

Kelly's Guide to Great Colonics



As great as colonics are on their own, you can get even more out of them (pun intended) with a few tips to enhance your cleansing experience!

- 1) **Do more than one:** This is especially important to consider the first time you get a colonic. It's a new experience. The first session is a chance for the body to get acquainted with the process and helps set you up for better releases in future sessions. Also, if you tend towards constipation (less than 2-3 BMS/day) then it may take a few sessions to get the colon acclimated and get the muscle responsive. You may not release much in your first 2-3 sessions, but most people have at least some release by the 3rd colonic, if they are done within a month. (That being said, some people do have great releases right off the bat, but don't be discouraged if it takes you more time! You are still getting the benefits of hydration and 'waking up' the colon muscle.)

2) **Eat clean:**



The cleaner you eat leading up to your colonic session, the easier and more productive your session will be. Fruits and veggies will give the colon lots of fiber to sweep through and carry out the toxins. Slow down and chew your food well (we all need to be reminded in this fast-paced

world!). It is also extremely important to eat clean after your colonic as you will be absorbing your food better (especially after big releases). Best to wait at least an hour after your colonic before eating solid food (though feel free to hydrate~ check out Magnolia's juice bar!). Blended soups and smoothies are a great option for a post colonic meal.

- 3) Drink warm water first thing in the morning:** Something so simple as starting your day with some warm water can have profound effects on your health. Remember your body is detoxing every night, so warm water first thing in the morning helps to flush out those toxins, and the warmth helps open the passages (cold constricts, warmth dilates). If you are someone that suffers from constipation, this one change over time can help you have better and more regular BMS.



- 4) Massage your belly:** Don't be afraid to get to know your gut better! A good time for this is at night lying in bed. Massage, gently circling out from your belly button making bigger circles eventually pulling up from your lower right abdomen across to the left under the ribs and then down to the lower left. Find areas of tenderness and try to softly loosen them with love. Finish with focus on the lower left next to your hip bone, pressing into your descending colon, the 'waiting deck', to encourage a good bowel movement for the morning (or a great colonic the next day!)
- 5) Consider following a cleansing protocol:** There are so many ways to cleanse the body. You can find many suggestions online but the best approach is with guidance from a natural medicine practitioner or holistic nutritionist. Explore your options! But remember, the colon is your main exit pathway so that is the best starting place for detox. Before starting any cleansing protocols you need to

make sure the colon is working properly. Along with colonics, I offer some other herb/supplement suggestions below to help you get there.

While the colon is the main exit pathway involved in detoxification, let's not forget the other ones that are so important in any cleansing efforts: Urination, Respiration & Perspiration, So stay hydrated, learn deep breathing techniques, move your body and get in the salt room and sauna!!

6) HERBS/ SUPPLEMENTS

Aloe vera: Helps to lubricate the intestines and heal the lining of the whole digestive tract. A half a cup of (inner fillet) aloe vera juice mixed with fruit juice or water on an empty stomach on the morning of your colonic can set you up for a better release.

Activated Charcoal: Can help with any detox symptoms post-colonic. If you are feeling any mild flu-like symptoms, like headaches or chills, or even nausea after your colonic it could be signs of detox. A few capsules of activated charcoal before bed can help bind to toxins and ease the process.

Magnesium oxide: If you tend toward constipation, it can be helpful to take magnesium oxide before bed the night before your colonic. 300mg has a gentle laxative effect and magnesium has great benefits for many systems of the body.

Bitters: Digestive bitters are a wonderful way to stimulate bile release from the liver. The bile carries toxins out and also cleans the intestinal tract. Some bitters before meals during the week of your colonic can greatly enhance your cleansing experience.

Digestive herbs: Herbs like fennel and ginger are fabulous for stimulating digestion and supporting detox! A cup of herbal tea after your colonic is a perfect way to soothe and assist your cleanse.



And as a bonus, here's a couple of my ABSOLUTE favorite products for stimulating productive releases:

***Amenazel Soursop Bitters** (available on Amazon): tastes DISGUSTING, but will clean you out! Start with a tablespoon at night before bed or first thing in the morning, but away from food. You can increase to 2 tablespoons as tolerated.



***Chomper** (from Ariseandshine.com): a gentle laxative and herbal detox to help break down mucoid plaque and make bowel movements more productive. Take 3-5 pills the day before your colonic (and as needed) to stimulate deeper detox.

