— BEFORE YOUR VISIT

Colon Hydrotherapy
Before Appointment Info.

How to prepare in the 48 hours leading up to your session so you get the most from the work.

48 Hours Before

- Begin shifting toward **fresh, whole foods** — fruits, vegetables, salads, soups, and smoothies. Avoid heavy, processed, or fried foods.
- Increase your water intake to at least **half your body weight in ounces** per day. Add a pinch of sea salt or a squeeze of lemon.
- Eliminate **alcohol, caffeine, and refined sugar** if possible.
- If you take fiber or psyllium husk, pause these for 48 hours before your appointment.

24 Hours Before

- Stay on a **light, mostly liquid diet** — broth, fresh juice, herbal tea, smoothies, and water.
- Avoid gas-forming foods: **beans, broccoli, cabbage, carbonated drinks**.
- Avoid raw cruciferous vegetables, dairy, red meat, and anything heavy.
- Keep moving — a **gentle walk** helps the digestive system prepare.

Day of Your Session

- Eat a **light meal** 2–3 hours before your appointment — a small salad, smoothie, or soup is ideal. Do not come on a completely empty stomach, and do not come on a full one.
- Avoid caffeine the morning of your session.
- Wear **comfortable, loose-fitting clothing**.
- Arrive **10 minutes early** to complete any remaining paperwork and settle in.
- Bring your **completed intake and symptom survey** forms if you have not submitted them already.

What to Expect

Your first session begins with a one-on-one consultation with Tasha. She will review your intake and answer any questions. The session itself lasts **45–60 minutes** and takes place in a private, trauma-aware treatment room with warm, filtered water throughout. Many clients find the session deeply relaxing — some fall asleep.

Afterwards, you will have a few minutes to rest before leaving.

Please Reschedule If…

- You are currently menstruating heavily (light flow is fine).
- You have been diagnosed with a condition on the contraindication list (ask us if unsure).
- You are feeling acutely ill with fever, flu, or infection.
- You are within the first trimester of pregnancy.

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*Questions? Text or call **939-478-0105** or email **saludnaturalwellnesscenter@gmail.com**. We are here to make sure you arrive prepared and leave restored.*