

TREATMENT & SUPPLEMENT RECOMMENDATIONS:

**PLEASE DO NOT HESITATE TO CONTACT US FOR FURTHER ADVICE
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NURTURE COLONICS

COLON HYDROTHERAPY AND DETOX CLINIC

GAWLER | BAROSSA

AFTERCARE SUPPORT

THINGS TO KNOW FOLLOWING YOUR COLONIC HYDROTHERAPY SESSION

Many people report immediate positive benefits as soon as they have had a colonic. It is up to you also to take an active part by reviewing your diet, lifestyle and consider having regular colonics as part of your journey for improving and maintaining your health and wellbeing.

If you can, take time to 'Rest and Digest.' Have a relaxing day and take some time for yourself. Try to follow the advice as discussed with your therapist, eat lightly and simply, and remember to chew well. Drink an extra litre of un-chilled water especially for the first 48 hours.

FOLLOWING YOUR TREATMENT:

You will have absorbed a lot of water during your treatment, so you may pass more water than usual, this will settle quickly. You may experience more gas and 'rumbling.' This is the colon settling itself.

Some people feel a little 'washed out' for a while after a treatment. Your digestive system has been working and can make you feel tired. If you are tired, then rest. Listen to your body!

This is known as a 'healing crisis' and can be mild or quite noticeable. It is the body readjusting itself and should disappear within 24-48 hours.

Not all people experience this, but it is something to be aware of, it is a positive reaction.

Drink plenty of water to help your body flush things through toxins that have been lifted up, and encourage waste to be eliminated.

You may experience cold-like symptoms, headaches, tiredness, skin blemishes, or passing more urine than usual.

PLEASE NOTE: If you are taking any medications, have any existing health conditions or feel you need medical advice prior to making any diet or lifestyle changes; please contact your GP or medical adviser first.



OUR TOP TIPS AND TRICKS FOR BETTER GUT HEALTH:

- **CHEW! CHEW! CHEW!** An old saying "Drink your food and chew your water!" Well chewed food, instead of larger chunks, can assist in better digestion.
- Drink plenty of fluids, preferably filtered. Try to drink 2-3 litres per day, little and often. **NOT WITH MEALS**, as this dilutes your digestive juices and can flush your food through your stomach too quickly. The rule is to avoid drinking half an hour before, during eating, and half an hour after food. Try to avoid alcohol, fizzy drinks, coffee, tea and other caffeinated drinks.
- Try to source quality meat, organic, grass fed and finished. 'Lighter' meats include fish (small fish are better due to mercury content) and chicken which are easy to digest.
- Eat what the planet gives us; natural, organic, and unprocessed. Get interested in what makes you. **"YOU ARE WHAT YOU EAT AND CAN ABSORB!"**
- Avoid processed carbs. Does it have a long list of ingredients? Do you recognise them? Is it just convenience food?
- Eat lots of different foods. Fresh soups are easy and tasty. Roast or stir-fry; but don't overcook, keep the crunch. Eat a 'rainbow' of colours for more antioxidants.
- If you have a problem with wind or you get 'gripes,' drink warm fennel, chamomile or peppermint tea. Avoid cold or carbonated drinks, and don't eat 'gassy' foods.
- Cook with high oils such as ghee or coconut. Don't cook with extra virgin olive oil at high temperatures - put it ON food after cooking!
- Add beans and pulses, nuts and seeds to your diet - especially pumpkin seeds! This can act as a natural antiparasitic and has wonderful phytoestrogens in them for our hormones.

FOODS TO AVOID TO HELP YOUR BOWEL RE-BALANCE:

REDUCE THE YEAST:

Cut back on bread, 'mouldy' cheeses, yeast extract spreads, beer, wine and carbonated drinks.

SUGARS:

Stop adding sugar to food; but if needed, use a natural source like honey.

ARTIFICIAL FOODS:

Avoid sweeteners, refined & convenience foods containing 'non-natural' additives and chemicals which our body never had to process until more recent times.

DAIRY:

Avoid mucus producing foods, like dairy.

REMEMBER: BEING 80% GOOD 80% OF THE TIME WILL MAKE YOU FEEL AT LEAST 65% BETTER... AND YOU CAN STILL INDULGE FROM TIME TO TIME!