

Gentle Colon Hydrotherapy

General Protocol
For
A Whole Body Detox, Cleanse
& Nutritional Fortification

Duration: 9 Weeks recommended

I. 1. Intestinal Ecology – Intestinal Ecology Deep Cleanse & Colon Max are gradual, yet effective together. These products will prepare the colon in the two (2) weeks prior to a colon hydrotherapy session (Colonic) by loosening and removing hard impacted material and mucoid layers of plaque from the intestinal walls. A good comparison to this is the one that Dr. Gloria Gilbere who formulated these products has drawn. She says that the whole process of cleansing is like "peeling an onion" one layer at a time.

Instructions For Use: Start with ½ Scoop of powder 2 x per day in 12 oz. of water, one-half hour before meals. Drink plenty of water throughout the day. Gradually increase to 1 Scoop 2-3 times/day.

2. Colon Max

Instructions For Use: Take two Colon Max at bedtime. You should be having 2-3 bowel movements per day with the products. If you are having less than 2-3 bowel movements per day, then you may take 3 Colon Max at bedtime. If you get loose stools from taking 2 Colon Max per day then decrease number of Colon Max until you achieve 2-3 formed B.M's per day.

II. Intestinal Ecology & Colon Hydrotherapy (Colonics)

- (A) Two Colonics on 2 consecutive days.
- (B) Third to tenth Colonic (weeks 3 to 10)
- (C) Continue I Protocol

III. After Second Colonic, take Nutritional Support in order to:

- a. Decrease cravings
- b. Increase sense of well being by totally nourishing the body with these super foods, not achievable through standard American diet.
- c. Replenish the intestines with good bacteria through a good probiotic, lacto fermented vegetables, i.e., raw sauerkraut or kimchee and cultured milks such as organic yogurt and/or kefir.
- d. Evaluate the need for integrating other therapies to accomplish deeper cleansing. For example, SO Energy, Infrared Sauna, Electro Lymphatic, Living Sunshine, Rebounder, Juicing, Raw Foods Cuisine.

IV. Evaluate the need to cleanse & detoxify the liver during or after General Protocol.

Protocols for Colonic:

Pre Colonic:

Foods and beverages to stay away from three (3) days prior to the colonic because they may create intestinal gas impeding colonic results)

Broccoli

Cauliflower

Cabbage

Brussel Sprouts

Beans such as garbanzo, lentils, black beans

No carbonated beverages

Decrease intake of processed foods

Increase intake of raw foods (fresh vegetables, salads, nuts, fruits)

All of this will start the process of cleansing and detoxification lasting through the series of colonic sessions.

Some clients say after one or more sessions, that they feel lighter and more revived; many say they are able to focus and concentrate better. In the Preface to Michael Gershon's book entitled "The Second Brain" reference is made to these scientific findings:

Every classification of neurotransmitters found in the brain is also present in the healthy colon.

These neurotransmitters are necessary for the normal function of every part of our bodies including organs, nervous system, muscles, etc.

The second finding is that 95% of the serotonin in our brains is produced by our colon.

Post Colonic

Continue to avoid gaseous foods for 24 hours after the colonic

It is normal not to have a bowel movement for 1-3 days after the colonic

In addition, the following guidelines are suggested:

Avoid the following:

White flour, dairy foods, white sugar, processed foods, any foods which contain hydrogenated or partially hydrogenated oils. Also coffee, alcohol and regular tea.

Include the following in your diet:

Eat as much organic produce as you can, at least one salad per day, preferably two containing a variety of vegetables. Use a homemade salad dressing containing flax oil, Udo's Choice Oil or extra virgin olive oil which are healthy oils for the body. Eat small amounts of meat from organic sources. A serving of beans every day is great for the colon because they are high in fiber. Drink plenty of purified water (at least half of your body weight in ounces) adding lemon to your water will aid in the cleansing of the lymphatic system.