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## Colonic Preparation

### To help you get the best result from your treatment.

It's a good idea to prepare for a colonic hydrotherapy treatment, this is a gentle and easy process for you to follow.

This preparation is very easy and comfortable for those who want to clear out the old and put in the new.

Chop up one whole lemon, place in a jug add 500ml of water and place in a liquidizer, nutri bullet or use soup wand blitz until smooth as possible. **Use the entire lemon, skin, pips.**

Push through a sieve until the pulp is as dry as possible. Discard the pulp.

Add water to the sieved lemon, make up to total of 1.5 litres.

Start drinking this first thing in the morning the day before your treatment.

Drink one glass (approx. 175mls) every hour 1 hour until all the cleanse has been consumed.

It is recommended to eat porridge for breakfast and a large hearty salad with protein and a small amount of fresh carbohydrate (not pasta) at lunch and teatime.

This is an excellent preparation for people who suffer from chronic constipation and is excellent preparation for colonic hydrotherapy, by softening and loosening the stools.

For best results from your colonic hydrotherapy treatment this should be taken the day before you have your treatment.

Please ensure that you **HAVE** eaten your breakfast or lunch on the day of your treatment.