



# I-ACT

International Association for Colon Hydrotherapy

Quarterly  
Winter 2019-20

**HAPPY NEW YEAR**

**from the I-ACT & NBCHT**

**Board of Directors and Staff**



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For the most recent and complete interpretation of laws, please consult an attorney.

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## I-ACT Policy Statements:

I-ACT requires the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year- maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused). Individuals that use reusable speculums and/or are not using FDA registered devices will be removed from I-ACT membership on 12/31/2018.

I-ACT recognizes the FDA classifies equipment used to instill water into the colon through a nozzle inserted into the rectum to evacuate the contents of the colon into three distinct classes; Class I (Enema Kits), Class II and Class III are (Colon Irrigation Systems). Follow the guidelines of your manufacturer, as approved by the FDA for the type of equipment (devices) you are using. Make no claims as to the use of your device other than those approved by the FDA.

The main differences between Class I and Class II devices:

The code of federal regulations CFR 876.5210 & 876.5220 describe the differences between the Class I and the Class II devices. From that regulation, a Class I device is an enema system and does not include "colonic irrigation devices". A "colon irrigation device" is a Class II device, which in part is described as: "The system is designed to allow evacuation of the contents of the colon during the administration of the colonic irrigation.

The Class I Device:

- The Class I device is defined as an enema system and may not have temperature control, temperature gauges or water purification as part of the device. Class I enema systems must be self-administered.
- Manufacturers of Class I devices are not required to have third party oversight as they need not comply with the good manufacturing practices and record keeping that are required of Class II manufacturers. Class I devices are not as heavily regulated and controlled by the FDA as Class II devices are.
- Owners of Class I devices may not market their service using the terms "colonics or colonic irrigation" in describing the scope of their practice of evacuating the contents of the lower bowel.

The Class II Device:

- The Class II Device is a "colonic irrigation device".
- Manufacturers of Class II devices are required to have third party oversight and must comply with the good manufacturing practices and record keeping that are required by the FDA. Class II devices are heavily regulated and controlled by the FDA.
- The FDA requires Class II devices to be sold and used on or at the order of a physician or health care practitioner. This may be different in each state.

Although I-ACT is not aware of any laws that preclude you from assisting an individual with an enema, I-ACT does want you to consider upgrading your equipment to the equipment that provides the greatest safeguards to the public. In this profession, that would be equipment marketed as Class II devices.

Remember that I-ACT strongly recommends that all I-ACT members use FDA registered Class II devices or devices equivalent to Class II devices regulated by the appropriate agency in your country. Only individuals using FDA registered equipment will be placed on the I-ACT Web Site. As of 12/31/2018, only individuals that use FDA registered devices may be I-ACT members. Purchase equipment at your own risk. Ensure you are in compliance with your local, state, federal and country guidelines. Ensure that equipment you purchase is cleared for use in your country.

I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/or as directed by a physician.

The policy on insertion is to require the client to insert the rectal tube or speculum; or, follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.

Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims **SHALL NOT** be used.



Dear Members,

We hope that you and yours had a great holiday season and are looking forward to fabulous and health-filled 2020.

I am always amazed at the depth of the feelings that surround me during the Christmas season.

Spending time with my husband and our family are important to my sense of well being and happiness. It is a time for me to recharge my internal batteries and prepare myself for the activities of the next year. It also gives me a chance to reflect on all of the blessings that I have received.

One of the most important blessings is the opportunity to help lead our Association and our profession. We all know and understand how important colon hydrotherapy is to the individuals that we treat. Helping us become a strong force in the alternative health care world is tremendously important. We understand that many in the medical community would prefer we were not around, but through education and professional communication, we can make inroads into the medical community and help to expand their knowledge. This is very important as we continue to work legislative issues.

Legislation isn't the only challenge we will face in 2020, we will need to find ways to increase our membership numbers. Our membership is aging, just like the "baby boomers". Many of these therapists are retiring so we will need to find ways to bring younger therapists into the profession. This is my focus for this year to plant these ideas into the fertile ground of our minds and then water these ideas with the "healing power of water" and let the seeds "Sprout" into "New Growth". This is my imagery for the decade of the 2020s.



