

Please follow these post-colonic dietary recommendations.

Immediately after receiving Colon Hydrotherapy, it is important to:

- Drink plenty of liquids (purified water, herb teas and electrolyte liquids).
- Eat a healthy vegetable soup within the next couple of hours.
- Avoid eating raw vegetables or fruits straight after the treatment.

Next few days:

- Avoid gas-forming foods for 2 days.
- Eat yogurt with acidophilus/bifidus cultures or take acidophilus capsules or liquid for several days to maintain the balance of flora in the colon.
- Eat more laxative food such as salads, vegetables, fruit (no bananas), juices, soups, fish, chicken. Beet and carrot juices are very beneficial. Avoid eating raw vegetables 4-6 hours after a colonic.
- Avoid heavy meat consumption (beef and pork) for 8 to 12 hours. Chicken and fish is best.
- Eat low mucus-forming foods.
- No to junk food, citrus fruits, chocolates, refined sugar, and smoking, caffeine, alcohol.
- Your next normal bowel movement is usually 1 to 3 days after your colon hydrotherapy session.
Some people won't have a normal bowel movement for a couple days post-colonic since the colon has been emptied.
- For proteins, beans are an amazing source of fiber - just go a little easy on them and chew them well if you're not used to eating them. You can also have some free-range chicken or fish as protein sources.
- Fermented foods are also recommended, as they contain helpful probiotics that promote beneficial bacteria in your gut after a colonic. Those foods can include kefir, miso soup and sauerkraut.
- To really benefit your digestion and keep things clean, focus on fiber-rich foods like whole grains (such as quinoa, brown rice, amaranth, or millet), leafy greens and other veggies, and fresh fruits. Fruit juices and smoothies are okay too.
- Also avoid foods that are fried or fatty, like sausage. Acidic foods, such as tomato soup and citrus fruits, may also cause problems.

Foods and drinks to avoid days after your colonics include:

- alcoholic beverages
- steak, or any type of tough, hard-to-digest meat
- whole grain bread
- whole grain crackers, or crackers with seeds
- raw vegetables
- corn
- legumes

- brown rice
- fruit with the skin on
- dried fruit, such as raisins
- coconut
- spices, such as garlic, curry, and red pepper
- highly seasoned foods
- crunchy nut butters
- popcorn
- fried food
- nuts

Foods and drinks to have days after your colonics include:

- drinks with [electrolytes](#)
- water
- fruit juice
- vegetable juice
- [herbal tea](#)
- saltine crackers
- graham crackers
- [soup](#)
- applesauce
- scrambled eggs
- tender, cooked vegetables
- canned fruit, such as peaches
- yogurt
- Jell-O
- popsicles
- pudding
- mashed or baked potato
- white bread or toast
- [smooth nut butter](#)
- soft white fish
- apple butter

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