



## Support Before & After Your Session

Dear Valued Client,

Thank you so much for coming in to see me recently at Alder Brooke Healing Arts! I look forward to working with you again soon.

After your session remember these basic principles of a healthy lifestyle for added support, including:

Fluids & Rest  
Fresh Fruits and Vegetables  
Raw Juices  
Sunshine  
& Exercise

If you have any questions, please email me at [Aloha@TaraAlder.com](mailto:Aloha@TaraAlder.com) and I will do my best to get back to you in a timely manner. If you have a pressing concern you may call me or text me at 541-513-7894.

I am happy to offer a 5-minute telephone consultation to clients at no extra fee. If you would like additional consultation, please consider scheduling an appointment. Additional health consultation rates can be found [here](#).

**Colon hydrotherapy rates, fees, and policies may be found on my website [here](#).**

Please remember that I firmly maintain my 48-hour cancellation policy: You will be charged the full fee for the requested service when appointments are missed without at least 24 hours prior notice.

## **After your session/sessions, you may experience any number of sensations including:**

- **Great relief** – Post Poop Euphoria (PPE)
- **Either more consistent bowel movements or less frequent bowel movements** – when we experience more frequent, usually this is due to the hydration and the strengthening of the bowel muscle, reminding it to expand and contract enabling constant flow, compared to expanding and retaining and being constantly full causing one bowel movement (BM) to push the next through. When we experience less frequent bowel movement (constipation), usually, it is due to the bowel having been used to being full prior to evacuation. This dependency on one BM pushing the next through is what the consistent therapy may help to alleviate over time. Think of colon hydrotherapy as physical therapy or exercise for the bowel, strengthening the muscle that may have once been atonic (lacking in muscle tone), or less responsive.
- **Relief of Gas & Bloating or More Gas & Bloating** – when we experience relief, it is usually due to the effective cleansing of the walls of trapped gas and old waste that produces gas and bloating. When we experience more, it can be due to the inefficient cleansing or stirring up of old waste-producing gas. When this occurs, usually a series of colon hydrotherapy sessions are required. Either way, you can help to minimize the production of gas and bloating by following proper food combining principles (refer to the Divine Way to Combine chart I may have provided you). Also consider Tara's Tips to Improve Intestinal Integrity. It really makes a positive difference in digestion when we honor ourselves as we rest & digest, chew, chew, chew and take time to poo, poo, poo!
- **Either Increased Energy or Mild Fatigue** – it can be invigorating to exchange the water that the cells in our body are bathing in with purified water instead of the poopy water they may have been bathing in. Like a good workout at the gym, you may feel increased energy and enthusiasm for life! Since colon hydrotherapy is an exercise, it can also cause mild fatigue if we have not been conditioned to strengthen that valuable muscle. The fatigue is usually temporary and can be minimized by receiving regular colon hydrotherapy sessions or home enemas. Refer to the videos on my website or Youtube channel ([Youtube.com/alderbrookehealing](https://www.youtube.com/alderbrookehealing)) for detailed information about how to best administer effective home enemas.

No matter how your body feels after a colon hydrotherapy session, listen to YOUR body, give attention to the sensations you are experiencing, and respect your intuition. You know your body better than any expert (including me!) will ever know it. Trust yourself and care for yourself accordingly. As always (as a legal disclaimer), I must remind you that if you have a concern with your health, consult with your licensed health care provider.

## **Before Colon Hydrotherapy Sessions**

Observe the Following for Best Results:

1. Consider a meal after your session rather than just before.
2. Drink plenty of purified water avoiding caffeine or carbonated beverages.

## After Colon Hydrotherapy Sessions

Observe the Following for Optimum Benefits:

1. Continue drinking plenty of liquids including purified water, fresh juices, herbal teas, and other electrolyte concentrated liquids.
2. Do not overeat! The stomach is equipped to digest a meal the size of two cupped hands together. Per meal, the number of concentrated proteins (meats, nuts, etc.) that should be consumed are less than the size of your palm.
3. Consider eating pureed foods for up to 24 hours after the session (soups are recommended as they are easy to digest). Miso soups and broths may be a great choice of foods following sessions.
4. In the 3-day period post-session, be certain that all food is thoroughly chewed. It is always a great idea to chew well especially following a colon hydrotherapy session or any internal cleansing program. We recommend chewing each mouthful of food till it is liquefied and absorbable.
5. Avoid meat, dairy, and processed foods altogether when cleansing as they may negate the cleansing goals and may contribute to your need to detoxify.

