

**FOR BEST RESULTS.....**

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**BEFORE / AFTER COLON HYDROTHERAPY .....**

**BEFORE**

NO FOODS 2 HOURS PRIOR

TO RECEIVING

COLON HYDROTHERAPY

**Drink Plenty  
of Good  
Purified Water!**

**AFTER**

AFTER RECEIVING  
COLON HYDROTHERAPY  
WE HAVE EXPERIENCED,  
THAT IT IS IMPORTANT TO:

1. DRINK PLENTY OF LIQUIDS:
  - A. PURE WATER
  - B. JUICES
  - C. HERBAL TEAS
  - D. ELECTROLYTE LIQUIDS
2. EAT PUREED FOODS FOR 24 HOURS AFTER THE PROCEDURE. PUREED (BLENDED) SOUPS ARE ALSO RECOMMENDED.
3. AVOID EATING RAW VEGETABLES FOR 3 DAYS. COOKED VEGES AND RAW FRUIT ARE SUFFICIENT; CHEW WELL.
4. REDUCE HEAVY MEAT CONSUMPTION FOR 3 DAYS AND CONSIDER ELIMINATING MEAT ALTOGETHER.

Disclaimer: This information is a combination of medical literature, personal use and observations.  
It should NOT be construed as medical advise.  
You should always discuss your medical history with your licensed health care practitioner.

## "SUGGESTED DIETING AFTER COLON HYDROTHERAPY"

EACH MEAL SHOULD INCLUDE THESE FIVE THINGS TO BE A COMPLETE MEAL AND FOR PROPER DIGESTION. PROPER DIGESTION MEANS PROPER ASSIMILATION OF FOODS FOR CONVERSION INTO ENERGY.

I. PROTEIN II. CARBOHYDRATES III. OILS (Lipids) IV. LIQUIDS - JUICES V. VITAMINS/MINERALS

### BREAKFAST DAWN TO 10:00 AM

#### I. PROTEIN - (NUTS)

1. ALMONDS
2. PECANS
3. CASHEWS

#### II. CARBOHYDRATES - (FRUITS)

- |           |                         |
|-----------|-------------------------|
| 1. APPLES | 4. BANANAS              |
| 2. PEARS  | 5. GREEN OLIVES         |
| 3. PRUNES | 6. CREAM OF RICE CEREAL |

#### III. OIL - (LIPIDS) 1 - 2 TABLESPOONS ON FOOD or by MOUTH.

1. OLIVE OIL
2. WALNUT OIL
3. GHEE (Clarified Butter)

#### IV. LIQUIDS - JUICES

- |                    |                 |
|--------------------|-----------------|
| 1. DISTILLED WATER | 4. PEACH NECTAR |
| 2. TEAS (HOT)      | 5. PEAR NECTAR  |
| 3. COFFEE (1 CUP)  |                 |

#### V. VITAMINS / MINERALS - OUT OF THESE FOODS

"DON'T OVER EAT" "DON'T OVER EAT" "DON'T OVER EAT"

**LUNCH - 11:30 AM TO 4:00 PM**

I. PROTEIN - (SEEDS, MEATS, VEGE-MEATS)

- |                              |                             |
|------------------------------|-----------------------------|
| 1. SUNFLOWER SEEDS           | 4. TURKEY (BOILED or BAKED) |
| 2. PUMPKIN SEEDS             | 5. GROUND TURKEY            |
| 3. CHICKEN (BOILED or BAKED) |                             |

II. CARBOHYDRATES

- |                       |                    |
|-----------------------|--------------------|
| 1. BROWN RICE         | 7. TOMATOES        |
| 2. LETTUCE            | 8. CUCUMBER        |
| 3. CORN               | 9. CELERY          |
| 4. BROCCOLI           | 10. CAULIFLOWER    |
| 5. GREEN ONION (TOPS) | 11. CABBAGE        |
| 6. BELL PEPPERS       | 12. BEANS/PEAS     |
|                       | 13. FRESH DRESSING |

III. OIL - (LIPIDS) CHOOSE ONE (1 -2 TABLESPOONS)

1. GHEE (CLARIFIED BUTTER)
2. CORN OIL

IV. LIQUIDS - JUICES (FRUIT JUICES SHOULD BE DILUTED WITH PURE (H<sub>2</sub>O))

1. Purified WATER (H<sub>2</sub>O)
2. GRAPE JUICE
3. TEAS (HOT IS BEST FOR REDUCING WEIGHT)
4. CRANBERRY JUICE

**"DON'T OVER EAT"      "DON'T OVER EAT"      "DON'T OVER EAT"**

SNACKS: —

- |               |                          |
|---------------|--------------------------|
| STRAWBERRIES  | RICE CRACKERS            |
| GRAPES        | OATS                     |
| RAISINS       | CREAM OF RICE CEREAL     |
| BLUEBERRIES   | UNSALTED SUNFLOWER SEEDS |
| PUMPKIN SEEDS |                          |

## SUGGESTED DIETING AFTER COLON HYDROTHERAPY - Continued

DINNER (SUPPER) 6:30 PM TO 9:30 PM

### I. PROTEIN

1. FISH - TUNA
2. EGGS
3. TOFU

### II. CARBOHYDRATES

- |                      |                           |
|----------------------|---------------------------|
| 1. BROWN RICE        | 7. POTATOES               |
| 2. BEETS             | 8. MUSHROOMS              |
| 3. CELERY            | 9. ASPARAGUS              |
| 4. CABBAGE (ROOTS)   | 10. SWEET POTATOS         |
| 5. RADISHES          | 11. ONIONS (YELLOW/WHITE) |
| 6. TURNIPS/RUTABAGAS | 12. GARLIC                |

### III. OIL - LIPIDS CHOOSE ONE (1-2 TABLESPOONS)

1. GHEE (CLARIFIED BUTTER)
2. GARLIC OIL
3. PEANUT OIL

### IV. LIQUIDS - JUICES

1. PURIFIED WATER
2. PINEAPPLE JUICE
3. TEAS (HOT IS BEST FOR REDUCING WEIGHT)

### SNACKS:

1. PINEAPPLE
2. RICE CAKES
3. PEANUT BUTTER
4. PEANUTS (Few with No Salt)
5. RAW CARROTS