

Q&A with Julia: choosing a colon hydro therapist

Q: How do I choose a colonic hydrotherapy practitioner? What to look for in a colonic hydrotherapy practitioner, and what to avoid.

Julia's' answer to a question posed on the Wahanda community page.

Basic criteria to assess the quality of a colon hydro therapist (CHT) begins with:

- a) **The Initial point of contact with the prospective client (i.e. how the CHT/ Clinic came to the client's notice). This could via marketing literature (pamphlets and business cards) or the ubiquitous Groupon, Wowcher, or similar.**

Best from the point of view of both therapist and client is WoM (Word of mouth from a trusted source).

In today's web driven marketplace, web searches are increasingly the preferred search method for sourcing services. First impressions count. There is not a second chance to make a first impression. The way a person carries out their business - Do ads, websites and the like convey professionalism? This leads to an important sub- criteria in today's world.

***Word of mouse:* Once you have looked at reviews, and seen the blogs and articles on the web about other people's experiences with colonics, you will be better equipped to consider your own criteria (what's important to you). Get clear on them, and you'll have better luck choosing the right clinic, and therapist, for you.**

By the way, here are some things we know WLC clients value in our service:

- ***Specialist expertise in colon hydrotherapy,***
- ***Quality controlled service standards,***
- ***Up- to- date equipment,***
- ***Disposable accessories,***
- ***Discernibly high cleanliness standards, an evident concern with client safety & comfort,***
- ***En-suite toilet/changing facilities,***
- ***Purpose built clinic, in a safe secluded setting***
- ***Easy travelling dynamics,***
- ***Free parking;***
- ***Flexible opening hours,***
- ***Beautiful setting & nearby green spaces,***
- ***Value for money for existing clients not just for new ones,***
- ***Ambience;***
- ***Unsurpassed focus on obtaining and learning from client feedback***
- ***Julia's' knowledge and experience (and willingness to share it);***

- *A good table-side manner,*
- *A good range of colonics related additional services (enemas, probiotics, herbs and the like),*
- *individualised therapeutic plans for series of colonics,*
- *Being comfortable with the competence of the therapist,*
- *Julia's gentle yet firm persistence in acting as a health & well being coach,*
- *Trusting our integrity to act in the client's interests...*

b) Regulatory compliance: Professional qualifications, insurance and affiliation to regulatory bodies.

c) Another guideline is the relevance & completeness of intake (or initial health) questionnaire and interview . If this is perfunctory, the CHT has little idea of a client's needs or restrictions, a poor sign.

c) a focus on communication and client education. Understanding the client's problems and being able to devise a treatment plan that addresses them shows competency in their skill set- provided that the plan is flexible and empathetic to what the client is able and prepared to do (not what they are not!)

d)You should gain the feeling that the CHT can help you get you the result or outcome you're looking for (provided you also play your part), quickly and effectively. But not superficially. In colon hydrotherapy its useful to go slow to go fast.

e). Experience: You need to feel the CHT has the experience to understand not just your initial needs and wants, but perhaps your deeper (unstated) expectations.

f) Quality of interactions: Can you speak to the therapist on the phone, get questions answered etc. Response times for emails and returned calls, plus the content of the response you get will all give you an indication of what sort of person you are dealing with and whether they are a full time therapist. After you have weighed up these sorts of things, the best advice is to go with the one that feels right, (someone you find easy to talk to, or who you feel has been straightforward and honest).

So in short, do the background checks and research, and then go with your gut feelings.

Bear in mind that not every clinic will hit the sweet spot for you. For instance, using West London Colonics as an example, we would not be the best choice for someone wanting a spa-type environment where they could chill out for a few hours after a session. That's not part of our offering at all.

Other things being equal, we would be a good choice for those committed to their health, and needing or wanting to put an end to their digestive ills (understanding full well that colonics are an adjunct approach).

Do consider location as well, particularly if you already are pretty sure you would want to have a number of sessions. Many of WLCs clients travel from all parts of London to get to us, but if travelling is difficult, it is best to check out clinics more local to you. Make compliance with your chosen strategies for health recovery/ maintenance as easy as possible to do.

Taking up a great offer with a clinic you won't use thereafter (because the location isn't convenient) isn't usually a good use of your money or time, no matter how good the initial deal. Some clinics don't give you the opportunity to talk to the therapist. (And I do mean the *therapist*, not the receptionist). Personally, I would always advocate at least a short conversation with them before you commit. This would especially be true if you have a specific problem or condition that you want help with. Can they potentially help you? What's the basis for their view? Are they promising a cure? (Not a good sign, as colonics are adjunct health based approach, not a medical intervention). Some colon hydro therapists will not give you much time in this initial phone call, preferring to address detailed issues in the consultation, which of course is both correct and understandable. But if they are a little brusque then you should see that as a poor sign.