

*MARC Holistic Center*  
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**After Colon Cleansing**

- No raw foods, salads, vegetables or fruits the day of the colonic
- Vegetable juice within 1 hour of your colonic to replenish your electrolytes, minerals and vitamins (**Green Juice with a little ginger for warmth**)
- Increase your fiber intake. Drink 8-10 oz. of water with your fiber
- Drink minimum of **2 liters of water per day**. Place 2-3 tablespoon of liquid chlorophyll in the water- alkalizes the system, cleanses the blood of toxins and acidity
- Take digestive enzymes 20 minutes before meals to aid in proper digestion
- Drink water **20-30 minutes before** meals or **1-2 hours after** having a meal
- Have 8 oz. of warm water with the juice of ½ lemon first thing in the morning on an empty stomach to aid in releasing toxins from the liver and aid in digestion of your first meal. **Have breakfast 30 minutes later.**
- 1 tablespoon of Flaxseed or Omega 3 oil or (3caps) twice a day to help emulsify fat and lubricate the heart, joints and colon
- Skin Brush twice a day, morning and night with a dry natural bristle brush moving up toward the heart, neck, armpits, groin and behind the knees
- Limit as much as possible processed and refined foods
- Reduce limited negative thoughts, this increases acidity in the body
- Commit to a massage twice a month or once a month for maintenance or some other form of relaxation therapy
- Remember to treat people the way you want to be treated

**Proper Food Combining**

**Veggies with Meat**

**Veggies with Carbs**

**Fruits eaten 20 minutes before a meal**

**Melons: Don't mix with other fruits**

Substitute for Dairy: Goat, Almond or Rice Milk

Substitute for Cheese: Goat or Feta Cheese

Substitute for Yogurt: Sheep's Yogurt

Substitute for Coffee: Teecino

**Today's Meal**

**Steamed Veggies (non-gaseous) with Salmon, Grill Chicken or Brown Rice**