

November 2013

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"Colon hydrotherapy is like the unfolding of a mystery novel... in the hands of a masterful practitioner ... the bad guys can be brought to justice..."

(24) WLC's Julia is a well-experienced practitioner, with a deep enthusiasm and passion for the possibility colon hydrotherapy offers in restoring health & well-being. This is infectious. Where earlier (before I started colon hydrotherapy) I felt deep fatigue and dissatisfaction with my level of vitality, (advancing years and inevitable deterioration - I thought), **now** I am encouraged about my body's self-healing capacity. What a lot of difference the combination of sensible eating / hydration (drinking water) **and colon cleansing** makes! It is like a *one-two knockout combo punch*. In my opinion the caliber of the colon therapist also makes a big difference. At one time I thought that colon hydrotherapy was pretty much a mechanical matter. After all, if you read the descriptions of the colonics process, you could be forgiven for thinking its essentially about pumping water in and out of the colon, right? Maybe that's it at a surface level, but my experience is that in the hands of a truly competent practitioner, it's rather more. Julia treats it like the unfolding of a mystery novel. She looks for clues about the villains and accomplices to the crime of ill health perpetuated on the body. Whodunit? And who helped? As the sessions progress, its like different chapters in the book, with the various characters making their entrance, i.e. for me the rough sequence of problems was gas, cramping, sluggish liver, mucus in the system, healing reactions from die off of old disease conditions ...things like that. Julia took each presenting problem/ symptom in her stride, and is reassuringly confident that with patience and perseverance "the bad guys can be brought to justice". She draws from her knowledge of an array of herbs and enema implants that will have the best effect. No, I haven't got to the end of the book yet, but I have, with Julia's help (and my own efforts), completed several chapters. **Whodunit?** Don't know that there's a neat answer to that, but who- **UN dun it?** Glad to say, I am playing my part in that! Anyway, in my opinion, you won't regret seeing Julia if you are not just after a quick -fix answer, but are looking for an approach that will deliver ongoing health improvements.

- Sharen, visited Nov 2013

WLC comments on Sharen review

Dear Sharen,

We are so delighted to have your feedback.

Yes, we think that any healing modality has an element of the magical about it. But that magic is simply because we aren't sensitized to pick up on the clues. Arthur C Clarke said that any sufficiently advanced technology was indistinguishable from magic. The paradox is that colonics are simply an extension of an ancient healing system, written about by old civilisations (the Indians, Egyptians, Essenes. to name a few), and yet western science has to guess at some of the reasons why they are so effective for a wide spectrum of situations.

No matter, quantum physics isn't understood fully yet, and is essentially paradoxical. What matters are it works? And Newton's physics turns out to be a half-truth, yet it works too (at least at the macro level).

Wonderful that you have been following the clues towards good health. One of our favourite sources of quotable quotes, Tony Robbins, says that success leaves clues. No doubt, it does. Still it needs someone to decipher them ...

Thanks again for your unusual and thought provoking posting. It goes without saying that Julia appreciates you taking the time and trouble to put your thoughts about her into cyber-space.

Warm Wishes Julia

“Julia at WLC is now my go-to lady for my digestive system...clinic delivers on the fundamentals; cleanliness and safety, privacy, well maintained equipment, value for money, commitment to ongoing clients, competence, highly recommended ”

(23) When it comes to Colonics, as far as I am concerned, it starts and ends with Julia, at West London Colonics. I have experienced Colonics at many places over the last 30 years, in San Diego at the Optimum Health Institute, at Obsidian in Spain, and of course at other clinics in London. Some clinics have been spic and span, and rather coldly clinical. Others have been well meaning, but the therapists simply lacked the certain something to give me the confidence that I was in good hands. Still others were pretty expensive, without delivering a therapeutic experience that matched the pricing.

Julia at WLC is now my go-to lady for my digestive system. I have that found that if it's not working properly, everything else seems to let me down. Julia hasn't though - let me down, I mean. She offers a "no- nonsense, focus on the fundamentals" style of working with me, and my health, that I appreciate. Her clinic delivers on all the factors important to me: attention to detail as to cleanliness and safety, privacy, well maintained equipment, value for money over a whole spectrum of treatments, commitment to ongoing clients, competence and confidence in her skills. Her clinic is also set in a beautiful environment.

What more can I say? I highly recommend her.

montgomery, visited Nov 2013

WLC comments on Montgomery review

Dear Montgomery,

Receiving feedback like yours from a seasoned user of colonics is a particular pleasure. We see that you have wide base of experience to draw upon in making your observations'.

We are happy that WLC is delivering on criteria that are important to you. No service-oriented business can be all things to all people, so we have to pick and choose what we focus on. And hopefully satisfy that core client base.

No nonsense focus on the fundamentals – such a pithy way of putting it! You may well have given us a strapline for our business.

Your Colonics go– to lady (!) thanks you for your kind words – it means a lot to us that clients take the time to feedback.

Warm Wishes

Julia

“Try WLC out if what’s important to you is: service not luxury, substance not style, strategic approach to health not tactical, locational advantage, deep expertise in colon hydrotherapy,”

(22) This clinic, a small friendly specialist colon therapy business based in West London (near Northolt station) is in my opinion, well worth trying out if (like me) you have the following criteria:

1. Value for money, both on introductory offers and follow up packages; you pay for the colonics service not for the trappings.
 2. A preference for substance over style (WLC is based in a purpose built clinic dedicated to colonics, but is by no means flashy.) They are focusing on the fundamentals of giving a good service. (Since I have a background in the service industry, I appreciate how critical this is.)
 3. Willingness to consider colonics as strategic health modality not simply a tactical thing, to be done ad hoc. My experience is that WLC has met my own commitment by stepping up its own - they do treat me as an individual, not just as a 'number' going through their books.
 4. specialism and mastery of their craft - wanting to work with a number of carefully selected health professionals to improve my health (for me the essentials are a good colon hydro therapist; source of good nutrition information; Ayurveda and yoga). In each category, I have found it better to work with someone who has spent time really honing their understanding, rather than someone who has just collected a number of certificates (in different disciplines,) but has no deeper understanding of the treatment. Jack of all trades ...
 5. A good location for me- just like with using a gym, I use a service more when it's easy to use. WLC is conveniently located for me, near Northolt tube station.
 6. Good informational newsletters for existing client, with genuinely interesting and useful info, not only sales oriented stuff, or a rehash of the same tired blurb to be found on many colon therapy sites.
- Try them if this kind of thing fits for you.

-livinghealth, visited Nov 2013

WLC comments on livinghealth review

Dear livinghealth,

Thank you for your 5 star review.

Service not luxury; substance not style; strategic approach to health not tactical; locational advantage; deep expertise in colon hydrotherapy,, and ongoing value for money... you certainly have picked up on a number of the things that WLC are striving to make our clinic stand for.

Our newsletters and information pieces are a recent offering, and its good to know that you find them interesting.

We appreciate your comments, especially in light of your background in the service industry.

Thank you for your comments; they indicate we are doing some things right- but there's equally no room for complacency.

Feedback is just so valuable. Thanks again. Warm Wishes Julia

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