

## Returning Balance Therapies

**Glenwood Springs**  
**970-618-2492**

**Grand Junction**  
**970-250-2708**

### Preparation suggestions for Colonics

Food / Water:

At least five days prior to session:

1. Increase water intake to a minimum to 1/2 your body weight in ounces. Increasing your water intake is a natural daily detox. Since our bodies are made up of about 80% liquid, it is important to keep the pipes and pathways free of as much muddy liquid as possible. Water is water and any other beverage does not count towards half your body weight in ounces of water.

Tid bits:

Most of the time when people experience headaches it is due to dehydration. Dehydration may be indicated by a sense of hunger. Bottles like Nalgene are great to keep water safe of any toxic material that may leak into water and can also help you to keep record of how much water you drink in a day. Ensure you are using BPA free bottles or consider using stainless steel. BPA's could be in old Nalgene and other older hard plastic bottles. Consider having your home drinking water tested by an independent testing company such as Crystal Waters, LLC at 970-309-5243 to ensure you know if any toxins have entered your water supply.

2. Increase fresh organic foods, salads, fruits, veggies and juices. Dilute juices with 1/4 - 1/2 water to dilute the amount of sugar (whether 100% or natural).

3. Minimize processed foods.

4. Incorporate 2 tablespoons of ground flax seeds, flax seed oil and/or fish oil daily, may do both or alternate (can mix into any food). The benefits are increased immune, brain, joint, bowel, skin and organ function. Flax seed and fish oils are most needed especially in high altitude and further from fresh fish sources.

5. Chewing your food completely is the first key for better digestion, vital nutrition absorption and healthy bowel movements. "Eat your liquids and drink your food."

6. For optimal health it is vital to eat live fresh foods as much as possible, this doesn't mean you have to stop having your favorite foods, just shift the source/ ingredients.

Examples include:

Bread: replace enriched wheat to sprouted, whole grains, Quinoa, etc...

Pasta - Whole grain, Quinoa

Cheese - Sheep, goat, or aged two years

Milk - Soy, rice, hemp, almond

Sugar - Stevia, Agave nectar, honey, pure cane sugar (Turbinato), birch sugar is great for diabetes.

Chips - Corn, baked, whole ingredients

Oil - Coconut, olive, grape seed - best for high temp. cooking.

No hydrogenated oil, as it gets rancid at high temp.

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On the day of your session:

1. Eat a small light meal 2 hours prior to session. Digestion needs to be minimal to go deeper into purging fecal matter - so the body can fully concentrate on releasing

2. Drink 20 ounces of water 1-2 hours prior to session. When the 1 hour mark approaches, have your last bit of water to stay hydrated, though drink no more so the bladder won't get agitated while in session.

3. Think ahead and plan the food you will eat that day.

A. When going through a detox of the body, different emotions can be experienced such as agitation and increased or decreased energy. This can trigger us to revert to comfort foods that aren't the healthiest for us.

B. Think about eating lightly and choosing soft, easily digestible foods. Examples include soups, steamed vegetables, whole grains

C. Stay hydrated in between meals. Do not drink all your water for the day during your meals, so as not to dilute natural enzymes. When the stomach is cooled below 96 degrees Fahrenheit, food has an increased challenge of optimal digestion. This means that cold drinks do not aid digestion.

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Supplements:

1. Magnesium - Helps with calcium absorption, muscle relaxation, improves sleeping and helps with increased bowel movements.

2. Probiotics - High billions, multiple strand. Aids digestions, increases immune system and overall health.

3. Bowel Cleanser - Non habit forming herbal formula. Encourages peristaltic

action to increase movement of fecal matter. Senna and Cascora can become habit forming to the bowel with long term use.

4. Digestive enzymes - Breaks down food for better absorption.

5. Vitamin / Mineral supplementation

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Tools:

1. Body brushing-dry, before showers - Moves the lymph system which increases the immune system.

2. A life step is available to place under your feet while using the toilet, it places you in a squatting position which efficiently aligns the colon and allows for an easier and more complete elimination.

