



A Start to a Better Health
Colonics Plus

PLEASE READ.

PLEASE READ this prior to booking a colonic as your results will be greatly affected by how little or how much you were currently eliminating. If you haven't gone in days, please do one of these two things before you even think of booking a session.

DRINK 8 TO 10 FLUID OUNCES OF PRUNE JUICE EVERY NIGHT BEFORE YOU BRUSH YOUR TEETH AND GO TO BED.

OR

BUY SOME POWDERED CALM AND MIX THREE ROUNDED TABLESPOONS IN A LARGE GLASS FILLED HALFWAY WITH ROOM TEMPERATURE WATER. The reason it needs to be room temperature is if it's cold the powder won't mix and it'll just clump and if it's warmer than room temperature it'll fizz up and out of the glass. MIX WELL AND WALK AWAY FOR ONE MINUTE COME BACK MIX IT ONE MORE TIME AND DRINK IT DOWN BEFORE YOU BRUSH YOUR TEETH AND GO TO BED.

DO EITHER OF THESE FOR SEVERAL NIGHTS UNTIL YOU START ELIMINATING AT LEAST SMALL AMOUNTS.

The reason for this is because it's gravity flow it is not a power wash, and if I can't get water behind all of the stool that's in there we are both going to be disappointed in the results and I don't like to do to anyone. I want you to have amazing results and feel wonderful when we're done, however, if you choose to book appointment without doing these things, I will not feel responsible for your results.

Here's a few more pointers if you're struggling with constipation, you want to avoid binding food, such as bananas, rice and cheese. These seem to be some of the biggest offenders. The best fiber is what you get from fruits and vegetables. Most people are not eating enough of either. If you're already constipated and you take a fiber supplement it's very likely it will stop you up further. You have to drink so much water with those and if you've already backed up that always ends up in emergency room visits that feel less than satisfying when you're done. I have had hundreds of people come to me after doing these things and believed it was what they should do because that's what they got told. I'm here to say that from my experience it's trouble waiting to happen and to get worse. Please spare yourself the difficulty.