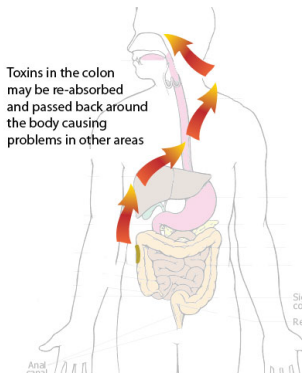


## Preparation for Colonic Hydrotherapy Treatment



At Dublin Vitality Center, colonic hydrotherapy is comfortable and private. During the 40-60 minute treatment the colon is cleared of bloating, impaction and years of toxic matter. You may feel tired initially afterwards so aim to have treatment on a day when you can relax and do very little.

- Fast for 2 hours in advance of your treatment
- Aim to eat natural foods such as fruit, veg white meats and fruit juices on the day of your treatment.
- Drink 2 litres of water to enable your body to begin detoxification
- Avoid alcohol, processed junk food, sugar, wheat, dairy products
- If your diet is medically supervised, follow the instruction of your doctor as normal
- If you require medication, take it as normal
- You do not need to bring any additional items with you