3. Castor oil packs - Helps with purging liver, softening fecal matter, increases peristaltic action and detoxification.

Needed supplies: wool flannel, saran wrap, big plastic baggy for storage; use flannel until it needs to be replaced, usually about 6-9 months.

Do castor oil packs two nights in a row before your first colon hydrotherapy session. Allow the pack to work for up to 1 hour. The nights before your 2nd and 3rd colon hydrotherapy sessions, leave the pack on for 1.5 hours.

Steps to using a castor oil pack.

1. Saturate flannel (no dripping)
2. Place on abdomen/liver
3. Wrap self in saran wrap or put a plastic bag over pack
4. Wear old clothes that will be OK if stained and protect all other fabric
5. Start with 30 minutes, work up to 1.5 hours
6. This time maybe best used relaxing; listening to music; meditating; reading; journaling etc...
7. When done, put flannel in large plastic baggy then store in cool dry place
8. Upon next use, spread fresh oil on and follow steps again
9. Flannel may be used up to nine months then discard and purchase new flannel, no washing

3. Grape seed and coconut oils are great for the skin after a shower rather than lotion, pure oil nourishes your skin with omegas for healthier, softer and more hydrated skin.

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Fun Tips:

1. Eat organic dark chocolate
2. Replace processed cheeses in your diet with aged cheeses, which your digestive system will break down more efficiently
3. Try any organic natural sugar source treats instead of snacks with processed sugar

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Exercise:

1. Movement assists our lymphatic system (eg. immune system), pumps blood, and stretches and constricts muscles. Deep belly breathing is vital to great health!
2. Hula hooping and jumping on a trampoline is fun, causes you to laugh, increases endorphins and can facilitate movement of lymph fluid through your system.
3. What you can experience through exercise is increased brain function, stronger immunity, increased bowel movements, increased oxygenation through the blood system, increased energy and overall well being.

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Before, During and After your Colon Hydrotherapy

It is important for you to understand that during colon hydrotherapy you may experience what is known as a “healing crisis”. Toxic residues which have been retained in the body must be released and removed by the tissue systems of the body. Often this creates an uncomfortable experience which we refer to as the “healing crisis”.

As the cleansing begins, it is possible that periodic aches and pains can occur in the area where the cleansing action is most acute and where waste is loading the elimination system. The sooner the discomfort is felt, the better the elimination of toxins will be. This means the “healing process” is occurring.

Do not expect a lifetime of accumulations packed into the system to be miraculously flushed out of the organs and tissues in one visit. It will take time. You may experience high and low days. However, as you take care of your body with cleansing, proper nutrition and exercise, your body will be brought back into a harmonious balance.

Colon Hydrotherapy rejuvenates every cell of the body. It releases toxins, cleanses the blood, lymph, and circulatory systems and helps restore normal PH balance in the body. This process will make you feel alive with a new life force.

If you have any questions or need any support during the Colon Hydro-Therapy process, please call us at Glenwood Springs 970-618-2492 or Grand Junction 970-250-2708.

Additional Notes:

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Gratitude and Blessings

## Fun Food Ideas

### Alkalizing Raw Soup (Serves 2)

This is definitely a highly energizing soup and is a big favorite while on a cleanse or detoxification. Contains avocado which is high in EFA's and cucumber which is well known for its cleansing properties. The taste of this soup can be dramatically altered by the use of the herbs and spices mentioned or by alternating between lemon and lime.

#### Ingredients:

1 Avocado  
2 Scallion Onions  
½ red or green Pepper  
1 Cucumber  
2 handfuls of Spinach  
½ Clove of Garlic  
Bragg Liquid Aminos to taste  
100 ml. Of light vegetable bouillon (yeast free)  
Juice of 1 lemon or lime  
Optional: Coriander, parsley, cumin.

Blend the avocado and stock to form a light paste, then add the other ingredients and blend.

#### Another soup recipe:

¼ Cup Imagine Cream O' Broccoli (May use chicken or vegetable stock if more is needed)  
1 Green Apple cored and cut up  
1 Avocado  
2 Cloves Garlic

Blend

Handful Spinach  
½ English Cucumber  
Green Onions  
Small handful of Parsley

Blend

Juice from one Lemon  
Blueberry Nectar to desired consistency