



## RECOMMENDATIONS

### What You Need To Know

After your colonic, it's important that you replace your good bacteria, please drink or take probiotic and electrolytes to do so. We recommend eating very light for the rest of the day, like soups. If you still feel constipated take the vitamin magnesium glycinate twice a day to help you go daily.

### Foods To Avoid

**Alcohol** very dehydrating, may lead to the sebaceous glands (oil) over-producing sebum which may lead to breakouts in the skin.

**Alternative sweeteners** (Honey and Maple Syrup) will raise the blood sugar level. Taking a break from these ingredients will have a major impact on your cleanse.

**Caffeine** is a diuretic that can dry the skin and lead to the producing of more oils to compensate. Caffeine can block the cellular turnover of skin cells; the pores can become blocked, leading to skin breakouts.

**Dairy products** have been shown to cause Candida overgrowth. They also cause mucus that coats the sinuses and small intestines: can promote cardiovascular diseases, allergies and lactose intolerance; can cause acne and skin inflammation and digestive disorders.

**Shellfish** may trigger symptoms in people affected with eczema.

**Nicotine** lowers the blood supply to your skin and reduces production of collagen. This will slow healing

**Meat** especially pork, red meat and processed meat tend to promote an acidic environment. Acne-producing bacteria thrive in this setting. The saturated fat can lead to heart disease, hypertension and high cholesterol.

**Refined sugar** has been shown to cause obesity, Type 2 Diabetes and feel Candida overgrowth in the bowel. It can contribute to tooth decay, acne, compromised immunity and toxic overload on the pancreas.

**Refined wheat products** have been shown to contribute to obesity and celiac disease, feed Candida overgrowth in the bowel and affect digestive disorders, allergies and cardiovascular disease.

### Smoothie Ideas

Green Smoothies – Many greens Example: Kale, collards greens, spinach, cucumber, broccoli, chia seeds\*, flax seeds\*, ginger, lemon, green apples. \*Remember to soak the seeds the day before so your body can digest it better.

Read the book called 10-day green smoothie cleanse by JJ Smith.

For better results avoid everything from the list above and become a vegan for 3 days before your next colonic session.

### Balancing Your Body

The goal of any cleanse is to remove the toxic waste that is causing a highly acidic environment. It is important that your daily dietary intake naturally acts to balance your body pH. Balancing your body with the proper ratio of alkaline to acid food is crucial in reducing inflammation and improving the health of your skin. Doing this will clear your skin, improve your digestion, reduce cravings, stimulate your immune system.

A food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, a lemon is very acidic in its raw state. However, once eaten, it breaks down into carbon dioxide and water and leaves behind alkaline minerals such sodium, potassium and calcium. On the other hand, animal products, such as meat or dairy products can leave behind acid

compounds such as phosphates, sulfates and nitrates which can lead to inflammation and digestive issues.

Include the following alkaline-forming foods in your diet: some fruits and most vegetables, especially leafy greens, cereal grasses, sea vegetables, sprouts, healthy fats and oils, coconut water, seeds, sprouted nuts (almonds, Brazilian nuts, hazelnuts), green powders (spirulina, chlorella, etc.)

### **Ending a cleanse**

Ending a cleanse slowly and mindfully is very important. When you go back to your daily life of eating, add foods back into your diet one at a time so you can observe how they affect your body. In addition, incorporate the following into your daily life:

- Eat more alkaline than acidic foods (eat lots of vegetables), lower your intake of mucus-forming foods (dairy, sugar, wheat, white flour).
- Eat more organic produce, more hormone and antibiotic-free animal products and meat. Also, seek out products that have not been genetically-modified.
- Include plenty of fresh, whole foods containing the key nutrients for your health and detoxification in your weekly diet.
- Following an anti-inflammatory diet filled with nature's anti-inflammation foods (salmon, kelp, turmeric, shitake mushroom, green tea, papaya, blueberry, virgin coconut oil, broccoli and sweet potato)
- Support your local farmers market or local farmers; locally grown foods have more nutrition because they're picked closer to their end use and can be picked when they are ripe.

**Become a nutrition detective: read labels and watch out for chemicals that are added to foods to preserve flavor and enhance taste. During the last 50 years, there has been a great increase in the use of food additives of varying levels of safety. Food additives are man-made substances added to food to preserve flavor or improve its taste and appearance.**

The solar plexus is the emotional center of the body and the transverse colon passes right through it. If an emotional event is left uncompleted, it often results in physical tension being stored in the solar plexus, which affects all organs of the area, including your colon. The ongoing tightening of the colon muscle results in diminished movement of fecal material through the colon, which is experienced as constipation. Not only do colonics help you to alleviate the constipation, they can assist you in recognizing and releasing the stored emotions causing the problem. In effect, colonics assists you in creating a fully holistic view of your body's functioning, leading to a better quality of life.

Getting a colonic will help to take the waste material, especially that which has remained in the colon for some time (i.e. impacted feces, dead cellular tissue, accumulated mucus, parasites, worms etc.) it poses several problems. Firstly, this material is quite toxic (poisonous), these poisons can re-enter and circulate in the blood stream, making us feel ill, tired or weak. Second, impacted materials impair the colon's ability to assimilate minerals and bacteria produced vitamins. And finally, a buildup of material on the colon wall can inhibit muscular action causing sluggish bowel movements, slow transit time, constipation and the results of these disorders.

Do a colonic today, a gentle irrigation for your colon.

If you have any questions, please contact us

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