

## February 2014

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*(-)“I had a Introductory special offer for first treatment including consultation, for one person or two and have awarded it 5 stars”.*

**Aliya; Visited January and February 2014**

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### **(38) Subsequent exchange of e mails with Aliya February 2014**

#### **Extract from e mail dated 8<sup>th</sup> Feb**

Dear Julia,

Hope this message finds you well.

I wanted to share good news with you that both M\* ([see review iPood in Jan 2014](#)), and I are feeling better now, and our skin is gradually improving. We think that colonics must've been crucial for this shift towards better (health) so we are both very excited and grateful to you!

I found this recipe for liver cleanse the other day and was wondering whether you would recommend doing it before we come next time: [healthybliss.net/gallstone-liver-flush-recipe-cleanse-info](http://healthybliss.net/gallstone-liver-flush-recipe-cleanse-info)

Aliya

#### **Julias' response**

Dear Aliya,

Thank you for letting me know that you are continuing to see benefits; I am delighted for you.

As for the **liver flush**.

I am aware of the protocol, by Hulda Clark. Colleagues of mine have used it to good effect in the past.

Also I have a number of clients who have self-selected to use similar protocols - notably that outlined by Andreas Moritz in his book *The amazing liver and gall bladder flush*, which despite its brash title is a pretty informative on all aspects of the Liver Flush. Worth buying if you interested- you can pick it up on Amazon.

Here's my tuppence worth, offered from a holistic health perspective, not a medical or clinical point of view:

- In my experience, the liver flush (LF) is an effective protocol
- The liver is not the first organ to cleanse, that privilege goes to the colon
- When the colon is relatively clean of backed-up waste, then is the time to commence liver flushes (if you have indications for the presence of gallstones)
- The liver flush protocol is really more for the excretion of gallstones rather than for

the cleansing of the liver itself.

- When a coffee implant enema is used pre and post liver cleanse, it helps with cleansing of the liver (shows up differentially as mucus debris – particularly in the post LF colonic)
- See attached info piece, which fortuitously I was in the process of writing when I received your e-mail.
- Go slow to go fast. Moritz makes it clear that the liver flush is not a one-off procedure. Some people have to repeat it 10-15 times to remove all troublesome gallstones. His point of view is: don't start liver flushing unless you are prepared to see it through. Otherwise it can be like a half finished operation! One of my clients is on his 19<sup>th</sup> Liver flush (self -initiated I should add) – I simply support him with colonics before/after the flush (as per Moritz recommendation). Conversely, I saw a lady just the other day who was doing her first flush. She had a tough time with the flush, and colonics really made all the difference to her in managing the increased toxic burden. Without colonics she really would have suffered.

To summarise: do a little more reading around the subject (buy the book), then if your instincts are to go for it, do the preparation measures ie 6 days of apple juice / malic acid etc, schedule pre and post colonics ... and the like.

I also would recommend that only one of you do it the first time (with other helping with preparation, moral support etc). You don't both want to feel off-color at the same time (if that were to happen!)

Warm wishes Julia

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*Report on my first ever-colonic hydrotherapy session: I had it with West London Colonics ...I am 'now officially hooked!' From booking an appointment right through to post treatment WLC 'customer service and professionalism has been impressive' ... highly recommend them.*

*About Julias' approach: Julia did everything she could to ensure to target my session to best help me overcome the issues I face based on a real consideration of my past (medical history).*

*My experience and results: While the session was mildly uncomfortable at times (given my severe constipation), results have been unbelievably positive... 'Instantly felt lighter, more energetic and generally happier all over'. Experienced bounce-out -of bed energy levels next day... much reduced stomachaches after eating meals and reduction in constipation....*

*Further plans: Intend to have further sessions to further enhance the benefits I experienced of my first session.*

**(37)** I had my first ever colonic hydrotherapy session with West London Colonics and I have to say that I am now officially hooked!

From the moment I booked an appointment with WLC right up through to a couple days after my treatment I have been very impressed with the level of customer service and professionalism I have received.

Julia was very eager to understand my past history with my stomach problems and

did everything she could to ensure that she catered my session to best help me overcome the issues I face.

Although the session was mildly uncomfortable at times (due to the severity of constipation I suffer), I could not believe the results.

I instantly felt lighter, more energetic and generally happier all over.

I woke up the next day and jumped straight out of bed with the amount of energy I had.

Moreover, I have experienced far less stomach aches after eating meals and I have not experienced as much constipation.

I plan to continue seeing Julia for further sessions to further enhance the benefits I experienced of my first session.

I highly recommend West London Colonics.

**-Crystal90; visited Feb 2014**

**(36)** Found the experience comfortable. Slightly strange at first but you get used to the feeling.

Happy with the results and advice given.

**-Anonymous, visited Feb 2014**

*(-) I had a Single Session of Colonic Hydrotherapy and have awarded it 4 stars.*

**-Teresa; visited Oct 2013 & Feb 2014**

#### Response to Teresa

Dear Teresa,

Thank you for responding to my supplementary e-mail to you of the 19th Dec, asking you to elaborate on the 4 star review you gave WLC, so we could learn and improve. I have outlined the questions and your responses (your e mail 1/1/14, below:

1. Did you find the advice to prepare for your colonic helpful and timely?

Your response: **Yes**

2. Could we have done more to make you feel welcome at the clinic?

Your response: **No - made to feel welcome and relaxed**

3. Did you feel the consultation was professionally conducted?

Your response: **Yes**

4. Did you feel the treatment was explained to your satisfaction, and you were put at ease during the treatment?

Your response: **Yes**

5. What was your assessment of the treatment standard?

Your response: **Well conducted**

6. What was your assessment of the post- treatment advice?

Your response: **Good, clear advice given**

7. What is your assessment of the ambience of the clinic? Its cleanliness and hygiene?

Your response: **Very good**

8. Were your expectations met? If not, in what way were they not met?

Your response: **Expectations were met**

9. How could we do better?

10. Do you consider WLC prices and packages to be good value? If not, why not?

Are our offerings clear and simple to understand?

Your response: **Pricing is competitive, offers easy to understand**

11. If you decide not to do a course of colonics, is it because:

a) You are not sure colonics are for you?

b) You don't believe a course of colonics is particularly useful?

c) The location is not convenient?

d) You want services other than the ones we provide? If this is the case, what kind of services?

e) You prefer other colon cleansing methods? If so, why and which ones? Cost, convenience, time, other.

Your response: **Prefer to have ad hoc treatments rather than course over specific time.**

( NB: Teresa has since re visited the clinic in Feb2014)

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Jan   Mar