

LOTUS SKY

Diet and Exercise

By combining Colon Hydrotherapy with the following dietary and exercise guidelines, one can achieve a healthy toned body, radiant skin, amazing vitality and a strong centered mind.

Be the change you want to see...

– MAHATMA GANDHI

Diet:

A healthy diet is less about denial and more about eating vital and colorful foods that help promote health and fight disease. Think about fresh juice overflowing with super foods, colorful plates of lightly cooked nutrient-rich vegetables enlivened with herbs and spices, and tender pieces of salmon brimming with vitamins and minerals.

The overall emphasis lies very much on unprocessed, fresh, wholesome and seasonal foods. Make fruits and vegetables the foundation of your nutritional “pyramid.” Fill in with other natural foods such as whole grains, seeds, nuts and fish.

Freshly prepared/pressed juice nourishes the body without working the digestive tract. Whether in whole or juice form, raw fruits and vegetables are alive with enzymes.

Drink lots of water! Focus on increasing your daily consumption of fluids – including purified water, fresh vegetable juice, herbal tea, and coconut water.

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These dietary guidelines are simply suggestions to give your body what it needs to keep charged through the day and beyond. When combined with regular exercise and spiritually uplifting practices like yoga and tai chi – energy, vitality and real health will become the new norm.

– See guidelines outlined under Therapy Preparation Protocol and Food Combining Principles

Exercise:

Cardiovascular activities build strength, flexibility and endurance – whether swimming, walking, cycling, or running. There are countless options such as rebounding on a mini-trampoline, which tones the colon and stimulates the lymphatic system.

Spiritually uplifting practices are subtle forms of exercise, yet they offer a powerful mind-body workout, leaving you feeling physically and spiritually brighter, stronger and more in tune with self. These practices include yoga, tai chi, qigong and meditation.

By integrating the physical aspects of exercise with practices that engage the mind and emotions, one can energize and revitalize the body – physically, mentally and spiritually.