



## Recommended Suggestions following your Colon Cleansing

**Following** lower bowel cleansing, the body may feel weary or relaxed. This is simply your body working out and processing through its cleaning period. Proper rest is important for your body to recuperate and rejuvenate.

**PROBIOTICS** - It is important to re-populate the colon with a friendly source of bacteria such as acidophilus. When used, it promotes a healthy intestinal flora for better fecal elimination and for the production of B vitamins. There are more than 300 friendly bacteria, too numerous to mention. Some work primarily in the gut system and some strains are also beneficial to travel throughout other systems of the body to fight off bacteria in blood and tissues.

**Especially** the first day or two, select healthy foods that are soft in consistency. Hearty soups, steamed vegetables, brown rice. For breakfast, cooked whole grain cereals are easy on the digestive tract such as oatmeal and cream of wheat.

**Avoid Raw Vegetables** for approximately 24 hours. The seeds and skins of certain vegetables and the tough fibers of lettuce can form air pockets which could lead to a bloated feeling.

### **Use in moderation:**

- **Salt and heavy spices**
- **Wheat products such as bread and pasta**
- **Soft drinks - none of any kind**
- **Fried foods**
- **Dairy products**

**After your cleansing, drink plenty of liquids (distilled water, juice, herb teas, and electrolyte liquids).**

**Fruits are OK** - preferably in the morning, but chew thoroughly

**Exercise is important** as well as a requirement for morning or evening.

Should you have any questions or concern after your session, feel free to contact Healing Hands.