With these thoughts in mind, this is start of the next generation of expansion for our association and our profession. We will use this for our 2020 Convention. You will see speakers to help us expand ourselves and speakers to help us expand our businesses. When you look at our business and yourself, is your business expanding? When was the last time you did something of value for yourself? Well, now is the time to take action. You should consider registering for the Convention and treat yourself to the opportunity to expand outside your comfort level.

Dr. Denise Chranowski will present a "Mindfulness" workshop. She will teach, show and inspire us to release our God-given health and life potential. Lynne McDougall will teach us about "Self Love". Cathy Agasar will teach us how to set up a "Vision Board" for ourselves and our business.

There are times in our lives when we have the opportunity to make a decision that might have a tremendous impact on our future. I believe this is one of those rare and unique opportunities. Are you ready to invest in your future, or will you let this opportunity pass you by? Ten years from now, when you look back at the start of this decade, will you wish you have chosen yourself? Will you be where you want to be? ... or will you still be struggling?

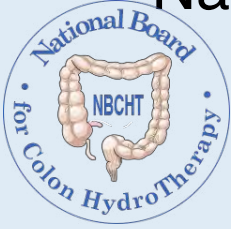
The decision is up to you. I look forward to seeing you at the 2020 Convention that will also be held in Kissimmee, Florida. Come to the convention and talk with me. Let me know what you would like us to do to help you.

As I close this letter, I want you to know how excited I am about our future. I look forward to serving you.

Thank you,

*Tiffany Jablonski*  
I-ACT President





# National Board for Colon HydroTherapy NBCHT

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*From The Desk Of:* Bekki Medsker, ND, D.Ch.  
NBCHT President

*To: All Members of NBCHT*

*2019 has come and gone, and now we are preparing for 2020. Your NBCHT Board wishes you and yours a profitable and health-filled New Year.*

*As we enter this new decade, we are seeking your help. We know the membership of I-ACT is getting older, and when they retire, the NBCHT also loses a member. Unfortunately, our membership numbers are now below 200. We are asking for your help to solicit new members to the NBCHT. If you know an I-ACT member that is at the Intermediate level or above, ask them to join and get accredited by the NBCHT.*

*The NBCHT is the credentialing arm for our profession. The NBCHT exam is used by Florida, this is the only state in the US that licenses colon hydrotherapists. The NBCHT exam is also recognized in CT and CO. The NBCHT has a policy to make this exam available to any state that is seeking legislation to help speed up the process and support the effort.*

*Remember, the National Board exam is “legally defensible in the event of a judicial action against a colon hydrotherapist”. This is a very important point that cannot be over emphasized.*

*If you are already a NBCHT member, then you know that there are new CEU requirements are in place for the NBCHT.*

- Each NBCHT Member is to get 12 CE's per year.
- Upon renewing your NBCHT Certificate, the member is to declare that they have 12 CEUs. The NBCHT will do random audits to check for proof.
- If the I-ACT convention is used for CEUs, the member must attend 12 hours of lectures at the convention.
- CEUs for medical professionals may be accepted. These types of CEUs should reflect education to such things as HIV, Hepatitis C, OSHA standards.
- Additionally, Massage, Nutritional Consulting, Reflexology, and systems training (on colon hydrotherapy devices), may also be accepted just to name a few.
- Some of these CEUs can be easily obtained on line for very reasonable rates making it within reach for everyone's budget.

*If you have any questions about your CE requirements for this year, please contact the NBCHT Office. (210-308-8288).*

*Thank you for doing your part to help us grow our Association and our Profession.*

*Sincerely,*

*Bekki Medsker*  
Bekki Medsker, ND, D.Ch.  
NBCHT President

# *Is My Avocado Ripe? How to Choose the Perfect One*

## *They should be soft, but is there more to it?*



Avocados are everywhere. They're on top of your toast, served with your eggs, blended into your smoothies, even hidden in brownies. But a lot of people are intimidated to buy avocados because they don't know how to tell if they're good. While you can knock on watermelon to see if it sounds hollow or sniff a cantaloupe to tell if they're ripe, avocados are a little more complicated. Do you smell it? Touch it? Squeeze it? If you've been asking yourself in the produce section "Is my avocado ripe?" then this guide is for you.

### Avocado Overload! Have We Gone Overboard With Avocados?

If avocados haven't made it onto your shopping list already, they probably will soon. It's no secret that this fruit is an incredibly trendy. And luckily, unlike other food trends like cake served on top of milkshakes and pizza slices bigger than your head, they're actually healthy for you too. According to The Dr. Oz Show correspondent and nutritionist, Kellyann Petrucci, avocados a great source of healthy fat and are loaded with fiber, which is good for your brain, your heart, and can even help prevent bloating.

