



Pre Colonic Protocol (Suggested diet for optimal benefits)

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A Note From Deborah: Aloha, My past experience as a Colonic Hydro therapist 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, deposits stored in the kidneys, as well as liver, and gall bladder.

Important Note: If you are aware of having stones (kidney; gall bladder; or any other) notify M.G.H.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.

<p style="text-align: center;">Level 1 – OPTIMAL</p> <ul style="list-style-type: none"> ➤ Starting 3 days prior to Colonic: Stay on <u>raw fruits/veggies, soups, and deep green smoothies</u> 3 days prior to colonic (see tips and recipes 2nd page) <ul style="list-style-type: none"> ○ <u>Stay Hydrated!!</u> ➤ 2 days prior to Colonic: AM Upon Rising: Drink 810 oz water...wait 20 mins....drink <u>Lemon DRINK</u> (see recipe back side) PM Drink <u>Lemon POTION</u> b/f/bed (recipe back side) ➤ Night before Colonic: <u>Castor Oil/Hot Compress</u> (see inst. below) for ½ hour <u>Drink Lemon Potion</u> ○ Lie on right side for 30 mins while falling asleep ➤ 1 hour before Colonic: Eat 1 cup of apple, pear, and/or berries 	<p style="text-align: center;">I Level 2 – GREAT</p> <ul style="list-style-type: none"> ➤ Stay on <u>raw fruits/veggies/legumes/soups/smoothies</u> for as long as <u>3 days</u> prior to colonic as possible (see tips and suggestions below) ➤ <u>Lemon Drink(AM) / Lemon Potion(PM)</u> 1-2 days prior to colonic at AM and PM (waking and going to bed) ➤ <u>Stay Hydrated!!</u> Throughout the day.... Drink as much as ½ your body weight in ounces *(IE, a 200 lb person would drink 100 ounces of water per day. That is only 10-10oz glasses of water/day!) 	<p style="text-align: center;">Level 3 – GOOD</p> <ul style="list-style-type: none"> ➤ <u>No Meat</u> ➤ <u>Stay Hydrated</u> ○ follow the ½ body weight in ounces rule ➤ <u>Drink Lemon Drink</u>
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1. EPSOM SALT ENEMA – Day of colonic – 1 heaping tablespoon Epsom salt and filtered warm water in enema bag (1/2 to 3/4 full). Lay on right side for 15 mins in order to slowly fill body and hold solution in. *To make distilled water, simply boil water for 20 mins, then let sit and cool.

What to wear: Please arrive to appointment with comfortable attire. Such as; swimsuit, shorts & tank-top. We do provide tank-tops and t-shirts in the event that you need one. Essential oils are used prior to colonic to calm the nervous system and soothe the mind. Jock straps are provided for the male clients if you desire.

Soups: Jasmine, basmati, quinoa, 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 after the heat is turned off to eliminate fermentation.

Lemon Drink (AM): ½c of fresh lemon, juiced w/10oz water, pinch of cayenne powder (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 w/straw.

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

½ Body Weight Rule (Water): Drink at least 1/2 your body weight in oz. of purified or distilled water per day (IE, if one weighs 200 lbs, 100 oz, or 10-10oz glasses of water are recommended. Do this as far out as possible (from scheduled colonic), the longer the time the better.

Castor Oil/Hot Compress:

Make sure you do NOT have kidney, gallbladder, and/or liver stones bigger than a cherry seed. It would be painful if you did have BIG stones!

Needed: thick hand towel, thick bath towel, Castor oil, peppermint oil Use a Castor oil hot compress for 1/2 hour:

*Take thick hand towel, dip in hot water and keep in pot. Wear gloves to wring out. Bring beside you, near your bed.

*Lying down, take deep breaths from core of stomach and relax. *Rub 4-6 drops peppermint oil and a generous amount of Castor oil (clock wise, 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 core and relax every part of your body from head to toe with calm soothing music.

*Once done, drink your lemon potion, with a little 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 BM. All of your efforts, hard work and discipline will enable your sessions to permeate deeper into the blind end of the colon and release the toxic bile, acid, mucus, and any intestinal parasites. Plaque will start loosening, impacted fecal matter, and gas. Thus, expelling the toxic breeding grounds 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

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