## Preparation For A More Productive Session:

**HYDRATION:** Purified water with lemon to help alkalize the blood, fresh in-season vegetable or fruit juice, and a variety of herbal teas.

**BALANCED DIET:** High in vegetables, whole grains, and fruit. Low in saturated fat and avoiding refined flour and sugar. Consider eating what's local and in season!

**FOOD COMBINING:** Charts and further education are available [here](#).

**FOOD ROTATION:** The average person usually eats the same 25 types of food throughout their lifetime. Food sensitivities may develop. Learn to develop a taste for a variety of foods and vary them.

**EXERCISE:** Walk, swim, dance, etc.... MOVE!

**STRESS MANAGEMENT:** Take a break from worry, release tension, love, live!!!

## Tara's Tips to Improve Intestinal Integrity!

**#1: Rest & Digest** - When we stop putting energy out, we allow energy to go within, enhancing digestion!

**#2: Chew, Chew, Chew!**- My son summed it up best when he was 8 years old by saying, "Just when you think you've chewed enough, chew more!" Chewing thoroughly breaks open the cell structures allowing ease in absorption into the bloodstream, which feeds every cell in the body!

**#3: Time For Me!**- When we give ourselves an opportunity to have a bowel movement after every meal, we can train our bodies to not only expand and retain but to expand and contract, enabling constant flow. Remember, it is ideal to have a bowel movement for every meal we eat and pass food fibers completely within 18 to 24 hours after consumption. Peristalsis begins in the esophagus and is a "wave-like" movement of the muscles passing its contents from one section of the digestive tract to the other. Learn to Ride That Wave!!!

However, I don't advocate pushing or forcing a bowel movement. Hang out and read a magazine for 1 to 2 minutes to give yourself a brief pause. This deliberate pause allows you to retrain yourself to receive and release. It's all about consistently experiencing flow through our bodies and in our lives.

The reach for the stars exercise is lovely during this time. Stretch one arm up at a time while breathing in through the nose, relaxing it back down to the side while exhaling with a sigh or tone through the mouth. Repeating action on each side while imagining reaching for the stars will create a slight stretch and pumping between the hepatic and splenic flexures.

The modern toilet is best used while propping feet onto a stool to aid the bowel channels in remaining open as if we were squatting to open our bowels.

## Cleansing Support

**Water:** So necessary for all bodily functions. Remember to drink at least 8 glasses each day. Avoid liquids a half-hour prior to, during, or within one hour after meals.

**Exercise:** Walking is excellent; Rebound exercise is fabulous for toning the colon and other organs as well as for stimulation of the lymphatic system. Any form of exercise that pleases you is important.

**Whole Leaf Aloe Vera Gel:** Heals tissues throughout the entire digestive tract. Mix 1 or more oz. into 7 oz. of preferred liquid 3 times daily.

**Dietary Chlorophyll:** Nourishes and oxygenates the entire system, detoxifies the small intestine from ileocecal valve malfunction and prevents parasites from living in intestines.

**Health Drink:** For oxygenation and healing of the digestive tract, mix 1 oz. Whole Leaf Aloe Vera juice with 1 tsp. Dietary Chlorophyll, or Super Food, in juice, tea, or water every morning.

**Fresh Vegetable Juice:** Nourishes the body without working the digestive tract. When consumed immediately after having been juiced, enzymes are still live and active. Adding spirulina and/or wheatgrass is also extremely nourishing.

**Potassium:** Maintains the electrolyte balance and aids water absorption.

**Probiotic:** Aids in providing a balance of positive bacteria in the colon and may reduce gas. It is very important to replace friendly flora with a good probiotic after antibiotic use.

**Digestive Enzymes:** Helps with the digestive process, use quality product, you get what you pay for. Most are taken with meals or shortly afterward.

**Fiber Formula:** Bulking agents, natural fiber, and bowel cleansers. Mix a teaspoon and gradually increase to a tablespoon of fiber with 8oz of water ½ hour before or 2 hours after meals in the morning and evening. You must drink extra glasses of water after taking and throughout the day, at least 6-8 glasses. Use for a few days to a week while cleansing for optimal benefit.