They also are rich in vitamins as well magnesium, which, according to Well + Good, is helpful for easing stress and even helping with PMS symptoms and migraines. But did you know that if you look for certain qualities in your avocado, you can actually get a better taste and nutritional value? Learn the best tips and tricks to ensure you're picking out the perfect avocado everytime.

## *Does It Matter If an Avocado is Bumpy or Smooth?*

Believe it or not, Petrucci says the answer is yes. While there are many different types of avocados out there, she says California avocados are usually bumpy and have dark skin, while Florida avocados are smooth and have a greener skin. According to Petrucci, smooth avocados have about 24 grams of fat, while bumpy avocados can have up to 38.5 grams of fat — that's why greener avocados are sometimes marketed as "lite" avocados in the supermarket.

While having the healthy fats avocados provide is beneficial, you don't want to have too much of a good thing. You should be eating avocados in moderation. The Cleveland Clinic advises not using all your healthy fats points in the day on an avocado. In fact, the actual serving size recommended by the FDA is smaller than you may think: 1/3 of a medium-sized avocado. So you might want to stick to the smooth ones to save yourself some fat and calories, or at least be mindful of portion sizes with bumpy ones.

How to Tell Whether an Avocado is Ripe or Not

If an avocado isn't ripe it can ruin your whole meal. No one wants to eat a hard, mealy, or slightly slimy slice. Petrucci says there are a couple of crucial tips to keep in mind when looking for a ripe avocado. First, you should feel the avocado, but whatever you do, do not squeeze it. It's important to be able to feel whether it's soft, but if you squeeze the avocado you can damage it. According to ABC News, squeezing an avocado can also leave brown and bruised flesh under the skin, which won't be pleasant when you slice it open later. Of course, you should avoid always avocados with noticeable blemishes.

Do the "Stem Test"

# The Way I Saw It...

## Annual CHIC Meeting 2019 – York, England

Reported by  
Mark Buse

The 5th Annual CHIC Meeting was again held in the historic and majestic city of York, England. Participation included other English associations along with three I-ACT board members; Cathy Agasar, Beverley Blass and myself. The meeting was an exciting, energizing and a superb event for professional-enhancement.



The warm reception to our I-ACT representatives imparted us with a sincere sense of unity among colon health professionals and the continued commitment to work together to enhance the profession while also identifying ways of increasing membership through association.

All three of the I-ACT representatives spent most of their time working closely with the CHIC board of directors committing to enhance the alliance to benefit all participating organizations.

Our representatives departed with a renewed sense of optimism in the future of colon hydrotherapy.



**MARK BUSE,**  
BSc, CT

- I-ACT Board Member – Vice President
- Nationally Board-certified – Instructor
- His experience spans over 25 years of equipment expertise, training in a wide genre of hydrotherapy protocols and devices.
- Founder/CEO of 3 wellness centers in Texas

### Workshop Presenters Included:

#### ➤ Edward Joy – Let's Talk Mucous!

Edward is a popular speaker and this year enhanced our knowledge about mucous – something we often discuss during our colonic treatments but what exactly do we really know?

#### ➤ Sarah Breslin – Build Your Business to Support Your Best Self

A colon hydrotherapist and RICTAT trainer, Sarah also coaches and lectures on creating a successful practice and self-care. Her emphasis was on, “When was the last time you did a health check on yourself and/or your business?”

#### ➤ Kelly Hopley – The Endocannabinoid System

Kelly explored the popularity of CDB products in the form of oils, creams and confectionary and how it's reached an all-time high. She also discussed its effectiveness and how they work in the body and an overview of conditions successfully treated with this amazing plant and how they can play a role in therapy of the colon.

#### ➤ Lynne McDougall – Helping You Help Others, By Looking After Yourself

Lynne conducted a workshop focusing on ways to enhance your own health and well-being – taking care of the care-givers.

#### ➤ Cathy Agasar – Finding the Real You

Cathy's entire adult life lead to her current health journey yet she didn't understand what that meant until she purchased a holistic spa. She shared how applying what she learned in her own life, and that of her clients, and the positive effects achieved.

In closing, we look forward to the 6th annual meeting in 2020 and further expanding the frontier of colon hydrotherapy for the next decade.





