



A Gentle Wave

Colon Hydrotherapy

Welcome to the second newsletter from A Gentle Wave – Colon Hydrotherapy LLC. I hope you enjoy this publication. In it I 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. Nor does one size fit all and what helps you may not help another. 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 and doesn't for it.

Optimal health is not an accident. Even with wonderful genes and a “good” lifestyle, maintaining well-being is a constant. Let alone if you come from a place of ill health 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.

Your digestive health is so vastly important to overall health and I just hope even if you never come see me that that I can impress that upon you.

Open vs Closed

There are two types of colonic equipment on the market; the open system and the closed system. I will give you a break down of each.

Open System

- Allows for more privacy, technician can leave client alone most of the session if desired
- Client self inserts small tube (smaller than pinkie)
- Generally thought of as cleaner
- Generally thought of as safer
- Disposable single use tubing is used for client, each time
- Much more expensive equipment

Closed System

- Technician must insert tubing
- Technician should be present the entire time
- The clean and dirty water flows through the same tube
- Tubing and fittings are often not disposable
- The fittings must be cleaned using a very complex autoclave system
- Much cheaper equipment
- Other bodily functions restricted while using system

All else is pretty comparable. Either way you want to ensure the technician has been licensed, trained and certified by the International Association of Colon Hydrotherapy.

More Reasons Why to 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 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 am the least expensive practitioner offering open system colon hydrotherapy in Portland.
2. I study holistic health to be of better service to my clients and for my own use. I have an arsenal of home remedies and protocols that I am happy to share my uses for if desired.
3. I maintain my training attending national conferences and talking with colleagues and medical professionals.
4. I allot 2 full hours for each client. This allows for a calm atmosphere and still ample time to thoroughly clean the equipment between clients. Other studio's may or may not be utilizing the necessary time between sessions to the standards set by the industry. I can assure you that the cleanliness of my space and equipment is of utmost importance to me (maybe because I am a tiny bit of a germophobe. Lol)
5. I have my practice set up in a dedicated separate studio apartment attached to my house. This ensures complete privacy as well as a nurturing and comforting environment, instead of a busy clinical setting.

