on track.

Question: Is it a painful procedure, and how long does it take?

Answer: While it is not a painful procedure, you may at some points feel a mild cramping sensation, like the one you have prior to a bowel movement or during diarrhea. This is a good sign as it signals that waste is peeling away from the intestinal walls and moving towards the exit. The feeling is not constant; it ebbs and flows as waste moves out and is greatly helped by massaging your abdomen. The timeframe of a session is anywhere between 30-45 minutes, and up to an hour. It is a very individual experience; one might dump all waste within the first 30 minutes, while others begin eliminating later. As you continue with colonics, things will move out faster. Once finished, we suggest sitting up and giving yourself an extra 5 minutes to empty any remaining water or waste. This allows you to get up from the table comfortably, while avoiding any accidents.

Question: Will I lose any weight after a colonic?

Answer: While colonics are not a direct method of weight loss, we

get a significant amount of positive feedback from our clients, as they begin shedding pounds. You can definitely lose inches from the waist and resolve gas and bloating; some of our clients have measured themselves this way, losing up to 2 inches after a session. The body has an intelligent sensor within, and as it feels new space in the colon, it will begin collecting extra fat, melting it down and directing it to the back door for elimination. Many people discover that they feel lighter and more flexible, with a new sense of incredible clarity.

Question: Can I have a Colonic while menstruating?

Answer: Yes, many clients report that it eases their cramps and bloating. And over time, colonics can resolve cramping for good as more space is made for the internal organs by eliminating bulky, trapped waste and gas. As your monthly cycle arrives, the body sheds any excess it no longer needs. So, this is a good time to join the cleanse with some Colon Hydrotherapy. Also please note, we do not cancel any appointments due to the start of your cycle.

Question: Can I do a Colonic while Pregnant?

Answer: YES, you can have a colonic during the Second trimester when it is the safest. The first trimester may present the risk of miscarriage, and the third trimester may present the risk of early labor. If you feel constipated and uncomfortable, colonics can be very helpful during this time. We do require a doctor's note, to make sure you stay safe.

Question: Will the Colonic flush out all my good bacteria?

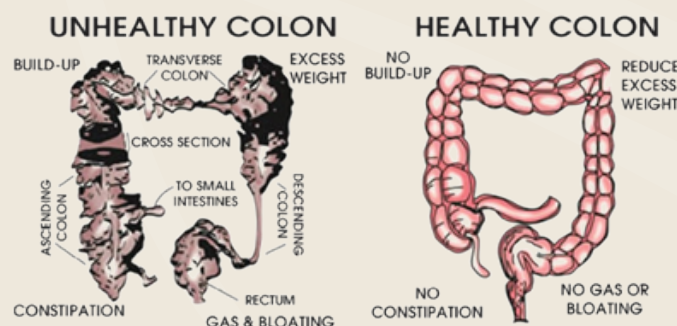
Answer: NO. Colonics are given to rid the colon of accumulated waste and mucus. We need to clean the colon so we can host thriving populations of the friendly bacteria that keep our immune system strong. Otherwise, the unfriendly bacteria (who like to nest in dirty, congested colons) will eventually overpower our immune system, and we'll get sick in one way or another. Practically ALL disease is related to fermenting toxic waste in the colon, the bloodstream and throughout the body. Taking a probiotic at home is always a good idea, in general, and after a colonic. And as a courtesy, we will offer you some coconut water to replenish any electrolytes lost during the session.

Question: Will a laxative accomplish the same results as a colonic?

Answer: Laxatives cause short term emptying of the colon, primarily through a dehydrating, irritant action. This action leads to the production of a thin watery mucous substance that goes through the colon and leaves behind impacted waste and toxins. Colon hydrotherapy uses pure water that does not irritate the colon or body, resulting in the promotion of full body hydration.

Question: Once upon a time, people would eliminate naturally...

Why is it so difficult today, what has changed?



Answer: Our food today is not the same as it was years ago. Busy schedules, giving rise to fast food have become acceptable. Do you sit down to eat, or is it done in a rush, stuffing it in and getting back to work? Do you drink enough water? Back in time, people regularly made and consumed fermented food, (since refrigeration wasn't available), and those bacterial cultures prepared the stomach to absorb the meal that followed. Overeating didn't exist, so bloating didn't either. Before electricity, people worked with the cycle of the sun, never eating too late at night. Absorption, utilization, and elimination was easy and natural. The Air, Water, Fruit and Vegetable supply was abundant, clean and teeming with nutrients. We were living more aligned with nature, which we have lost along the way. Our food, air, water, sleep and bodies have suffered as a result.