# 2019 C.H.I.C. York, England



Petrucchi says a fail-proof way to tell whether an avocado is ripe or not is to do the “stem test.” First, take the stem out of the avocado and observe. Did it come out easily and have green underneath of it? If it did, that means your avocado is ripe and ready to eat. If that’s not the case, put the avocado back down and select another one to buy. While you shouldn’t do this at the grocery store and take all the stems off of avocados, it’s a great way to test if the avocados you bought a few days ago are good to eat.

#### What About Avocado Products?

Avocado-based products are starting to populate the shelves at the supermarket, but are any of them good for you? Petrucchi swears by avocado oil and avocado mayo, which she says typically have fewer calories than regular oil and mayo. However, she says to be careful when you’re shopping because not all avocado-based products are better for you. Avocado chips, for example, can have almost 25 percent more salt than a regular bag of chips, so it’s always a good rule of thumb to check the nutrition label before purchasing.

*Article written by Madeline Merinuk for the Dr Oz Show*

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## ***14 Healthy Foods That Are High in Potassium***

If you buy something through a link on this page, we may earn a small commission. How this works.

Potassium is an essential mineral that the body requires for a variety of processes. Since the body can’t produce potassium, it has to come from food.

Unfortunately, the majority of Americans don’t get enough potassium from their diets.

A national survey found that only 3% of Americans meet the recommendation for potassium intake. This is largely due to a lack of fruits and vegetables in the typical Western diet (1Trusted Source).

In the US, the recommended daily intake (RDI) for potassium is 4,700 mg. This level is higher than those set by most other countries but has proven to be beneficial (2Trusted Source).

Getting enough potassium is essential for bone and heart health. It is especially important for people with high blood pressure and may decrease heart disease and stroke risk (1Trusted Source).

Here are 14 of the foods highest in potassium.

1. White Beans *contains 829 mg of potassium in one cup (179 grams), or 18% of the RDI.*
2. Potatoes & Sweet Potatoes, *a large baked potato provides 34% of the RDI, & a large sweet potato provides 18%.*
3. Beets, *contains 11% of the RDI per cup (170 grams)*
4. Parsnips, *provides 12% of the RDI per cup (156 grams). They also contain vitamin C, folate and soluble fiber.*
5. Spinach, *One cup (180 grams) provides 18% of the RDI.*
6. Swiss Chard, *contains 21% of the RDI for potassium in one cup (175 grams).*
7. Tomato Sauce, *One cup (244 grams) of tomato sauce provides 17% of the RDI for potassium.*
8. Oranges & Orange Juice, *Oranges are rich in potassium, with one cup of juice providing 11% of the RDI*
9. Bananas, *One medium banana provides 12% of the RDI.*
10. Avocados, *One avocado provides 20% of the RDI for potassium, also heart-healthy fats, fiber & antioxidants.*
11. Yogurt, *One cup (245 grams) of yogurt provides 11% of the RDI for potassium*
12. Clams, *A 100-gram (3.5-ounce) serving of clams provides 18% of the RDI for potassium & has selenium, iron and B12*
13. Salmon, *A half of a filet of salmon (178 grams) contains 15% of the RDI for potassium & high-quality protein, vitamins and omega-3 fats.*
14. Coconut Water, *is full of electrolytes, which are important for hydration and maintaining the body’s pH balance. One cup (240 grams) of coconut water contains 13% of the RDI for potassium.*



# ***High Fiber Foods for Gut Health***

*by Brenda Watson*

You've heard the advice "Eat more fiber." And I'm sure you've noticed the terms "high fiber" and "good source of fiber" on food labels everywhere. You probably know that fiber "helps you poop" when your bowels are sluggish.

You might have even heard that fiber is good for your heart—but did you know that a high fiber diet has been found helpful in reducing the risk and/or severity of many other conditions?

Fiber has been shown to reduce the risk of developing the following conditions:

Stroke, Type 2 diabetes, Colorectal cancer

## **The How and Why of Dietary Fiber**

### **Fiber Adds Bulk**

There are two types of fiber: soluble and insoluble. Soluble fiber acts like a sponge and helps soak up waste and toxins in the digestive tract, while insoluble fiber helps to "scrub" the colon free of debris and promote healthy elimination. Soluble fiber expands when it takes on water, which bulks up the stool as it passes through the digestive tract. And insoluble fiber remains intact throughout the entire digestive system, helping stool to maintain its form. When the stool is "bulky," it is more easily passed through the intestines, helping to keep bowel movements regular.

