

FOODS TO AVOID AND ALTERNATIVES BEFORE YOUR CLEANSE  
FOR ONE WEEK TO TWO DAYS BEFORE CLEANSING, ONE SHOULD FOLLOW  
A HEALTHY EATING PROGRAM.

The following are all acid-forming and mucus producing:

**All pasteurized dairy products especially milk, cheese and soy.**

-May have raw organic cheese and unsalted butter. Substitute yogurt by Alta Dena or Brown Cow.

**All fried foods especially deep-fried foods.**

-Cook with cold pressed olive oil, coconut or grapeseed oil.

**All types of pork, especially sausage and bacon.**

-May have turkey sausage or bacon.

**All types of processed meat, especially lunchmeat and hotdogs with nitrates and nitrites.**

-May have fresh slices of turkey or chicken **or** turkey and chicken hot dogs.

**All wheat especially white and wheat bread.**

-May have 7 grain sprouted bread, wheat-free / gluten free bread and cereals.

**All salt.**

-May have Jensen's vegetable seasoning, Bragg's liquid aminos or Celtic sea salt.

**All sugar.**

-May have stevia, grade B maple syrup or organic honey.

**All junk foods. This includes:**

Fast foods /Processed Foods

Soft drinks-try sparkling mineral water, or purified water with 2oz. of fruit juice such as apple or pineapple

Chocolate and Candy-may have Carob / Artificially colored foods

**All Recreational Drugs. This includes:**

Coffee – substitutes are Teecino, Pero, Caffix and Postum

Black teas- substitute with green or herbal teas

Alcohol & Tobacco

**Two days before your colonic please refrain from the following:**

Gum Chewing

Nuts

Broccoli, Brussel Sprouts, Cauliflower, Asparagus, Cabbage

You may indulge in other vegetables that are not gas producing and combine them with a starch or a protein.

**PLEASE TRY NOT TO COMBINE STARCH AND PROTEINS TOGETHER.  
DONT EAT 2 HOURS BEFORE & DON'T DRINK 1 HOUR BEFORE APPT.**