



A Gentle Wave Colon Hydrotherapy

Welcome to the first newsletter from A Gentle Wave - Colon Hydrotherapy LLC. I hope you enjoy this publication. In it I will try to relay information that can help you and your loved ones lead a healthier and more holistic based lifestyle.

I strive to help and support you in the ways that you need to be supported with your health and goals. Health is not a one stop solution. One size does not fit all and what helps you may not help another person. Which is why you must advocate for your own health and well-being. The best way to do that is to know your body and what works well for it.

Optimal health is not an accident. Even with wonderful genes and a "good" lifestyle, maintaining well-being is a necessity. Let alone if you come from a place of not the best health to begin with then the role you must play to ensure your longevity and a good quality of life is even more important. I am here to help you self-advocate for your own health and happiness. Towards that goal I wish you all blessings for the New Year we've just started settling into.

Happy 2018!!

Enema vs Colonic

A colonic is known as a high enema. Approximately 5 enemas would be the equivalent of a colonic, except that with enemas you can not be assured that you are reaching your entire colon. Typically enemas only hit the Sigmoid area of the colon which is approximately a foot. A colonic should and typically does clean out all 5 feet of your colon in one session.

That said, there is still a place for enemas. In fact there are many kinds of enemas that are very beneficial for anyone from infants to seniors. Here I will list the most popular and their commonly stated benefits. Please note that there are protocols and hygiene/best practices to ensure proper administration of enemas; like using (steam) distilled water.

- **Coffee Enema**: Good for liver detoxification
- **Garlic Tea Enema**: Fever reducer, antiviral, antibacterial
- **Colloidal Silver Enema**: Natural antibiotic
- **Probiotic Enema**: Increase good gut bacteria count



Why Choose A Gentle Wave for your colonics?

I have been in the space of natural healing for over 8 years. I cured myself of chronic fatigue with The Gerson Therapy, which is half colon cleansing and half a vegan/juicing protocol. So I know for a fact the benefits of having a healthy colon. But why chose me when there are about 10 other facilities in the area?

1. I use the equipment myself, which assures you that it is in absolutely pristine condition and cleaned above the standards set by the manufacturer.
2. I have the most expensive and best equipment for open system therapy in the country.
3. I paid a lot of money and spent a lot of time and energy to get nationally certified and I keep up with my training by attending national conferences and routinely meet with my colleagues to discuss new trends and stay abreast of changes in the industry. In Oregon you do not have to be trained or hold accreditation to give colonics.
4. I am the most southern practitioner available. Perfectly suited to help people from Tualatin and Lake Oswego to Wilsonville, Oregon City and Canby, as well as here in West Linn.
5. I am comparably priced to the least expensive practitioner locally available for open system centers.
6. I have my practice set up in a dedicated separate studio space out of my house. This ensures complete privacy as well as a nurturing and comforting environment, instead of a busy clinical setting. My time is exclusively yours without any other distractions or clientele.

