— AFTER YOUR VISIT

Colon Hydrotherapy
After Care Instructions.

How to care for yourself in the hours and days after your session so the work continues to serve you.

The First 24 Hours

• Drink **plenty of water** — at least half your body weight in ounces. Add a pinch of sea salt and a squeeze of lemon to replenish minerals.

• Begin with **warm, nourishing foods** — broth, soups, cooked vegetables, steamed fish, rice, and gentle smoothies.

• Avoid **raw vegetables, salad, red meat, dairy, alcohol, and caffeine** for the first 24 hours.

• Rest. Your body is integrating the work — take a **warm bath**, go for a **gentle walk**, go to bed early.

Days 2–3

• Continue to **hydrate generously** and eat whole, unprocessed foods.

• Begin incorporating **probiotic foods** — plain yogurt, kefir, sauerkraut, kimchi, kombucha — or a quality probiotic supplement.

• Reintroduce raw vegetables and salads gradually.

• Favor **fiber-rich** foods: ground flax, chia seeds, soaked oats, fruit, cooked greens.

What You Might Notice

• **Lightness, clarity, and energy.** Many clients report feeling renewed.

• A **bowel movement** within 24–48 hours. This is normal — your body is resuming its rhythm.

• **Mild fatigue** or an emotional wave. Deep release is real. Rest, journal, move gently, and let it pass.

• A **short headache** or sluggishness — usually dehydration. Drink more water with minerals.

When to Contact Us

• Severe or prolonged cramping lasting more than a few hours.

• No bowel movement within 72 hours.

• Fever, chills, or any sign of infection.

• Rectal bleeding beyond light spotting.

- Any symptom that worries you — we would rather you ask.

Scheduling Your Next Session

For a **cleansing series**, we typically recommend a sequence of 3 sessions within a 2–3 week window. For **maintenance**, every 4–6 weeks works well for most people. Tasha will discuss what fits your specific goals.

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*Thank you for honoring your body with this work. Questions? Text or call **939-478-0105**.*