

What our clients have said

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JUNE 2014

(55) "It was a straightforward colonic. Nice small room, in a quiet location. Clean. The therapist, explained everything well and also sold probiotics and books on nutrition."

Fuvol; Visited June 2014

(54)" I am new to Colonics and from the reviews I had already read wanted to give West London Colonics a try. I was lucky enough to get a late booking and once I met Julia she put me at my ease straightaway. She explained the whole procedure and what would be happening stage by stage. I felt totally comfortable and at ease throughout the whole process. After my session I definitely felt a difference and cleansed. I will be booking future sessions with West London Colonics as I know it will improve my well being for the future."

Funkylady789, visited June 2014

COMMENTS BY WLC

Dear...

It's a pleasure to work with you. Your dedication to your health goals inspires me to give of my best in supporting you. Colonics is an adjunct health approach meaning it works best with holistic, healthy living approaches. It also works really well when folk are systematic and persistent and patient; after all one is activating the Enteric Nervous System (2nd brain) so there is a learning process at work.

Looking forward to seeing you soon again.

Julia.

(53) "I have been going to West London Colonics for about a year now following bad IBS flare ups. The treatments are always delivered in a professional but caring way. My main problem is constipation and bloating with pain. I have been helped so much, WLC gives me a calm and understanding place to help my health issues. Julia is proactive in offering me advice with excellent ideas to improve my symptoms. I highly recommend West London Colonics to all fellow IBS sufferers, give it a try, you won't be disappointed."

M; A Stone, Review originally posted on WLC; FreeIndex page, June 2014 [http://www.freeindex.co.uk/profile\(west-london-colonics\) 583694.htm](http://www.freeindex.co.uk/profile(west-london-colonics) 583694.htm)

COMMENTS BY WLC

Dear ...,

Thank you for your review. It all helps to get the word out about Colonics!

I appreciate also that you have shared how it has helped with your IBS.

Unfortunately the official IBS sites don't give much prominence to Colonics and some IBS bloggers are wary (without having Colonics a fair trial). Sophie Lee being an exception in this regard.

So your views, as a user- expert, are important.

See you for your next session

Julia

(52) “I had wanted to try hydrocolonic therapy for years so finally I did my research and found Julia at West London Colonic.

When I first went for a treatment I was very nervous and unsure but I straight away felt relaxed as Julia is very friendly and trustworthy person and has great passion for her job.

The treatment room was warm and cosy with relaxing music in the background. I felt I was in good hands all the time.

I highly recommend WLC services. Thank you Julia”

[solla80](#); visited June 2014

COMMENTS by WLC

Dear Solla,

Thank you for reviewing your experience with WLC.

Many who first come to colonics will have concerns similar to those you have voiced, so your reassurances will be helpful to them.

Best

Julia

(51) “My aim was and still is to get my body into balance, years of nutritional starvation, sleep deprivation, stress, emotional and physical abuse and everything else that goes with having fun in your youth started to take its toll on me in my early 30’s, the importance of the Liver and Colon only came to my attention 2 years ago after reading several books. It all was leading to one thing, Colonics was the way forward, a very natural yet effective treatment which was quite common before the use of modern day antibiotics, I wanted to go back to basics, Julia listens to you, works with you on your goals, offers suggestions, advice and appointments at times to suit, the whole experience is pleasant, and I feel it’s an integral part of achieving any health and fitness goal.”

[back2basics](#); visited December 2012 to current (June2014)

COMMENTS By WLC

Dear back2basics,

Your aim to get my body “into balance” is ecologically sound , since homeostasis (ie appropriate balance) of functional elements of the body is the classic definition of health.

Yes, the body is hardy, its tough ... but long term abuse slowly erodes health. You have outlined some of the most important elements –“ nutritional starvation, sleep deprivation, stress, emotional and physical abuse ...”

Then, the return to wellbeing requires not only the reversal of the “imbalance producing” actions but also suitable interventions. I know you to be knowledgeable about holistic principles, and determined & committed to a course of action when once you are convinced (no chopping & changing for you!) You have a clear holistic health remedial plan involving measures for the Liver and Colon based on your

own research. Your own reading led you to the conclusion that colonics (a modern variant of an extremely ancient holistic treatment) would be like returning to "health fundamentals".

Thank you for your kind words about working on your health goals with me. I am pleased to be supporting you with colonic treatments, and learning from your perspectives and experiences.

(After all it's the client that's the real expert when it comes to what's happening in their body-mind.)

See you very shortly for your next session. Best, Julia.

