



AFTER COLON CLEANSING CARE

- No raw food eaten after the colonic unless it has lots of spices like ginger, cayenne, clove to warm it up.
- Drink a minimum of 2-3 liters of water per day. You may add a twist of lemon if you desire.
- Take 1 tbsp of Pro Greens per day. Contains ginger to help energize, chlorophyll to detoxify and deodorize, nutrients and botanicals help with digestion, superfood complex to aid pH balance and help stop cravings. OR..... Fresh, cold pressed Green Juice with ginger, lemon added to replenish electrolytes and nutrients.
- Drink water 20m minutes before a meal and the again 1-2 hours after a meal. This will prevent you from diluting the digestive enzymes, which are needed to breakdown the food.
- First thing in the morning drink 8oz of warm water with the juice of half a lemon to allow the liver to begin dumping toxins accumulated during the night into the first bowel movement of the morning.
- Eat breakfast 20 minutes after lemon water mixture.
- 1 tbsp of omega 3, flaxseed or borage oil or 3 caps of vitamin E daily. Oils lubricate the colon, heart and joints.
- Probiotics preferably enteric coated. Multiple strains in the billions needed to restore proper micro flora in the intestine.
- Skin brushing 1-2 times per day with a dry, natural bristle brush to increase movement of the lymphatic system.

FOODS TO AVOID

- Polyunsaturated vegetable oils: safflower, corn, soy, common cooking oils.
- Partially hydrogenated or trans-fat oils: found in cookies, pastries, crackers, candy, potato chips, margarine, shortening, mayonnaise, and salad dressings.
- Fried foods.
- Sugar and high glycemic foods.
- Refined and processed foods: packaged foods.
- Foods with additives and preservatives.
- Arachidonic acid forming foods: corn-fed beef, organ meats, dairy products, egg yolks, hotdogs.

FOODS TO EAT

- Non-starchy vegetables: full of antioxidants
- Fruits: full of antioxidants, low glycemic fruits have less sugar
- Omega-3 fatty acids: oil-rich fish-wild salmon, sardines and herring, dark greens, flaxseed oil and walnuts.
- Omega-9 fatty acids: olive oil, almonds, macadamias, grass-fed meats
- Spices: ginger, rosemary, basil, and turmeric.

PROPER FOOD COMBINING

- Fruit is eaten 20 minutes before a meal as they digest very fast.
- Melon: do not mix with other fruits as they cause fungal overgrowth in the body.
- Vegetables/salads eaten with meats: spinach/fish; carrots, beets/chicken; salad/tilapia.
- Vegetables/salads eaten with carbs: quinoa/kale; brown rice/medley of veggies (steamed).

SUBSTITUTES

Cow Milk	goat, almond, rice, hemp or other nut milks
Cow Cheese	goat, feta,
Cow Yogurt	goat, sheep, dairy free
Coffee	Dandy blend

SOURCES

High Fiber	ground flax, oat and apple fiber, Fiber Ultra
Oils	omega 3, 6 & 9, AstaKrill
Probiotics	several strains at least 50 billion, Innate, PB7, PB11
Enzymes	Pro Digestive Enzymes, Devigest, Digestive Bitters, Lipidzyme, IBZyme, Gluten Ease, Plant Digestive Enzymes

JUICE COMBINATIONS

Carrot, beets, parsley, spinach, little ginger, apple (optional): (Good for increasing bowel movement, cleansing the blood and reducing cholesterol)

Carrot, celery, ginger: (Increase potassium, cleanse kidneys)

Spinach, swiss chard, lemon, parsley, cucumber, celery: (Alkalizer)

Carrot, 1/4 green pepper, 1/2 apple: (Increase collagen)

Carrot, cucumber, ginger: (Diuretic, cleanse bladder)

INDIVIDUALIZED RECOMMENDATIONS