### **Fiber Gets You Moving**

When well-formed stool passes more easily through the digestive tract, it actually moves more quickly than without it. This shortened transit time is thought to contribute to the protective effects of fiber since carcinogenic compounds in stool are passed out of the body more quickly (instead of hanging out in the colon, damaging the intestinal lining).

Research supported benefits of increased dietary fiber:

- Reduction in asthma symptoms
- Decreased belly fat
- Increased ability to fight bacterial infections
- Reduction of GERD and heartburn
- Evidence of delayed brain aging

### **Fiber Boosts Protective Gut Bacteria**

Perhaps one of the most amazing benefits of dietary fiber is how research has shown us that it supports a healthy microbiome. Your microbiome is the family of bacteria and microbes that reside in your digestive system. Beneficial bacteria known as probiotics in the digestive tract interact with soluble fiber (fermentation) as it passes through the intestines, producing a number of short-chain fatty acids (SCFAs). Essentially, fiber is food for probiotics!

One SCFA that is particularly well researched, butyrate, is widely known to inhibit colorectal tumor growth. Butyrate provides fuel for the cells of your gut lining, supports immune system functions of the colon wall and protects against certain diseases of the digestive tract.

There are additional SCFAs that assist in other important functions (to be covered in a future blog). The important point here is – probiotics require adequate amounts of dietary fiber to create SCFAs. SCFAs then perform their jobs to keep your digestive tract, along with the rest of your body, healthy and at top function.

## High Fiber Foods vs Low Fiber Foods

You may think that you're getting plenty of fiber, but sadly, you may not be.

Track your fiber intake for a few days. Foods with labels will have fiber amounts noted. For unpackaged fruits and vegetables, you can Google "fiber content [food]". The fiber content will be listed in grams. Create a goal of 35 grams per day, with no less than 25 grams daily.

Truth is, we could all use more fiber in our diets, but with so many different high fiber foods, it's hard to know where to start. Here's an interesting list of 22 high fiber foods that may spark your creativity. Most fruits and vegetables contain a blend of soluble and insoluble fiber and are the healthiest way to increase your fiber intake. Consuming five to ten servings of low-sugar fruits and non-starchy vegetables will help get you to your goal of 35 grams daily (what I've been recommending for years). You can add legumes, nuts, and certain non-gluten grains (in moderation!), but let the fruits and vegetables make up most of your fiber intake.

My favorite trick to pack a lot of fiber into one serving is to make a blended green drink. It's the perfect way to enjoy your veggies. You can include seasonal (or frozen) fruits to spike up the enjoyment. Adding a high fiber protein powder can transform your blended drink into a quick and filling meal. And the bonus is, you're supporting your microbiome too!

See what you can do to up your fiber intake to 35 grams each day. Your entire body, and especially your colon, will thank you.

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## DON'T DRINK YOUR SUGAR

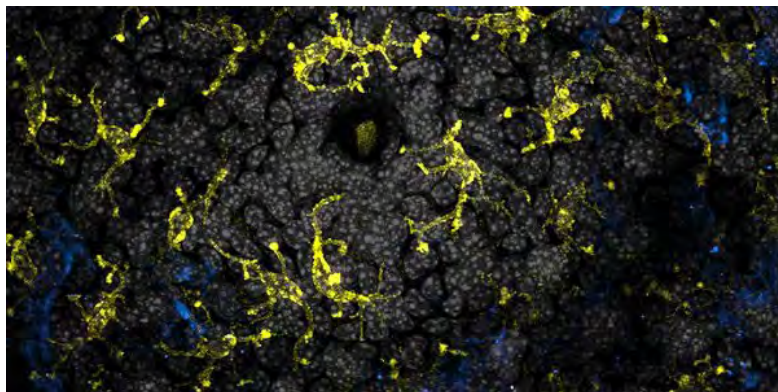
That soda at lunch or OJ at breakfast could take a serious toll on your health. Researchers tracked 13,440 adults over 45 for six years. Those who drank more sugary beverages were more likely to die for any reason during the study than those who drank less.

