

CleanseWithin

Pre-Cleansing Program

The average person can hold from 5- 10 pounds of old compacted faeces in their colon/ large intestine. The tips below will aid in the breakdown of the old faeces therefore allowing for a much deeper cleanse during your colonic irrigation treatment. This combination of diet, natural supplements and colon hydrotherapy work synergistically to give superior results.

1. Cleansing foods:

It is important to emphasise that whilst on the cleansing program we recommend that you follow a diet, which is low in mucus forming foods and high in water and fibre.

Details of this are outlined below.

2. Supplementation:

We recommend that 'Lepicol' or Psyllium Husks is taken for at least 3-4 days prior to your treatment. This is available in all health food stores and most pharmacies.

This is insoluble fibre containing 'friendly bacteria' which acts like a broom for the bowel. It loosens bulks old faecal matter together.

This is not a laxative and will not cause diarrhoea. It can also slow diarrhoea.

3. Colon Hydrotherapy:

Colon Hydrotherapy literally washes out old toxic debris lodged in the colon/ large intestine.

Each treatment is estimated to be the equivalent of between 10 to 20 bowel movements. Your therapist will recommend how many treatments are needed at the end of your initial treatment.

Ideally, we will space the treatments out (about 4 days apart).

Most people benefit from 2 treatments, however everyone is different.

Tips For Success:

- Eat little and often.

It is very difficult to digest large meals, plus eating every 3-4 hours helps to balance blood sugar levels and also reduces the tendency to overeat.

- Chew your food.

Digestion begins in the mouth; chewing your food well will take the added pressure off the intestines. This will also prevent large particles of food and air from going down!

- Get organised.

Stock your cupboard, your work desk & your handbag... with plenty of 'good foods' only.

- Manage withdrawal symptoms.

Give up caffeine and sugar beverages gradually or you may experience withdrawal symptoms i.e. headaches, irritability, fatigue...

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DO LIST

1. Water

The body consist of 70-80% water. It is essential for life.

Aim for 2 litres per day (all herbal teas' bar 'Green Tea' will count as water). Try Rooibus, Nettle, Dandelion, Lemon, Fennel, Ginger...

Wake up your digestion with 0.5 litre of warm water & lemon first thing in the morning to kick-start your system. This causes bile to flow, which detoxifies the liver and acts as a natural laxative for the bowel.

2. Fibre

Together with water is one of the most important dietary components for a fully functioning digestive system.

Fibre is best taken in the form of whole fruits and vegetables as they also contain water which aids their transit through the digestive tract.

Whole grains, should be soaked for 12 hours before being consumed. Seeds & nuts should always be ground or soaked before eaten.

3. Fresh Juices & Smoothies

Juices are full of valuable nutrients. However, there is no pulp (fibre) in juices so bulk them up into a smoothie consistence with Chia Seeds, Avocado & Spinach. Vegetable juices are best, limit fruits. An apple can be used to sweeten.

Always wash your fruits and vegetables to remove waxes, bacteria and chemical residues. Soaking in Cider Vinegar helps clean them.

*Juice fasts are not recommended before Colon Hydrotherapy unless you are taking Lepicol or Psyllium Husks in addition.

4. Ginger

Helps to expel trapped gas and stimulates digestion. Peel and grate 1tsp, steep in a cup of boiling water for 5mins, strain and serve with a slice of lemon.

5. Fruit

Should only be consumed on an empty stomach. Apples, berries, pineapple, papaya are gentler on the system. All other fruits can cause fermentation in the gut, generating gas which makes the treatment more uncomfortable. If you suffer with a lot of gas limit your fruit intake.

6. Vegetables

The easiest way to get a variety of vegetables into your diet is stir-fry's. Do not overcook them. If they are soft you've killed them! Green's are best however try to eat all the colours of the rainbow.

Ginger and fennel are great additions for digestive health benefits.

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DON'T LIST

1. **Dairy**

Eliminate mainly cow's milk and cows' cheese.