**Bentonite Clay Water:** One tablespoon with 2 cups of water in the morning and night with your fiber drink. This is a highly absorbent medium with a negative electrical charge that will bond with the most positive electrically charged toxins in the intestine. In combination with fiber and extra water, this will help in the removal of and enable the elimination of toxins.

**Rejuvelac:** A fermented drink made from soaked wheat berries. This is high in all the friendly bacteria so necessary for a healthy colon. Soak 1 cup of wheat berries in 1 qt. of water for 24 hrs. Drink the water and re-soak the berries for another 24 hours. You may reuse the grain 3 to 5 times. (try millet or barley too)

**Castor Oil Pack:** To soothe abdominal tightness, cramping, or pain and to loosen impactions. Rub cold-pressed castor oil onto your abdomen and cover with a piece of wool flannel. Then wrap a piece of plastic around your waist covering the flannel, cover again with a shirt or towel and apply a hot water bottle or a heating pad set on medium for 1 to 2 hours.

**Colon Massage:** To increase peristalsis and to loosen impactions. After warm herb tea or a glass of lemon water, massage from right to left, up, across, and down.

**Slant Board:** Helps to elevate the colon. 10 to 30 minutes daily is great.

**Skin Brushing:** Detoxifies the skin, stimulates blood supply. Feet to shoulders. Concentrate on abdominal area, chest, and arches of feet. Try the following skin brushing with a cold shower to close the pores.

**Hydrotherapy Bath:** To detoxify do either an Epsom salt bath or a powdered ginger bath in the evening following a colonic when possible. For Epsom salt bath use 2 cups to half a tub of water as warm as you can tolerate. For powdered ginger bath use 4 tablespoons to half a tub of water as hot as you can tolerate. Bathe for 10 to 14 minutes only.

Drink vegetable juices, eat lightly, and combine foods properly.

Take the supplements that are appropriate for you.

Greater health results are attained when dietary and lifestyle habits are considered. Avoid liquids one hour before your colonic.

## **Cleansing Considerations When Hungry**

When hungry consider eating:

1. Fresh organic seasonal fruit – moderate with citrus
2. Fresh organic raw vegetable salad with flax oil and vinegar, freshly squeezed lemon, or avocado dressing – no iceberg lettuce
3. Fresh lightly steamed organic vegetables – corn either raw and/or chewed exceptionally thoroughly.
4. Homemade vegetable soups – use plenty of organic: carrots, celery, tops, new potatoes, etc.
5. Miso broth (boil the water and turn off then add miso at 108 degrees keeping enzymes alive)
6. Fresh organic raw vegetable juices (try carrot, beet, celery, spinach, and a pinch of ginger to heat up)
7. Herbal beverage, herbal teas, (chamomile, slippery elm, peppermint, pau d'arco, nettles, red raspberry, and marshmallow root)
8. Seasonings to add after cooking – Braggs, sea salt, Young Living Essential Oils, Vega-sal, dill, basil, oregano, supertonic, etc.
9. Organic yams and new potatoes (small red or white, never russet or Idaho to create diversity promoting health)
10. Organic steel cut oats, brown rice, quinoa
11. Buchler's broth - steam for 8 minutes, equal parts organic zucchini, green beans, parsley heads, and celery. Place steamed vegetables in the blender, add half of the vegetable volume of broth from steamer and puree. Drink 1-3 large glasses daily.

### **Other Cleansing Considerations:**

You may consider avoiding all red meats, bread, pasta, unsoaked nuts, cheese, dairy, caffeine, alcohol, beans, and refined sugar in any form. These foods may be hard to digest and may interfere with your cleansing process. Always chew your food thoroughly! Remember at least 8 glasses of purified water daily, always, for as long as you intend to live in vibrant health. Or try

taking your body weight, divide by two and add ounces to the number. (Example: 150 lbs. = 75 ounces purified water to consume daily)

Continue to consult with your physician for your health concerns.

## Core Principles to Enhance Health

**HYDRATION**- Optimal purified water intake is a minimum of  $\frac{1}{2}$  your body weight in ounces (if you weighed 140lbs and divide that by two you get the number 70; therefore you should consume 70 ounces of water in a day). Fluids should be consumed approximately 15 minutes before meals on an empty stomach and a minimum of two hours after properly combined meals other than fruit.

