



## RICTAT CLIENT AFTERCARE ADVICE – COLONIC HYDROTHERAPY

Many people report immediate positive benefits as soon as they have had a colonic. It is up to you also to take an active part by reviewing your diet, lifestyle and consider having regular colonics as part of your journey for improving and maintaining your health and wellbeing.

If you can, take time to 'Rest and Digest.' Have a relaxing day and take some time for yourself. Try to follow the advice as discussed with your therapist, eat lightly and simply and remember to chew well. Drink an extra litre of un-chilled water especially for the first 48 hours. You will have absorbed a lot of water during your treatment, so you may pass more water than usual, this will settle quickly. You may experience more gas and 'rumbling.' This is the colon becoming active again and producing 'good bugs'. Avoid rigorous exercise, including lifting heavy weights for 24 hours.

Some people feel a little 'washed out' for a while after a treatment. Your digestive system has been working and can make you feel tired. If you are tired then rest.

This is known as a 'healing crisis' and can be mild or quite noticeable. It is the body readjusting itself and should disappear within 24-48 hours. Not all people experience this, but it is something to be aware of, it is a positive reaction. Drink plenty of water to help your body flush things through and encourage waste to be eliminated. You may experience cold like symptoms, headaches, tiredness, skin blemishes, passing more urine.

### Here are some things to try and change in your diet/lifestyle:

**Please note: If you are taking any medications or have any health conditions or feel you need medical advise prior to making any diet/lifestyle changes; please contact your GP or medical adviser first.**

- CHEW! CHEW! CHEW! An old saying 'Drink your food and chew your water!' Well chewed food, instead of larger chunks can assist in better digestion.
- Drink plenty of fluids, preferably water. Try to drink 2-3 litres per day, little and often. NOT WITH MEALS as this dilutes your digestive juices and can flush your food through your stomach too quickly. The rule is to avoid drinking half an hour before, during eating and half an hour after food. Try to avoid alcohol, fizzy drinks, coffee, tea and other caffeine drinks.
- Try to reduce red meat intake, don't eat it every day. 'Lighter' meats such as fish and chicken are easy to digest, vegetarian meal more so.
- Move to wholegrain – brown rice and pasta, wholegrain cereals and wholemeal flour rather refined white flour, white bread, pasta or rice.
- Eat lots of different vegetables. Make fresh soups, easy and tasty. Roast or stir-fry - don't overcook keep the crunch. Eat a 'rainbow' of colours – more antioxidants.
- Try and eat what the planet gives us – natural, organic and unprocessed foods. Get interested in what makes you – 'YOU ARE

### WHAT YOU EAT AND CAN ABSORB!

- If you have a problem with wind or you get 'gripes' drink warm fennel, chamomile or peppermint tea, not cold or carbonated drinks, don't eat 'gassy' foods.
- Increase your water intake: the recommendation is 2-3 litres per day, but remember to avoid mealtimes when drinking as mentioned above.
- Cook with high 'flash-point' oils such as sunflower, groundnut, rapeseed, ghee or coconut oil. Don't cook with extra virgin olive oil at high temperatures – put it ON food after cooking!
- Add beans and pulses, nuts and seeds to your diet – especially pumpkin seeds! This can act as a natural exfoliation.
- Foods to avoid to help your bowel re-balance -

Yeast – bread, mushrooms, 'mouldy' cheeses, yeast extract spreads (Marmite), wine, beers or lagers.

Sugars – stop adding sugar to food, if needs be, a natural source like honey or fruit.

Artificial sweeteners, refined and convenience/ contain 'non-natural' additives and chemicals which our body never had to process until more recent years. Avoid mucus producing dairy products and refined flour products. Try soya, oat or rice milk.

### DO NOT HESITATE IN CONTACTING US FOR FURTHER ADVICE

Colonic Hydrotherapy should not be seen as an alternative to seeing your GP if you have any health concerns. Neither is it intended to infer or imply symptoms of IBS or other bowel conditions will be solved.