

July 2013

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"I have been having monthly treatments with Julia at WLC since July 2013 for colonic. I have these adjectives to describe her: 'incredibly friendly, discreet, professional, caring, efficient reassuring' ...I am a convert and advocate for the benefits of colon hydrotherapy from both remedial and preventative point of view... thoroughly recommend you try out coffee enemas in conjunction with colonics ... do visit Julia at WLC "

(19) I have been going to see Julia at West London Colonics since July 2013 for monthly colonic treatments. I find Julia to be incredibly friendly, discreet and professional and she has a very reassuring approach to the treatment, which puts you instantly at ease. Julia is also caring and offers an efficient and friendly service.

I am a definitely colonic advocate and the psychological effect of seeing the elimination of potentially years of waste and possible life threatening toxins leaving my body in itself told me this should become part of a regime for me, for future prevention if nothing else.

Julia has recently introduced coffee enemas (in tandem with colonic irrigation) to me, and the toxin and waste release has been immense to say the least. The process itself leaves you feeling invigorated, refreshed and ready to face the world. Ridding the colon of waste and toxins this way releases layers of colon build-up which in turn, leads to feelings of lightness, strength and an overall feeling of good health. I would highly recommend a coffee enema and a visit to see Julia at West London Colonics.

-§3238D; Visited between July 2013 & January 2014

WestLondonColonics comments on **§3238D review**

Thank you, SMc, for your perceptive review. Of course I appreciate the kind sentiments you have expressed about me.

I appreciate also the fact that you have generously shared your experience with coffee enemas.

I am going to use this context just to provide a little further info for readers.

A coffee implant is thought to remove toxins from the liver quickly and safely. They often appear to relieve headache, or eliminate spasms and pain. We use raw green organic or lightly roasted black coffee to maximize the benefits of enzymes in the less highly processed coffee. (It's not just the caffeine that's the active element). Caffeine intake per mouth isn't advisable for a variety of reasons, but taken the other way it's helpful.

Who would have thought it?

Colon hydrotherapy and coffee enemas are holistic treatments, not medical or clinical ones. No medical –related claims are made for them. That said, many people report benefits:

- Users of coffee enemas routinely report relief of:
- Constipation
- Depression

- Confusion
 - General nervous tension
 - Many allergy related symptoms
 - Pain
 - And detoxification commonly relieves issues with the skin, hair, eyes and nails.
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- Holistic practitioners, and many of their clients, believe that coffee enemas could help in:
 - Cell energy production
 - Enhanced tissue integrity
 - Improved circulation
 - Improved immunity
 - Improved tissue repair and regeneration
 - Many people notice the calming effect of coffee enemas.

-Julia, Jan 2014

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