

COLONIC TREATMENTS



Today's lifestyle can leave us feeling sluggish, fatigued and often with headaches. We are becoming more aware of the need to look after ourselves from the inside out and colonic therapy is the perfect way to help this process.

Colon cleansing is a gentle process that helps remove unwanted material from the body leaving you feeling fresher, lighter and more energised, helping our bodies to return to their natural state. Colonic therapy can assist in detoxifying the body and can help to improve the digestive system and relieve common problems such as excess wind, bloating and IBS symptoms leaving your colon in a healthier condition.

WHAT TO DO BEFORE YOUR COLONIC TREATMENT

- Increase your water intake. It is essential you are well hydrated for your treatment so increasing the amount of water you are drinking on the day of the treatment can really help with this.
- Have your last meal 2/3 hours before your treatment
- Relax, a calm and relaxed body and mind can often help the effects of the treatment so try not to worry

PREPARE FOR YOUR TREATMENT WITH OUR BLUE KARMA JUICE CLEANSE

Some people have found their results are better if they prepare their body in the 3 days leading up to their treatment by following a gentle juice cleanse. To help your body to flush out the toxins we recommend the following 3 days prior to your treatment: Substitute solid meals for 3x juice a day. Drink only water or herbal teas/ warm water and lemon. Avoid alcohol, caffeine and fizzy drinks.

RECIPES

- Ultimate Green Juice – Juice 1 bunch of celery, a handful of kale leaves, 1 green apple, 1 lemon, 1 lime and couple of parsley leaves with 1 inch ginger.
- Beet, Apple and Blackberry Juice – Juice 1 big or 3 small beets, 2 apples, 8 oz. blackberries and 1-inch ginger.
- Tropical Paradise – Juice 1 papaya, 1 small pineapple, 1 inch fresh ginger, 1 kiwi, half cup of coconut water.

WHAT TO DO DURING YOUR JUICE CLEANSE?

- Try to stick to the juice only cleanse for the whole 3 days. If food must be consumed, try to stick to organic, unprocessed lighter meals such as salads and homemade soups.
- Do some gentle exercise. Light walks, gentle yoga, swimming can all help. Make sure you listen to your body, your energy levels may change.
- Take advantage of the 3-day process by practicing some self-care. Taking time to read a book, journal or listen to some gentle music will help you to relax and unwind and enjoy the process.



AFTER YOUR JUICE CLEANSE

- Gradually return to eating solid food. Some people find this beneficial by introducing solid meals one day at a time so instead of 3 juices, have 2 juices and 1 solid meal.
- Try to stick as much as possible to organic, unprocessed foods for the first couple of days and over the course of the next week begin adding eggs and rice and eventually light meats such as chicken or turkey.

Finally....

This can be a big change for some people. Embrace the process and enjoy it and let your body reap the benefits.