

MAUI HOLISTIC GARDEN CENTER - PRE-COLONIC PROTOCOL

Suggested diet for optimal benefits

www.mauiholisticgardencenter.com

808-281-5457

A Note From Deborah: Aloha! My past experience as a Colonic Hydrotherapist was for a Comprehensive Medical Center in Encinitas, CA. I was taught under and instructed on the “Colon Lavage” technique by Dr. Wm. Kellas, PhD, ND. This unique yet thorough colonic removes impacted excrement, stones and deposits stored in the kidneys as well as the liver and the gallbladder. Please note that we recommend spacing out your colonic treatments by 4-7 days.

Important Note: If you are aware of having stones (kidney, gallbladder, or any other) notify M.H.G.C. and a revised diet will be suggested. Mahalo!

Below is the 3 level suggested diet protocol for optimal results. Important Note: These suggestions are NOT recommended for those who are allergic to any of the listed ingredients and/or advised by a doctor to avoid them.

Level 1 – OPTIMAL	Level 2 – GREAT	Level 3 – GOOD
<p>Starting 2 days prior to colonic: <u>Stay on raw fruits/veggies, soups and deep green smoothies</u> (see tips and recipes on 2nd page)</p> <p>Stay Hydrated!!!</p> <p>AVOID: Gassy Foods, Carbonated Drinks and Cruciferous Vegetables</p> <p>1 days prior to colonic: AM - Drink 8 to 10 oz. water, wait 20 mins, drink <u>Lemon DRINK</u> (recipe on back)</p> <p>Night before colonic: Castor Oil/Hot compress (see instructions below) for ½ hour Drink Lemon Potion, lie on right side for 30 minutes while falling asleep</p> <p>1 hour before colonic: Eat 1 cup of apple, pear, and/or berries</p>	<p><u>Stay on raw fruits/veggies/legumes/soups/smoothies</u> as much as possible for 2 days prior to your colonic (see tips and suggestions below)</p> <p><u>Stay Hydrated!!</u> Throughout the day, drink as much as ½ your body weight of water in ounces</p> <p>AVOID: Gassy Foods, Carbonated Drinks and Cruciferous Vegetables</p> <p><u>Lemon Drink (AM)/Lemon Potion (PM)</u> 1-2 days prior to colonic at AM and PM (upon waking and going to bed)</p>	<p><u>No Meat</u></p> <p><u>Stay Hydrated</u> Follow the ½ body weight in ounces rule</p> <p>AVOID: Gassy Foods, Carbonated Drinks and Cruciferous Vegetables <u>Drink Lemon Drink</u></p>

What to wear: Please come to the appointment with comfortable attire. We will provide tank-tops or t-shirts as well as a sarong to wear during your appointment. Essential oils are used prior to your colonic to calm the nervous system and sooth the mind.

1/2 Body Weight Rule (Water): Drink at least 1/2 your body weight in ounces of purified or distilled water per day. (A 200 lb person would drink 100 ounces of water each day.)

Soups: Jasmine, basmati, quinoa, and lentils are acceptable in soups. Add 1 tablespoon sesame, olive, coconut, or grape seed oil to your soups. Do not use oils during cooking but use them after the heat is turned off to eliminate fermentation.

Lemon Drink (AM): 1/2 cup of fresh lemon juiced with 10oz water, pinch of cayenne pepper (optional).

Lemon Potion (PM): 1 tablespoon lemon juice and 1 tablespoon cold press organic olive oil – mix together or ingest separately. Follow with a small amount of water to swish and swallow. This cleans the residue from the lemon/olive oil taste. To protect your enamel, drink with a straw.

Deep Green Smoothies: Spinach, chard, bok choy, beet leaves, carrot, beet, green apple, fruit smoothies and raw juice are great. Do not add sugars. All smoothies should have a teaspoon of coconut, sesame, flax, or UDO's oil. This stabilizes the blood sugar.

Castor Oil/Hot Compress:

Needed: hand towel, bath towel, castor oil and peppermint oil

Use a castor oil hot compress for 1/2 hour:

Take a thick hand towel, soak it in hot water and keep in the bowl. Place the bowl beside you near your bed.

Lying down, take deep breaths from the core of your stomach and relax.

Rub 4-6 drops of peppermint oil and a generous amount of castor oil (clockwise, the way your colon moves) around the outer part of your stomach.

Place the hot compress wet hand towel on your stomach.

Immediately, take a large thick bath towel and cover the small wet one to hold the heat for 30 minutes.

Breathe deeply from your core and relax with calm, soothing music.

Once done, drink your lemon potion with a tiny bit of water, swish and swallow.

Lie on your right side for 30 minutes as you go to sleep.

The next morning you should eliminate a large bowel movement. All your efforts, hard work and discipline will enable your sessions to permeate deeper into the blind end of the colon and release toxic bile, acid, mucus, and any intestinal parasites. Plaque will start loosening, as will impacted fecal matter and gas, thus expelling the toxic breeding ground for disease and illness.

We look forward to guiding you on your journey to OPTIMAL HEALTH!

Mahalo for your patronage.

OPTIMAL HEALTH BEGINS IN THE COLON