



A Gentle Wave Colon Hydrotherapy

Welcome to the third 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 work for it.

Optimal health is not an accident. Even with wonderful genes and a "good" lifestyle, maintaining well-being is a constant endeavor. 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 tremendously important to your overall health and I just hope even if you never come see me that that I can impress that upon you.

Maintenance vs Healing

There are ways to put your body into a healing state, where it can naturally repair itself from degenerative and toxification issues and then there is maintaining a "good" healthy lifestyle. These are two very different and equally important aspects of overall well-being. Here I will try to highlight some differences by way of some examples.

Maintaining Optimal Health:

- Eating the foods your body needs for optimal nutrition and avoiding the foods your body reacts adversely to
- Eating at the times your body needs refueling
- Sleeping enough
- Not indulging in too much alcohol, coffee, junk food
- Exercising
- Hydrating
- Maintaining hobbies that enrich your life
- Socializing
- Self-care practices: taking time for yourself & your needs
- Vacations (even if just staycations)
- Ensuring your digestion & elimination is in proper order
- Ensuring your body gets the added nutrients and minerals your diet may not be providing through supplementation

Healing:

- Abstaining from all toxins
- Eating only what is optimal for your individual health; making sure it is organic, pesticide & GMO free
- Drinking only water or natural beverages
- Going into parasympathetic state often & mindful resting as often as possible
- Cleaning out your digestive waste
- Following detox protocols for major organs
- Utilizing additional detoxification tools
- Light exercising such as yoga, rebounding, walking
- Meditation/Prayer
- Staying away from electrical emissions
- Fasting (even intermittent)

More Reasons Why to Choose A Gentle Wave for your colonics?

I have been in the space of holistic health for almost a decade; but why chose me when there are about 7 other facilities in the area?

1. I just returned from the 29th annual International Association for Colon Hydrotherapy educational conference; earning credits towards my next level of certification as a therapist. There are so many modern breakthroughs in digestive health that the information for just this one part of the human body is not only dynamic and life changing, but quite intricate as well... and therefor can sometimes become quite overwhelming.
2. I actively try to meet colleagues, naturopaths and others in the holistic health realm to improve my services, knowledge and networks to assist clients as best I can on their journey to optimal health.
3. I have just added a new Spa Package to my services. For only \$200* clients can enjoy a 3-4 hour session which includes: colonic, infrared sauna, foot reflexology, light organic meal & fresh pressed juice, oxygen & mineral infused soak & energetic healing.
4. I have my practice set up in a dedicated studio apartment. This ensures complete privacy as well as a nurturing and comfortable environment. I book only one client at a time and as such can give each person my entire time and attention.
5. I am licensed by the city, state, and the international board governing colon hydrotherapy.

*Limited time introductory price

