

## After Care Advice

### **Take it easy:**

The effects of your colon cleanse maybe a boost in energy levels but occasionally a headache or a feeling of slight tiredness may occur (usually in a pleasant way).

If so; rigorous exercise and weight lifting should be avoided for 24hrs following treatment.

### **Drink:**

try to drink plenty of water! How many litres?

A good calculation method is:           double your weight taken in Kg and  
move decimal point twice to the left

E.g. Weight: 65kg x 2 = 130 = 1.3 litres is ideal

### **Problems:**

Occasionally griping may occur; drink warm peppermint, fennel or chamomile tea and avoid very cold and carbonated drinks.

Too much mucous; avoid refined grains, dairy products and eggs.

Weak digestion; don't drink with meals or for 30 mins before and after eating.

Slow transit time; bowel movements should resume to normal within 2 days. If not, you may need to increase your fibre in take;

Insoluble fibre stimulates the digestive tract, helps it work more efficiently and encourage the presence of healthy bacteria.

**Wholemeal breads, cereals and pasta. Wholegrain breads and cereals. Beans, lentils, maize, oats, pulses, brown rice, wheat bran and fruits with edible seeds.**

Soluble fibre is required too, to help lower cholesterol and regulate blood sugar.

**All fruits and vegetables, oats, legumes.**

The current recommended daily intake is 18g, so are you getting enough?

If not, increase slowly, too fast can overburden the digestive system. Aim to increase by 5g over a 3-5 day period. And remember, drink water.

Finally, live natural bio yogurt will help re-colonise your gut with friendly bacteria. Sometimes acidophilus supplements maybe needed.