**BALANCED DIET** -An optimal diet consisting primarily of the following plant foods: fruits, vegetables, grains, soaked nuts, and seeds, is ideal. Eliminating refined sugars and flour from the diet as well as other processed foods is important for improving health as is decreasing the intake of saturated fats from animal foods such as meat and dairy.

**COMBINE WHEN YOU DINE!**-Minimizing the complexity of meals through proper food combining can increase digestive efficiency ensuring an internal environment more conducive to proper digestion; it may reduce gas, acid indigestion, and other consequences of ill combinations. (See food combining chart)

**FOOD ROTATION**-Eating a variety of local, seasonal, organic foods help supply balanced nutrients including trace minerals and vitamins. Also, applying this principle may decrease any food sensitivities.

**EXERCISE** - Get Moving! Exercise increases optimum health by reducing stress, providing circulation, and toning to your muscles. Plus, you may fit in your favorite clothes and feel better about yourself when you are in better shape.

## Keep Hope Alive!

Brenda Watson, N D and leading expert in cleansing uses the acronym of "**HOPE**"!

**H** - High fiber to bulk us up and sweep us clean.

**O** - Oils that are essential in our foods.

**P** - Probiotics for internal ecosystem balance and immune health.

**E** - Enzymes essential for the function of all cells found in live food or supplements.

**High fiber supplementation**- Consider using flax as a fiber source since it is both soluble and insoluble. Only use psyllium when cleansing as it can be harsh, abrasive and absorb lots of

water potentially disturbing the hydration balance in your gut. You must drink extra water with any fiber and throughout the day. Formula recipe guidelines may include mixing a teaspoon of your choice of fiber and gradually increasing to a tablespoon with 8oz of water. Take formula a ½ hour before or 2 hours after meals in the morning and evening.

**Oils:** Essential fatty acid (EFA) is found in oil-rich food from nuts, seeds & greens to fish. For oil supplementation consider flax, hemp, borage, evening primrose, wheat germ, or cod liver oils. These oils should be kept in dark containers and refrigerated.

**Probiotics:** These friendly floras aid in providing an ecosystem rich with beneficial bacteria that you may find necessary to replenish after antibiotic use, high stress or cleansing. Bacterial balance is part of your immune system & some vitamin manufacturing.

**Enzymes:** Digestive enzymes derived from live foods aid in digesting cooked food. Some enzyme supplements include hydrochloric acid (HCL) which is needed for digestion. Consider a whole food-based vitamin and mineral powder (often green), with ground hemp seeds for extra protein and easily absorbed blood nourishment.

**Keep hope alive as you clean, strengthen, and rejuvenate your digestive tract!**

## Important Notes On Food Consumption

Only consume food in the parasympathetic state when the body is relaxed, and you are solely focused on food consumption (no multi-tasking.). Chewing food thoroughly is important for proper digestion. If you think you have chewed your food enough, consider chewing even more. Since many people are not accustomed to chewing food adequately, consuming foods in the liquid state can enhance the digestive process and support a busy lifestyle. Options for liquid food include fresh squeezed juices and blended meals like green veggies with fruits as smoothies and blended energy soups consisting of pureed nuts with vegetables.

Do not eat fruit with any other food except for water greens when pureed. Most fruits can be combined but as a rule, melons should be eaten alone.

Protein and carbohydrate food should never be combined.

A leafy green salad should be eaten with a protein, carbohydrate or fat. Fats inhibit the digestion of protein. If you must have fat with a protein, eat a mixed vegetable salad which may offset the inhibiting affect upon digestion.

You should never drink liquids with or immediately following a meal.

Alder Brooke Healing Arts is a beautiful garden spa and education center designed to meet your special needs. We believe that healing is a journey, not a destination; however, we do our best to help you feel as though you have arrived every time you visit.



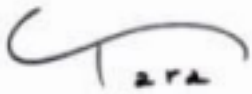
When we take the time to give to ourselves, we have much more to offer our family and friends. By allowing ourselves to receive, we give others permission to do the same. Together we flow through our lives with dynamic ease.

We appreciate your business!

If you had a great session with us, [please leave us a review here](#).

Many thanks for your kind support. May you have love to share, health to spare, and friends that care...

With gratitude, with appreciation, with many blessings,

A handwritten signature in black ink, appearing to be 'S. P. A.' with a large, sweeping flourish above the letters.