

FOR BEST RESULTS.....  
BEFORE / AFTER (Colonics)  
aka COLON HYDROTHERAPY



## BEFORE

✓ **NO FOODS 2 HOURS** PRIOR TO RECEIVING COLON HYDROTHERAPY

✓ **DRINK PLENTY OF WATER** ( MAY WE SUGGEST PURIFIED)

✓ **EAT FRESH FRUITS AND VEGGIES** FOR 2 TO 3 DAYS, IF YOU CAN.

✓ **EAT LESS OR AVOID RED MEAT, FAST FOOD, FRIED FOODS** FOR A DAY OR TWO.

## OPTIONAL (THESE HELPS)

### Suggested Prep before Colonics:

\***Shaklee FIBER TABS** with Lecithin to help push out feces. \$18

\***Shaklee HYDRATE** –no carbs electrolyte for maximum colon hydration. \$

\***Shaklee HERBLAX** with Senna –non-habit forming laxative to soften feces.

To add this to your prep, please call:  
**Roxy Clemence CT at: 425-741-4444**

## AFTER

AFTER RECEIVING COLON HYDROTHERAPY,

WE HAVE EXPERIENCED, IT IS **IMPORTANT TO:**

- 1. DRINK Plenty of LIQUIDS**, as in PURIFIED WATER , JUICES –preferably fresh , ELECTROLYTE Liquids ( LOW Shaklee HYDRATE **BALANCED ELECTROLYTE** is available to order with our clinic)
- 2. REPLACE INTESTINAL FLORA:** Acidophilus Bifidus (Pre & Pro Biotic)  
(Shaklee **OPTIFLORA PRE-PRO BIOTIC SYSTEM** **guaranteed delivery to the COLON** is available to order with our clinic)
- 3. EAT PUREED FOODS FOR 24 HOURS** after procedure. Pureed (Blended) soups are also recommended.
- 4. AVOID EATING RAW VEGGIES FOR 3 DAYS.** Cooked veggies and raw fruits are sufficient; **CHEW WELL!**
- 5. REDUCE HEAVY MEAT CONSUMPTION FOR 3 DAYS.** And consider eliminating altogether.

**Reminder:** Do not wait until the day you will have your Colonic. Contact us on any question(s) pertaining to your Colonic.

Message: 425-741-4444 Text: 206-354-2383

If it can wait—email us at: [emmalafonnt@gmail.com](mailto:emmalafonnt@gmail.com)

Thank you! **EMMALAFON Wellness & Holistic Cleanse EWC-HOCL**

### Ideally, Seasonal Cleansing is **SPRING & FALL!**

Sources:

William T. Tiller, N.D. and Roxy Clemence, Nutritional Advisor L1 , Certified/ Colon Therapist-I-ACT Certified

\*Dr. Tiller is not connected with EMMALAFON Wellness Center. He is the author of a booklet guide called: "ARE YOU A TOXIC WEBSITE"