

LOTUS SKY

Post Therapy Protocol

These guidelines are intended to support you after Colon Hydrotherapy. We recommend incorporating the suggestions into your daily routine, thereby fostering a newfound lifestyle – one that will help you succeed at cleansing, healing and achieving a healthier way of living.

Body and Mind:

Most clients indicate a sense of lightness and clarity of mind, as well as feeling more energized or peaceful after a colonic. On rare occasion, if there is a longstanding condition such as constipation, a slight headache or fatigue may be experienced. In this case, proper rest will help restore one's balance.

Since the colon has been rinsed of stored waste during the session, it may take a day or two before resuming normal bowel movements. Keeping in mind that the body is not yet used to this new sense of emptiness.

Some water is absorbed through the colon wall during a colonic, resulting in the increased frequency of urination several hours following the treatment. To enhance this beneficial effect of flushing the kidneys, try drinking a few glasses of purified water with fresh lemon juice.

A colonic has a profound cleansing effect on the body. Clients may feel so renewed afterwards that they are inclined to increase their workout routine. Caution is advised here, for it can be overdone.

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Diet:

Immediately After:

Drink a glass of purified water and/or fresh vegetable juice.

Day Of/Day After:

A light diet of fresh fruits, vegetables, salads, and soups is recommended, taking care to avoid anything that causes gas. Fish may be included at dinner, if desired.

The following should be avoided:

- Alcoholic beverages
- Soda/Carbonated beverages
- Caffeinated beverages
- Animal proteins (meat, poultry, eggs, dairy)
- Legumes (beans, lentils, split peas)
- Processed/Refined foods
- Less favorable food combinations

Hydration is vital to intestinal health, as well as that of our immune system. It plays an important role in flushing toxins from the cells and improving elimination. Focus on increasing your daily consumption of fluids – including purified water, fresh vegetable juice, herbal tea, and coconut water.

Essentially, you would follow the dietary protocol outlined for Therapy Preparation. The options provided are simply suggestions. The closer the guidelines are followed, the better one is able to sustain the benefits of their treatment.