Due to a 'sticky' protein called casein dairy is the most mucus forming food, eating it leads to sinus congestion, lung congestion and sticky constipated stools.

Casein is used as furniture glue; this is very strong glue and is not suitable for our delicate digestive tracts.

Lactose (milk sugar) is the most common food allergen, 75% of the population are estimated to be Lactose intolerant. Substitute with unsweetened *rice milk, oat milk, almond or coconut milk*.

2. **White Flour**

Wheat is the highest gluten containing grain; this sticky substance coats the small intestines villi which can then impaired the absorption of food.

Avoid bread, pasta and baked goods made from wheat. Replace wheat based breads with sourdough/wholegrain spelt or rye bread.

For main meals use brown rice, quinoa, millet or buckwheat.

If the only option is white bread have choose a wrap & fill with salad.

3. **Say NO To Sugar**

Sugar completely messes up energy levels and digestion. It causes Diabetes and Inflammatory Diseases! It should not be consumed. It feeds yeast which is a decomposer of human cells. If a substitute is needed use 100% Organic Raw Honey, Xylitol or 100% Stevia.

4. **White Starch**

White Potatoes and Rice are harsh on the digestive system. Rice is depleted/ stripped and bleached of all its valuable nutrients.

These foods slow and clog the digestive system down.

5. **Coffee**

Coffee causes blood sugar levels to peek and dip (a stressor). This can lead to sugar cravings, try to cut down or limit to once a week.

6. **Alcohol**

Counterproductive to detoxification! Avoid while having hydrotherapy.

7. **Animal Proteins**

Fish and chicken are the easiest to digest. Try to have organic as non-organic contains high levels of Oestrogen and chemicals.

Red meats should be limited if not avoided whilst detoxing as it is harsh on the digestive system.

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NATURAL SUPPLEMENTS (found in all good healthstores)

- **Lepicol or Psyllium Husks-** *Start with 1tsp and increase to 2 teaspoon's daily (ideally 30mins before breakfast). Mix in water and drink quickly otherwise it can turn to jelly!* If your struggling to drink it, mix it in with a little tub of natural yogurt or porridge. It will make it thicker. This is a bulker, it acts like a 'broom' in the intestines gathering and mopping up mucous and old faecal matter in the large intestine. It is imperative that your drinking 2 litres of water per day in order for this to take effect.

- **Magnesium Citrate-** *Take 1-2 capsules/ tablets at night with dinner.*
***Do not take this supplement if you are having diarrhoea!!*

Magnesium is needed for proper nerve and muscle function. Constipation is always partly due to magnesium deficiency which results in bowel spasms, the bowel literally needs to open up to allow the stool to pass. Magnesium is known as the anti-stress mineral and also helps with metabolism, bone formation, liver detoxification and aids sleep.

- **Udo's 'Super 8's' Probiotics-** *Take one capsule a day after breakfast.*

Good bacteria or probiotics keep the environment of the colon slightly acidic and discourage the growth of pathogenic (disease causing) bacteria.

Probiotics are strongly indicated where there is bloating and flatulence after meals along with a good digestive enzyme supplement.

Probiotics also produce short chain fatty acids or SCFA's, which help to regenerate the walls of the colon and thus keep it healthy.

CLEANSING REACTIONS

- It is common to experience changes in bowel frequency and increased flatulence. This is normal as old trapped gas pockets are being released. It is important to drink plenty of water and monitor your symptoms.
- It is important to rest and eat as recommended by your therapist.
- Your therapist will give you aftercare advice at the end of your treatment.
- Most people feel very relaxed, occasionally quite tired and may need to go to bed early.
- Some can feel quite emotional or experience low mood afterwards.
- These are all common symptoms. Most experience a great night's sleep afterwards.
- Occasional 'detox' headaches can occur due to caffeine and sugar withdrawal, however this will soon lift.
- Please contact your therapist if you are having problems coping with your symptoms.