

## ***COLONIC GUIDELINES AT ISIS***

### ***Preparing For Your Colonic Session:***



You actually do not have to do anything different in your daily eating before a colonic hydrotherapy session in order to achieve results. However, if you are thinking of making your colonic session as effective as possible, we recommend refraining from eating red meats, processed foods and carbonated beverages for a few days prior to your session.

Then, do not eat during the two hours before your therapy, so as to reduce the amount of undigested food in the stomach. This is because an important aspect of the session is massage of the abdominal area to relax the muscles and help move fluid through all parts of the colon. Occasionally you may experience some mild cramping sensations which can be due to too much recent food in the stomach.

We recommend drinking large amounts of fluids throughout the day of your session in order to provide adequate hydration, but do not drink for the hour before your session. It is also good to drink a

green vegetable juice or chlorophyll drink before your colonic, if possible, to balance your blood sugar and instigate the colon to release during your session.

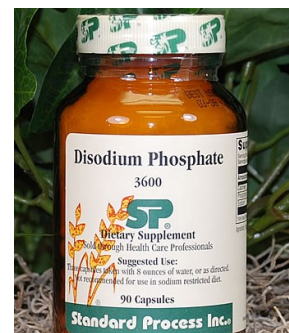
### ***After Your Colonic Session:***

After your session, you will either feel lighter and energized, or you may feel tired and sleepy, depending on your level of toxicity and the intensity of the detoxification effect that you experience. Occasionally, you will have the need to go to the bathroom again after a period of time. So please be sure you are not jumping in the car to drive to Alaska. Once you do arrive home whether directly after your colonic or later in the day, please try to take a hot detox bath either with Epsom Salts or for a stronger detoxification response, with one of our wonderful ISIS Detox Clay baths.



Once again we recommend another green vegetable juice before retiring for the evening. It is also better not to eat any solid food until the day after your colonic treatment, so the body can be free from digesting solid food to repair and further enhance detoxification. You can have some soothing soup, or take the opportunity to continue your cleanse with some juicing for the rest of the day.

We also recommend *Disodium Phosphate* after treatment to relax the intestinal tract and increase natural elimination. If the therapist has noticed that you are dehydrated during your session, a recommendation of *Magnesium Lactate* will help to restore your proper fluid balance within the intestinal tract. A series of colonics also may remove some of the healthy bacterial flora that your colon needs, so replacement of this with *HLC Synbiotic Intensive Probiotic Formula*, a highly concentrated acidophilus/bifidus combination and digestive enzymes, is recommended. These products can be purchased at our clinic after your session.



### ***Contraindications For Colonics:***



Colonics are a perfectly safe and natural procedure. However, there are some conditions that may not be benefited by the colonic process. We advise you to get a physician's guidance if you have any acute debilitating medical condition, acute fecal impaction, acute colitis, active infection, severe hemorrhoids or a colostomy. Colonics are also not advisable while you are pregnant, particularly if you have never had one before.

Cancer of the colon or G.I. tract, active diverticulitis, acute abdominal pain, recent history of G.I. bleeding, severe cardiac disease or recent heart attack, uncontrolled hypertension, or a history of severe renal problems are all indications for the advice of your physician.

Please consult with your physician if you have any questions.