

HUMBLE BODY, LLC

Colon Hydrotherapy Preparation Guide

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How to Prepare for Your Session

Proper preparation plays an important role in your colon hydrotherapy experience. Making a few simple adjustments to your diet beforehand can help your body respond more comfortably and effectively during your session.

2–3 Days Prior to Your Appointment

Begin focusing on lighter, more natural foods that are easy for the body to break down. This helps reduce strain on the digestive system and encourages natural movement within the colon.

Fresh fruits, steamed vegetables, whole grains, and light proteins such as chicken or fish are all great options. Simple soups and broths can also be beneficial during this time.

It is important to stay well hydrated. Drinking enough water supports the softening of waste and helps prepare the body for gentle cleansing.

During this time, begin limiting processed foods, fast food, and anything heavy or overly rich.

The Day Before Your Session

Shift toward a lighter intake. Meals should be simple and easy to digest, such as salads, steamed vegetables, smoothies, or broth-based soups.

Avoid red meat, fried foods, dairy, and sugary items, as these can slow digestion and create additional buildup in the colon.

Keeping meals smaller and more spaced out throughout the day can also help the body prepare more efficiently.

Day of Your Appointment

It is best to keep food intake minimal before your session. If you feel the need to eat, choose something very light, such as fruit or a smoothie, and allow a few hours between eating and your appointment.

Avoid heavy meals, caffeine, and carbonated beverages, as these may cause discomfort or dehydration.

Additional Preparation Tips

- Drink plenty of water leading up to your session
 - Chew food thoroughly to support digestion
 - Avoid alcohol and highly processed foods
 - Listen to your body and keep things simple
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After Your Session

Following your appointment, continue with light, nourishing foods and stay hydrated. Gradually reintroduce heavier foods as your body adjusts.

Please Note

Colon Hydrotherapy is a minimally invasive procedure that utilizes specialized equipment and a rectal speculum to facilitate the gentle infusion and release of water within the colon. This service is not intended for medical diagnosis or treatment. Please consult your healthcare provider regarding any medical conditions.

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Detoxification & Herbal Wellness Services