Health Optimising (UK) Ltd
www.healthoptimising.co.uk

Preparation Guidelines – Colonic Hydrotherapy

Circumstances in which you cannot/should not have Colonic Hydrotherapy

There are certain medical conditions (contraindications) which will prevent you from having the treatment including recent abdominal surgeries, pregnancy etc.
Your medical questionnaire will highlight such conditions to the therapist who will discuss with you further.

Pre-Appointment Preparation

Please follow these steps which are suggestions for how to achieve maximum results from your treatment. You must follow the first 2 guidelines.

- **AVOID ALCOHOL AT LEAST 24 HOURS BEFORE YOUR SESSION**
- **DO NOT EAT OR DRINK ANYTHING TWO HOURS BEFORE YOUR SESSION**
- In the days before please ensure you are fully hydrated by consuming at least 2 litres of filtered water daily (you should be doing this as a matter of routine already)
- Eat a diet of low starch, non-gas forming vegetables and grains.
- Try to avoid dairy produce, red meats shellfish, processed carbohydrates, fried foods and sugar for as long as possible before your session (or forever if you can!)
- Try to include fresh juices and smoothies in your daily routine

Does it hurt?

Colonic Hydrotherapy is a relaxing process of receiving and releasing water according to the body's natural rhythm and no different a movement than that of the usual defecation/excretion. A minor amount of discomfort may possibly be felt during insertion of the small speculum but this lasts a matter of seconds. There is a possibility of experiencing a brief cramping sensation, this is as a result of toxic waste detaching from the intestinal walls and leaving the body.

Is it embarrassing?

Not at all. You are left to put on a full length gown in the privacy and comfort of your own private treatment room. Your dignity is maintained at all times. Our therapists completely understand the sensitivity of the procedure and will strive to make you feel at ease throughout the entirety of the treatment. The system is completely enclosed which means there is no odour and no mess.