

coloncare

After Care Sheet

People report feeling lighter, cleaner and energised after a colonic however, it may take a few days for initial symptoms to settle down when digestive issues are present.

During a colonic faecal waste is evacuated which improves the ability of the colon to absorb minerals whilst hydrating the body. The beneficial effect of flushing the liver and kidneys may be enhanced by drinking a glass of boiled water with the juice of half a lemon added. Some hours after the treatment it is usual to experience slight diarrhoea or a feeling of bloating; this is due to water being retained in the colon, particularly if it is trapped behind pockets of gas. The next bowel movement may not be for a few days making it a paramount to keep your water intake to a least 2.5 litres each day.

Sometimes there can be dramatic effects as the body adjusts to detoxification. This is called a Healing Crisis and is a normal reaction. The following are examples of this; Nausea, Headache, Dizziness, Fatigue, Heat sensations, Redness, Chills. These symptoms can be eased by drinking plenty of water. Some people find they have no noticeable reaction, this doesn't mean that your treatment has been ineffective. Everyone is different and people respond differently to each treatment.

After your treatment, the following advice is recommended;

Relax and avoid stress, if you feel tired and lethargic have a lie down. Avoid stimulants such as alcohol and coffee. Eat light nutritious meals such as white meat, fish, vegetables, brown rice, salad, soup and snack on fruit, nuts/seeds or raw veg.

If the intestinal bacteria is out of balance it may be recommended to take Acidophilus (probiotics). Symptoms of insufficient flora may be excessive wind and bloating which may continue for several days after the treatment if not rectified. A 30 day course of Acidophilus should relieve any symptoms. Please note initially probiotics may cause wind and bloating to increase during the first 4 days of taking the capsules. If this happens **do not** stop taking the probiotics, it's just the effects of the good bacteria colonising in the bowel (if in any doubt please call). Capsules are preferred as they are dairy free and contain very high concentrations of active ingredients, they must be stored in the fridge once opened.

Time periods between colonics depends on diet, stress, health and benefits the individual is looking to achieve/maintain. It is often advised to have colonics until the mucus is no longer visible in the release water. To achieve this, a course of colonics may be required before considering a maintenance program. To maintain good vitality throughout the year many people rebook every 2-3 months (as the seasons change). Most people seem to know when they need to come again.

I am a fully qualified colon therapist, if you are in any doubt or have any questions, please contact me for advice where I will be more than happy to help and put your mind at ease.

With your first colonic you also receive an email for 20% off all beauty treatments such as massage, waxing, facials, HD Brows, Nouveau Lashes, Nails, Sienna Tans!

*Therapist Kay
Brown BSc
(Hons) carries
out colonic
treatments in
the privacy of
comfortable
modern
surroundings.*



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