

## JULY 2015 CLIENT REVIEWS

### **(118) Client Review (Quoted in full):**

“Hi Julia, Hope all is well with you, my apologies for not getting in touch it has been busy on my side I hope it has been busy for you too.

I have referred you to a long time friend of mine her name is T. C.

Take care. I will be in touch later in the year, when I hope it is a bit quieter for me.” **Jenny; (not real name); e mail July 2015**

### **(117) Client Review (Quoted in full):**

“Yes I would tell me friends. The treatment made to feel cleansed. The advised given regarding how to maintain my self and forward plan was very informative. I shall endeavour to keep to the advice and hope to achieve my goals set otherwise this treatment will not work. I would recommend having this treatment at least once.”

**hasmitt; Visited June 2015 ongoing; Reviewed July 2015**

### **(116) Client e-mail Review (Quoted in full):**

“Thanks very much for the generosity of your time earlier today. I enjoyed speaking to someone who was enthusiastic as well as knowledgeable about what they do; quite rare these days! Kind regards”

**David; Visited July 2015; Reviewed July 2015**

### **(115) Client e-mail Review (Quoted in full):**

Hi Julia, I will make the review at the weekend. It was a great feeling after the treatment.

Also I wondered if you could please defer my next session until a little later:) Many thanks,

Martin: (Sent from my iPhone) (not real name); First visited Feb 2015; continuing into July 2015

### **(114) Client e-mail Review (Quoted in full):**

Hi Julia, Just to say thank you for making me feel so welcome. **Take**

care.

**Wendy x (not real name); First visited July 2014; continuing into July 2015**

**(113) Client e-mail Review (Quoted in full):**

“Good Morning, Thank you for being so gentle with my father. He is enjoying this non-bloaty feeling and enjoying telling others how lighter he feels.

I will review (in detail) when I get a free moment.

I too enjoyed the insights and reminders of the benefits and will definitely return soon.

In the meantime I have told a few friends who maybe in contact with you to arrange theirs. Kind regards”

**Sunatha (not real name); First visited July 2015; Reviewed July 2015**

**(112) Client e-mail Review (Quoted in full):**

Hi Julia , It was good to meet you yesterday: I definitely felt like I'd had a 'colonic work-out' afterwards! - specifically a few cramps, and needed the loo 2 or 3 more times but *then it settled down*.

I felt like the cleansing process had started and that's very satisfying.

Only 2 cups of tea today.....

I'd like to book the 5 session offer you have; I may be in rehearsals all next week so its difficult right now to put a booking in but as soon as I know my availability I'll book my second session.

With best regards

**Charlene(not real name); Visited July 2015.**

**(94) Client Review (Quoted in full):**

“Being curious to try colonic hydrotherapy for a few years, I came across West London Colonics on Wahanda and was immediately attracted by the strong reviews.

The therapist Julia certainly did not disappoint. Julia’s knowledge and considered explanation of the whole procedure was incredibly useful for a first-timer.

I opted for a massage first, which was very relaxing.

The treatment itself left me feeling energized and my head felt very clear afterwards.

I'm looking forward to another treatment in two weeks. Julia offered lots of useful advice about diet and her knowledge and professionalism helped me to relax into what could've been quite a daunting procedure.

Whether you are new to colonics or just looking for somewhere new, I would definitely recommend West London Colonics.

Many Thanks!" Siobhan; first visited April 2015

**(111) Client Review (Quoted in full):**

***Siobhan supplementary review***

"I have now had a total of 4 treatments, and wanted to report on my current experience 2 months on from the first treatment.

I have had post-colonic coffee implants, which I found work very well for me.

I always feel great after the treatment; no more foggy head.

Julia also suggested I take Magnesium capsules on an as-needed basis in between treatments. They have worked well for me too. I only had to take them 3 or 4 times at bedtime to achieve the desired effect, and haven't needed to take them since.

It's good to have this in my toolkit of self-help approaches.

My skin has been better too.

I am now extending the period between treatments to once every 2 months, as a kind of maintenance regime (to help preserve the improvements achieved).

Julia has advised that the frequency can move to once every 3 months or longer, based on how things go.

So all in all, I am very pleased with progress." Siobhan, Supplementary review July 2015

**(59)** "After many years of considering a colonic I searched for a local centre and was lucky enough to come across Julia at West London Colonics.

Julia was reassuring, informative and friendly from the moment we spoke on the telephone, offering guidance even before the first session.

The clean, warm and relaxing treatment room is ideal and no sense of awkwardness was felt. I found the treatment quite amazing and uplifting, to be rid of such an amount of old waste matter can only be beneficial. I am looking forward to my third treatment this month.

Toni." toni1161: First visited June/ July 2014, when this review was posted -continuing into 2015.

**(110) Client Review (Quoted in full):  
toni1161 supplementary review**

“Having previously posted a review of my first experience with WLC on Wahanda in July 2014, I wanted to post an update.

My original reason for trying colonics was to improve my skin, having read that they could be useful (as part of a holistic health plan, including dietary changes). My skin has been very good, the best its ever been.

*Other things:*

Been sleeping better; bloating reduced; my water consumption levels has gone up and been sustained.

Been taking various probiotics (eg: for Immune system, Flat system, Everyday) in-between colonic treatments; they have been beneficial. I have generally been feeling very well, and a recent health check has been positive too, with the only issue being a slightly high cholesterol level.

I am going to try out probiotics specifically targeted for this condition at Julia’s suggestion.

Also going to try out some herb supplements for Liver health because there are some indications that this could be helpful.

With much better colon health, I can move onto focusing on better liver health.” **toni1161: First visited June/ July 2014 continuing visits. This supplementary review July 2015**

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