

## JUNE 2015 CLIENT REVIEWS

### **(109) Client Review (*Quoted in full*):**

“Please, if there is anyone out there who is thinking of going for a colonic, but is afraid or worried, please don't be.  
Went to see Julia about nine months ago, as was feeling very sluggish, bloated, and generally unwell.  
Signed up for a course and have never looked back.  
Yes, it takes a bit of getting used to, and it's an unusual experience, but much easier than you think. The whole experience is very dignified and calming in a funny sort of way.  
I felt much better every time I went and now go for maintenance colonics every few months.  
It has helped me no end and I would thoroughly recommend it.”

**jubags; first visited Oct 2014; Now on 'Maintenance' visits**

### **(108) Client Review (*Quoted in full*):**

“This is a *repeat* visit and Julia is always so welcoming and makes you feel at ease.  
After the treatment Julia sits down with you and suggests changes to your everyday diet in order to support a detox.  
Thanks Julia!”

**Hazelecarey; First visit Feb2015, repeat visit May 2015**

### **(107) Client e- mail Review (*Quoted in full*):**

“Hi Julia, just wanted to give some feedback and discuss a few things that have been happening since I had treatment yesterday.  
*Firstly* I would like to say ‘thankyou’ for your gentle and caring approach during the treatment.  
*Secondly*, I am also delighted that when I weighed myself this morning I had lost a couple of pounds, which was to my surprise.  
*Finally*, I have been drinking lots of herb teas and water and today, for the first time in a long time, I only had one and a half cups of coffee in the morning and no more caffeine for the rest of the day... and also **no** headache, again to my (happy) surprise.

Now my questions: my stomach feels sensitive and I kind of feel like

what it feels like the day after I have done sit ups after a long time, if that makes any sense.

I do also have a sharp pain on movement- just below my ribcage, on the right.

There was just another thing that I was unclear about, and appreciate if you could enlighten me, which about the period like pains that I had during treatment.

I look forward to hearing from you; thankyou

**Neeruta (not real name); Visited May 2015**

### **Response from WestLondonColonic (e –mail response)**

Thank you so much for your feedback.

Regarding the pain like '*after having done sit ups*', that is a very apt analogy because in truth a colonic can sometimes be like an '*internal workout*'. The internal abdominal muscles , and the colon muscles, when subjected to the regular inflow & outflow of water during the treatment, resume peristaltic (normal colon contraction/ expansion) action. So they begin *working* properly perhaps after a long time of being lax & inactive.

The other thing is that *waste* that may have been quite solidly stuck on the colon dissolves to some extent during the colonic, and pulls free off from the colon wall. If the material was tightly stuck, then as it pulls away, it will feel sore. (Think of a sticking plaster being pulled away from skin).

As for the sharp pain, just below your right ribcage, experienced on movement, I can't say for sure what that is. It could be just a *pulled* muscle . Or it could be that your liver (which is located there) is slightly enlarged as a result of cleansing work, and therefore a little sore.

To be reassuring, I would not expect any of these sensations to last long because:

- The colon walls regenerate very quickly, entirely ( i.e. all of the inner wall surfaces ) within 3 days
- The liver is famed for its self-generative capacity (its a very resilient organ), and it appreciates being allowed to cleanse.
- pulled muscles respond well to heat treatment & rest

As regards the *period-like pain* (or cramping) experienced during the treatment, commonly they precede a release of toxic material; that's

why just after the pain, there's usually a release of *mucus blobs*, or other *caecal* (meaning *older* matter) flushes from deeper recesses of the caecum area of the ascending colon.

Not everyone experiences these sensations, but clients generally accept that a relatively small & short period of discomfort is worth it in comparison to the alternative: viz, long, lingering, sometimes incapacitating digestive & eliminative difficulties.

I hope you find these explanations helpful. 😊 , Julia

Post e mail note: *Client has booked to have a series of treatments*

### **(106) Client e- mail Review (Quoted in full):**

“Thanks again for today Julia. Will let you know how I go next few days.

I am open to having more treatments but I have to admit to not finding the whole experience pleasurable!

Nothing to do with you as you are *very good* at explaining and *making me feel at ease*. More the slight discomfort and the feeling of embarrassment!

Will let you know how I go anyway.

And I have had no (adverse) reaction to the probiotics or anything else this time.

I did feel a little under pressure to confirm other appointments at the end there and my emotional response to that tends to be digging my heels in! (even when it would ultimately be helpful)

But will have a think about it over next few days. (I do take your point that single treatments are not sufficient to address my condition...)

Regards,”

**Terry ( not real name); First visit Sept 2012; current visit May 2015**

### **Response from WestLondonColonic (e –mail response)**

It's really helpful when clients are willing to tell me about their experience. As for my overly enthusiastic suggestion about further sessions, I apologise that you felt under pressure 😊; that wasn't my intention - although I confess I do think you would benefit from treatments at more regular intervals than once every 3 years 😊😊.

This is because ... I have a bee in my bonnet about the power of (at least) three colonic treatments!



Definitely, *one* colonic may (and often does) give a good result, however it is not systemic in its effects. ( i.e. it relieves the colon, but usually does little else.) A *second* colonic taken reasonably close to the 1st does a little more. And a *third*, again not left off too long, starts to have a systemic effect; a genuine adjunct to other health measures one may take.

Yes, as I mentioned before the probiotics would be unlikely to cause any adverse reaction, and your healthy living has made your system stronger than the first time around, albeit as you acknowledge, still some issues remain, which could be supported with colonics.

Only you can decide if you will proceed further with treatments, and whatever you decide, you have my very best wishes. Thank you again for taking the time to write. Let me know if you have any questions at any time. Julia

**(105) Client Review (*Quoted in full*):**

*“Highly reccomend this experience.  
Julia was friendly and proffessional.  
The colonic took place in calm and clean surroundings in a purpose  
built annex.”* **Anonymous; visited May 2015**

May   July