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**Imperial Square Shopping Center**

**975 Imperial Golf Course Blvd #114, Naples, FL 34110**

[**Riverstonespanaples.com**](http://riverstonespanaples.com/)

**(239) 254-9984**

**Preparing for your session**

We recommend 3-4 days prior to your session to do the following to get the best results.

* Drink plenty of water!
* Avoid gas-causing foods such as legumes, hummus, broccoli, raw kale, all nuts, cauliflower, corn and cabbage.
* Avoid processed and rich foods. Such as breads, sweets, dairy products (i.e. ice cream and cheese)
* Avoid all protein powders, shakes and bars. Even plant-based protein. They can be severely constipating. We do not recommend them, ever.
* Please avoid protein shakes 2 days prior to your appointment.
* If you are doing your colon hydrotherapy session as part of a more in-depth cleanse, now is the time to begin it.
* Print and fill out the new client intake form attached to this email. If you do not have access to a printer please arrive 10-15 minutes early for your session so that you have time to complete all paper work.

**In the 2 hours prior to your session…**

* It is best not to eat unless you have a medical condition that prevents you from fasting before your treatment.

**The hour before your session…**

* Do not drink any liquids.

It is important to stop eating and drinking prior to your session because the session will include abdominal massage, which is more comfortable on an empty stomach and bladder.

\*When you arrive for you session please look for **Running With Scissors** (next door) to locate our office. We do not have a sign on the concrete part of the building, so when you see **Running With Scissors** go ahead and park.

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