

# LOTUS SKY

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## Therapy Preparation Protocol

These dietary guidelines are intended to help you prepare for Colon Hydrotherapy. The protocol is designed to maximize the results of your treatment. As such, your commitment is highly encouraged. We recommend incorporating the suggestions into your daily life to create habits that sustain a healthier lifestyle for the long-term.

Several options are provided for each meal category below. There are many variations to explore, so have fun modifying your daily choices:

### Breakfast:

- Fresh fruit
- Fresh vegetable juice
- Fresh non-dairy fruit smoothie made with fresh squeezed fruit juice
- Toasted whole grain bread with mashed avocado

### Lunch:

- Leafy green salad
- Leafy green salad with avocado
- Leafy green salad with other raw vegetables (cucumbers, sprouts, shredded carrots/beets)
- Leafy green salad followed by grilled, roasted, steamed or sautéed vegetables
- Leafy green salad followed by cooked whole grains/wild rice, yams, or Japanese soba noodles

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## Dinner:

- Leafy green salad followed by cooked vegetables and baked yams
- Leafy green salad followed by cooked vegetables and whole grains
- Leafy green salad followed by cooked vegetables and grilled salmon
- Leafy green salad followed by grilled, roasted, steamed or sautéed vegetables

## 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.

The options provided are simply suggestions, keeping in mind that the key to achieving the most of your session is proper preparation. The closer the guidelines are followed, the better one is able to cleanse/detoxify the body and promote greater releases during their treatment.

Ideally, this protocol should be followed for 3 full days prior to the appointment to introduce first timers to a healthier dietary regimen, as well as reintroduce experienced clients wishing to resume a healthier lifestyle. Refrain from eating 3 hours and drinking 2 hours prior to your appointment.