



## Complementary Medicine Centre,

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# AFTER THE COLONIC

One can anticipate feeling more peaceful, lighter, cleaner and more energized after a colonic.

On rare occasion, if there has been a longstanding condition of constipation or several health problems, a slight headache or fatigue may be experienced with the first or second colonic. If this is so, a short rest will help restore one's equilibrium.

Since the colon has been cleared of solid matter, it may take one or two days before it fills up again and normal bowel movements are resumed.

Some water is absorbed through the colon wall during a colonic, and one may notice an increased need to urinate for a few hours afterwards. This beneficial effect of flushing the kidneys may also be enhanced by drinking a few glasses of water with the juice of half a lemon added to each glass.

A colonic has a profound cleansing effect on the body, and many people feel so good afterwards that they want to double their jogging or workout time. Caution is advised here, for it can be overdone. Although light to moderate exercise is good if you are used to it, any strenuous activity should be avoided that day.

A light diet of fruits, vegetables, salads, soups and chicken or fish should be followed for two days, taking care to avoid anything that causes gas.

Rich or heavy food, flour products, spices and alcohol should also be omitted.

Although irrigating the colon does not remove all of the intestinal bacteria, it is still helpful to take probiotics to maintain bacterial balance. Live yoghurt with acidophilus is advised because it is an active cleanser that also adds vital forces to the colon.

How often one should have a colonic depends on the diet, stress level, health, age, and how successful the colonic was. It is often advised having colonics until mucus is no longer visible in the release water. To achieve that a series of three to sometimes eight colonics – one every seven to ten days – may be recommended before going on a maintenance program. Maintenance colonic can be done once or twice a year, at the change of the season, or monthly. Most people seem to know when they need to come again.



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