



F.A.Q. SHEET & INSTRUCTIONS FOR COLON HYDROTHERAPY

1. We use an open (gravity fed) LIBBE system. It is a state-of-the-art FDA class II medical device and is sanitized between each client with Center for Disease Control (CDC) approved disinfectants.
2. The speculum is sterile, and about the size of a pencil. Both the speculum and tubing are single use. The patient is modestly covered during the session and is responsible for inserting the speculum himself or herself. The insertion is an easy process but the therapist can be in the room to help with instructions.
3. During the session the patient will be required to "hold" the water to their comfort level and moderately push when they feel the urge. The therapist will stay in the room to support this process unless asked to leave.
4. ***Pre-Colonic Preparations:***
 - Drink (1/2 your weight in ounces) of water per day (urine should look "clear", not "yellow")
 - Drink at least 2 glasses (8 ounces) of water before your session
 - Lighten the diet and include more organic fruits and vegetables 24 hours prior to the session
 - Avoid consuming solid food 2 hours before your session
5. ***Post-Colonic Preparations:***
 - Continue drinking (1/2 your weight in ounces) of water per day ("clear" urine should be the goal)
 - Avoid for 2 days: red meat, gas producing foods: (beans, broccoli, cauliflower etc.)
 - Eat green leafy organic vegetables
 - Eat organic yogurt with live cultures or take a probiotic that we offer in our office
6. To achieve maximum cleansing benefits, patients are recommended to have a series of 12 sessions over a 3-month period. First time patients benefit having a colonic the following day to resolve gas, bloating and etc. The amount of sessions needed will be determined by Dr. Cutler or myself.
7. Most patients feel great afterward. Some tired, some energetic and some feel hungry or not at all. Detoxification and cleansing can manifest in a patient's body in different ways. This is normal and it really depends on the person. Clients will not be looking for a bathroom all day.
8. Your colon hydrotherapist is Debra Blackett. She is a National Board Certified Colon Hydrotherapist through the International Association of Colon Hydrotherapy.