

NOVEMBER 2014 CLIENT REVIEWS

(77) Client Review (*quoted in full*):

“As a guy choosing to undertake his first colonic, I was understandably somewhat apprehensive; however, Julia was welcoming and immediately put me at ease.

The facility and ambiance were relaxing, and Julia took pains to explain each step of the procedure so that I was aware of what was happening at all times.

I was very pleased with the result -- though a little tired in the end! -- and I have already booked my next appointment.

I would recommend West London Colonics without hesitation”.

Anonymous; visited November 2014

(76) Client Review (*quoted in full*):

“I had my first treatment with Julia yesterday.

Julia was really nice and made me feel at ease at all times throughout the treatment. She advised me what she was doing at each stage and was very pleasant to be around.

The treatment was not uncomfortable and I'm pleased to say I feel much better since having it, albeit a little tired which can be a side effect. Nonetheless I have booked another treatment in a few weeks and look forward to it!

I would definitely recommend this clinic to anyone thinking of having treatment.”

simmy81; visited November 2014

(75) Client Review (*quoted in full*):

” I had my first colonic with Julia (the therapist at West London Colonics) not long ago and I have to say has been a very good cleansing experience. The clinic is situated about 10 minutes walk from the tube, it's very private and consists of one treatment room and its adjacent private bathroom.

I walked in and after an initial consultation I was asked to undress from the waist down and wear a full-length hospital style gown.

Once on the treatment couch Julia explained everything in depth and made the whole experience very comfortable and surprisingly relaxing. I left feeling lighter and once my tummy settled (one can experience some bloating right after the first session), the next day I felt better and my skin was more radiant too!

I will definitely return to West London Colonics and recommend it to all my friends!" **Crisp**; visited October 2014

(74) Client Review (quoted in full):

"(It) being my first colonic, I really had little idea what to expect and I had chosen *West London Colonics* purely based on the reviews. They definitely lived up to their reputation. Julia calmly sits with you the whole time reassuring you throughout the process. I'm not sure I'm personally madly keen on the process but if you're going to do it, I couldn't think of a better place nor person for the experience".

Gabby100; Visited November 2014

(73) Client Review (quoted in full):

"I went to West London Colonics for my second such experience, the first being 5 years earlier in Thailand, and I'm pleased to say that it was a much more relaxing experience. Everything had been thought of and prepared for. Julia was extremely professional and attentive, ensuring my comfort, and explaining the process as the session went on".

nicmic; Visited November 2014

(72) Client Review (quoted in full):

"Julia is amazing at her job and is does everything possible to make you feel comfortable and relaxed. The standards are very high and everything is incredibly clean. I would definitely recommend west London colonics if you are looking to have a colonic done".

-Danielle3511 ; Visited October 2014

(71) Client Review (quoted in full):

“My digestive issues are a Work -in-progress, I know that I must be patient, and keep doing the things I find helpful. There's always more to do. But it is do-able, if I do it one thing at a time, as a process. Since February of this year, one action I have been committed to is Colon Hydrotherapy treatments. I started them initially to support my special GAPS diet.

I decided to do a series of treatments, as the first treatment did a lot of good. I felt better, with more energy immediately afterwards, and then late at night and the next day, felt very tired, not weak, but simply tired, like my body wanted to have extra rest. I actually overslept on Monday morning, and got late to work! lol

I then did a session 2 weeks after the first, thinking that this is when I needed the most support, so I could detox more quickly and move forward fast and symptom free through the GAPS diet. (It's recommended to have a reasonably regular series of colonics while on the GAPS protocol).

I wanted also to deal with candida. (Julia pointed out the tell-tale signs , i.e. small gas bubbles released in colonic).

My gut bacteria was not in balance, the bad types were in higher numbers than the good ones, so Julia recommended a long term course of probiotics to be taken as long as there was any evidence of dysbiosis. (I have been on antibiotics several times - a clear reason for continuing with probiotics).

I now have had 10 colonic treatments and as time passes I realise more and more that they are having a very positive effect on me. I plan to continue doing colonics on a monthly for some time, while I continue working on rebalancing my gut flora.

I would definitely recommend colonics to anyone on the GAPS protocol as these greatly aid the detox process.

Julia is also great, she somehow makes an comfortable experience for what would otherwise be a very unpleasant one! I am glad I found her, and would certainly recommend her services.

She is very knowledgeable, has an innovative approach, and is committed to my progress, a very good support.”

GAP\$Patient; visited Feb 2014 – ongoing Nov 2014