

Monica Hirai
Herbalist
403-276-5756

**** WHAT TO BRING TO A COLONIC & OTHER HELPFUL TIPS ****

1. A towel (bath size) to use as a cover during the colonic. (This helps me out with the laundry)
2. A pair of socks. If you have cold feet, you'll want to be warm during the colonic.
3. A snack for after to replenish electrolytes lost and balance blood sugar.
4. Remember to avoid beef, pork, wheat, dairy the day before and the day of the colonic. These foods are very heavy and harder to digest, thus are contraindicated before a colonic.
5. Remember to avoid coming 'starved' for food because you may feel light-headed and nausea following the colonic if you come very hungry.
6. You can eat a light food such as fruit, veggies, etc up to one (1) hour before – but avoid eating a full meal up to 2 hours before.