

OCTOBER 2015 CLIENT REVIEWS

(124) Client e mail Review (*Relevant parts Quoted in full*):

“Hi Julia, Thank you very much for all the information and our telephone conversation this afternoon, it has really made me understand more about the treatment.

As requested, please find attached the completed form, thanks”

Emma, Visited Oct 2015

(123) Client review (*quoted in full*)

“Assalamu Alaiqum Wa Rehmatullah Wa Barakatuhu = May the peace, mercy, and blessings of God be with you.

I experienced enema back in 2004, 2008 and 2010 and it has never ever been so comfortable as here in West London Colonics.

The location is very welcoming and Julia is very welcoming. In her emails and in person. She double checked in a sweet way if I was comfortable. The first session was very comfortable, I had no pain whatsoever.

I have been juice fasting and water fasting and drinking green smoothies more often since 2013. I had a relaxing massage for my belly and during the colonic Julia massaged my belly also to get things moving.

Not much came out on the table, but afterwards hell broke loose in the toilet. This could happen, Julia had already explained to me. The next day I felt energetic and I looked into the mirror and maybe it was my imagination but my belly was less bloated.

The second session 3 days later, I had herbs in the water and also coffee. To detox liver. I felt a bit of tingling all over, but we had such a lovely conversation about life and how health should not be taken for granted that I was feeling very comfortable.

I am now on my 5th day of water fasting and I feel very energetic, even though I got the flu and a bit of fever and my voice is gone. I had pain in my tailbone and back pain when we started the first session. The next day the pain was almost half. And yesterday after the session I felt so

relaxed and energetic at the same time. Today I am feeling lighter and I hope to come back again for a few session after my year abroad.”

Anonymous, visited October 2015

(122) Client e mail Review (*Relevant parts Quoted in full*):

“Hi Julia, Thank you for all your advice and info - so very helpful. As each day goes by since our appointment, I'm realising all the symptoms I have are due to this damned candida overgrowth! As you can imagine I'm so desperate to get rid of it and feel clean and healthy again.

Yesterday I began a 'cleanse' after reading a few different things on Google - of course I've lasted 24 hours and was absolutely at the mercy of my sugar cravings this morning (short of patience with my child, in tears over silly things etc etc) - I needed a breakfast - so I ended up having plain gluten free toast... Then I wanted a yogurt, and I have just had a cup of tea and a mars bar!

Now I understand the diet changes are going to be a slow but sure process for me as my poor eating habits have been controlled by my sugar cravings for years...

I ...hope to rebook a session with you before Christmas.

I am going to continue with the probiotics and get some ACV and see how I get on with home enemas whilst cutting out sugar and easing myself onto an anti-candida diet...

Again, thank you for all the info you have sent me, I am very grateful.
Warm regards”

Eustacia (not real name), Visited October 2015