Exchange of e mail; with back 2basic; in June 2014

From Julia:

It was good to see you again yesterday for your post Liver Flush colonic. It has been a real pleasure to support you in your journey to health and to share with you your gradual improvements over the last 18mths.

I fully support your decision to give your body a rest from the flushes for a while - sometimes it can be as useful to take a break as to keep on going with a regime. It can even be more beneficial sometimes - allowing the body time to assimilate all the changes that have been taking place.

I shall also take the time to see if I can write up a brief case study about your use of colonics to support liver flushes. If you don't mind, I will send it to you before publication just to look over. The case study itself will be anonymised, so your actual name and non-pertinent info about you will be changed.

I look forward to seeing you again in August and wish you and your family well over the Summer.

Response from 'back2basic;'

(As for the effects of my many liver flushes) "I think I've got down to the stubborn hard stones at the back of the liver now that need that little bit more coaxing to get out, so that's why I'm leaving it a while, before next liver flush, however I may pop in for a one off colonic mid July."

More from back2basic;

Julia's' preamble: I learn plenty from the perspectives & wisdom of my clients, who often make observations worthy of wider circulation. Here is an example: In the e mail referred to above, **back2 basic;** wrote, in a more philosophical vein-

"As human beings our innate nature is ingratitude. If we get a cut on our small finger we suffer ongoing agony,(however) when it heals we forget we suffered any pain. Although I am aware of this to some extent, I am no different."

"I need to look back at photos, remember previous symptoms I had to know how far I have come.

- I'm up early now, and commence a long energy intensive day with no problem, that is an achievement.
- I'm emotionally positive, patient, proactive, and that too is an intangible positive that must have resulted from various health measures I have taken.

Although I measure health benefits using my back as a bench mark, I also believe there is a benefit from having my back ache.....

- Firstly on a spiritual side: I don't know my destiny, my future. I believe God knows it, and maybe I'd make wrong harmful spiritual and physical decisions if I was 100% healthy at this moment in time.

- Maybe I need to seek and learn more, maybe I need to keep at something, and if it (the difficulty/symptoms) disappeared, then I could become arrogant and lazy and therefore this would be a great downfall in my progress.

- Maybe I need to read more and meet more people before I find the solution.

- Maybe my work is the factor- who knows??

(secondly) I do believe that we should take stock (i.e. responsibility) for our own health. Health is a gift, and if we turn into sheep then the wolves rule! They will feed us profitable junk and then offer solutions to consequences the profitable junk causes!

And yet we have the power, if we don't buy the stuff, and if we stop getting hooked into their adverts and false claims, then they have no market. Good food should and good products should be cheap and bad food and products expensive. We can make it so by regulating 'supply and demand' as the levers to control the market."

Case study

"Colonics to support Liver Flushes "

I have, with back2basics' (b2b) permission, written up a long case study about his experience titled;

"Colonics to support Liver Flushes ." Its published on the following portal :

http://admin.cylexuk.co.uk/firma_page.aspx?action=companyarticles&d=cylex-uk.co.uk

A very edited version follows:

At the outset, in Dec2012, b2b weighed 12st, 13lbs and reported lower back pain as issues. Sleep issues also reported.

As at April 2013, he reported that large stones had been released during the latest Liver flush.

July 2013: Post flush releasing stones, and interestingly during colonic treatment , there was release of major amounts of what holistic therapists describe as 'mucoid plaque'.

In his post Xmas January 2014 treatment, he reported another subjectively felt breakthrough " feeling a lot cleaner inside".

As at February 2014, b2b reported the following improvements:

- Headaches (during driving) were no longer an issue.
- Habit of scratching top of head unconsciously (and somewhat compulsively) when stressed, had reduced.
- Regularly going to bed between 10-11pm, rather than erratically, and late. Therefore sleeping better & longer
- Able to delegate workload better, therefore less stress.

- Emotional stability much improved.
- Weight now stable at 80 to 83 kgs.
- Able to eat some cheese now (evidence of stronger digestion)

Breakthrough results persisted. In his March treatment , b2b commented “ [Last session I could have skipped home... feel good today too!](#)”

b2b understands his body and psyche well and is a deep thinker with considered views about health, wellbeing, spirituality – he is fully engaged in the journey of being human.

I count it a privilege to have been invited to walk side by side with him on some of the health part of his journey.

‘Disclaimer’:

All information shared is from a holistic, not medical perspective. This case report is anecdotal in nature and no claim of clinical efficacy is made.

May   July