



New Life Wellness Center

(Across the street from the eastern Market Metro Station)

Pre-Colonic Instructions

- Do NOT eat for 2 hours afore your appointment but please eat your regular meals the day of the colonic.
- Avoid gas-forming foods the previous day and the day of the colonic: beans, broccoli, cauliflower, cabbage, cucumbers, onions, raw apples, melons, or unripe fruit.
- Apply an abdominal castor oil pack for 1 hour, 3 days in a row before your appointment. Omit the heating pad if you feel gaseous. Take 1 teaspoon of olive oil each evening of the pack

Post-Colonic Instructions.

- Avoid gas-forming foods for 2 days after a colonic: beans, broccoli, cauliflower, cabbage, cucumbers, onions, melons, raw apples, or unripe fruit
- Eat more laxative foods: salads, vegetables, fruit, juice, soup, fish/chicken/turkey.
- Yogurt with acidophilus or a probiotic for 90 days will help to maintain the balance of flora in the colon.
- AM appointment: drink several glasses of water with lemon juice throughout the day.
- PM appointment: drink 1-2 glasses of water with lemon juice.
- Avoid strenuous exercise.
- Your next elimination is usually 1-3 days after a colonic.

Martina Washington - Colon Hydrotherapist

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