Question: ARE COLONICS ADDICTIVE?

Answer: No. Colonics tone and hydrate the body and have been used to retrain the bowels to have regular healthy bowel movements. Colonics are very helpful to people with compromised transit time as they help flush stagnant waste that would otherwise be auto intoxicating. In rare cases, some people depend on colonics and home enemas to assist them in having regular bowel evacuations. These people often have diagnosed conditions, take medication that inhibits regular evacuation (some cancer drugs do this), or are wheelchair or bed bound, causing their transit time to dramatically slow down. In these cases, the use of regular colonics or enemas isn't seen as "addictive," they're seen as a tool so that some people do not struggle with constipation for weeks at a time. Those who fly on planes or drive long distances, can frequently become constipated as well. For people with chronic constipation, many would prefer regular colonics over having to take prescription medication with side effects, or face the uncomfortable bloated feeling of retaining excess waste in their body. We're not here to judge; we're here to help.

Question: Is the therapist there while I get my session?

Answer: The session can be as private as you would like it to be. At first, the therapist will explain all the functions and settings, so you can effectively manage your own session. Our Therapists are exceptionally qualified, trained, and pleasant. They will always ensure that your experience is a great one, and will always be available to you, if you need them, by ringing a bell.

Question: Does the machine get disinfected well after each client?

Answer: Yes, ABSOLUTELY! Client safety is our priority. After every client, our therapist totally disinfects, and washes the entire machine, so you will get a hygienic, clean room. Plus, every client gets a kit of brand-new tubing, lubricant, glove, sheet, and protective covering, so you can feel comfortable to safely start your session.

Good luck, and let's stay connected. We love hearing feedback. This enables us to serve you, and your friends, better.

Medical Disclaimer

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Question: What can I expect after the colonic?

Answer: Most people remark about how great, light, clean and clear they feel. If the body is extremely toxic, one may feel a bit fatigued as old toxins that have been stored throughout your body are now re-circulating into the colon. For some, the colonic may trigger subsequent bowel movements for the next few hours, but there will most likely not be any uncontrollable urgency or discomfort. It's also possible you may feel light-headed or chilled for a few moments following a colonic. Replenishing electrolytes with coconut or lemon water will help with this. Digestion and elimination will be weaker for the next couple of days, as the system resets. Your next bowel movement is sometimes delayed for up to 2 days, and this is perfectly normal. Try to eat lighter, and hydrate properly during this time.

Question: Are There CONTRAINDICATIONS to colon hydrotherapy?

Answer: Yes. If you have certain conditions, we may not be able to treat you with colon hydrotherapy unless you have a written referral from your doctor. Please call us to discuss your situation. We will do what we can to help you.

Contraindications for current conditions: anal fissure, anal fistula, anemia, cardiac disease (severe, uncontrolled hypertension or congestive heart failure), cirrhosis, crohn's disease (acute inflammatory or bleeding stages), colon cancer, colon/rectal/abdominal surgery (less than 6 months ago), colostomy, dysentery, diverticulitis (episode less than 6 months ago), GI hemorrhage/perforation, active hemorrhoids (now, painful or major bleeding), abdominal or inguinal hernia (un-repaired), kidney dialysis, pregnancy in 1st or last trimester, rectal bleeding, renal insufficiency, tumor in the rectum or large intestine, ulcerative colitis (active or bleeding).

Question: What is the difference between the Libbe and Angel of Water machines?

Answer: The Angel can be set to a much higher pressure, if needed or desired, and is positioned lower to the ground which can be better for people with hip or mobility issues. Its viewing tube is positioned directly in front of you while the Libbe tube is located on the side below you and requires turning the neck to see. The Libbe works with a slower, yet steady pressure, which can be very effective. The seating position is also much more adjustable and can be modified for various heights and sizes. The functions of each machine are both very accessible. They are both open system designs and do a marvelous job, and we have regular customers who often request their preferred machine. The best thing to do is try both and see which one works best for your unique needs.

Question: If I do more than one session, is the price better?

Answer: Yes, ABSOLUTELY! We make sure to cater to every individual. We promote our deals to satisfy customers, since it's our sincere interest that YOU get the best results here. Please inquire about our spectacular promotions, package deals, and monthly specials, which you can benefit from.