In fact, for each additional 12-oz sugar sweetened, not-juice beverage that people drank per day, their risk of death went up by 10%. Fruit juice, which packs a lot of sugar was even worse. Each 12-oz serving came with 24% greater odds of death.

*source: JAMA*

# *The Microbiome*

Picture a bustling city on a weekday morning, the sidewalks flooded with people rushing to get to work or to appointments. Now imagine this at a microscopic level and you have an idea of what the microbiome looks like inside our bodies, consisting of trillions of microorganisms (also called microbiota or microbes) of thousands of different species. These include not only bacteria but fungi, parasites, and viruses. In a healthy person, these “bugs” coexist peacefully, with the largest numbers found in the small and large intestines but also throughout the body. The microbiome is even labeled a supporting organ because it plays so many key roles in promoting the smooth daily operations of the human body.



Each person has an entirely unique network of microbiota that is originally determined by one’s DNA. A person is first exposed to microorganisms as an infant, during delivery in the birth canal and through the mother’s breast milk. Exactly which microorganisms the infant is exposed to depends solely on the species found in the mother. Later on, environmental exposures and diet can change one’s microbiome to be either beneficial to health or place one at greater risk for disease.

The microbiome consists of microbes that are both helpful and potentially harmful. Most are symbiotic (where both the human body and microbiota benefit) and some, in smaller numbers, are pathogenic (promoting disease). In a healthy body, pathogenic and symbiotic microbiota coexist without problems. But if there is a disturbance in that balance—brought on by infectious illnesses, certain diets, or the prolonged use of antibiotics or other bacteria-destroying medications—dysbiosis occurs, stopping these normal interactions. As a result, the body may become more susceptible to disease.

## *How microbiota benefit the body*

Microbiota stimulate the immune system, break down potentially toxic food compounds, and synthesize certain vitamins and amino acids, including the B vitamins and vitamin K. For example, the key enzymes needed to form vitamin B12 are only found in bacteria, not in plants and animals.

Sugars like table sugar and lactose (milk sugar) are quickly absorbed in the upper part of the small intestine, but more complex carbohydrates like starches and fibers are not as easily digested and may travel lower to the large intestine. There, the microbiota help to break down these compounds with their digestive enzymes. The fermentation of indigestible fibers causes the production of short chain fatty acids (SCFA) that can be used by the body as a nutrient source but also play an important role in muscle function and possibly the prevention of chronic diseases, including certain cancers and bowel disorders. Clinical studies have shown that SCFA may be useful in the treatment of ulcerative colitis, Crohn’s disease, and antibiotic-associated diarrhea.

The microbiota of a healthy person will also provide protection from pathogenic organisms that enter the body such as through drinking or eating contaminated water or food.

Large families of bacteria found in the human gut include Prevotella, Ruminococcus, Bacteroides, and Firmicutes. [4] In the colon, a low oxygen environment, you will find the anaerobic bacteria Peptostreptococcus, Bifidobacterium, Lactobacillus, and Clostridium. These microbes are believed to prevent the overgrowth of harmful bacteria by competing for nutrients and attachment sites to the mucus membranes of the gut, a major site of immune activity and production of antimicrobial proteins.



## *The role of probiotics*

If microbiota are so vital to our health, how can we ensure that we have enough or the right types? You may be familiar with probiotics or perhaps already using them. These are either foods that naturally contain microbiota, or supplement pills that contain live active bacteria—advertised to promote digestive health. Probiotic supplement sales exceeded \$35 billion in 2015, with a projected increase to \$65 billion by 2024. Whether you believe the health claims or think they are yet another snake oil scam, they make up a multi-billion dollar industry that is evolving in tandem with quickly emerging research.



Dr. Allan Walker, Professor of Nutrition at the Harvard Chan School of Public Health and Harvard Medical School, believes that although published research is conflicting, there are specific situations where probiotic supplements may be helpful. “Probiotics can be most effective at both ends of the age spectrum, because that’s when your microbes aren’t as robust as they normally are,” Walker explains. “You can influence this huge bacterial colonization process more effectively with probiotics during these periods.” He also notes situations of stress to the body where probiotics may be helpful, such as reducing severity of diarrhea after exposure to pathogens, or replenishing normal bacteria in the intestine after a patient uses antibiotics. Still, Walker emphasizes that “these are all circumstances where there’s a disruption of balance within the intestine. If you’re dealing with a healthy adult or older child who isn’t on antibiotics, I don’t think giving a probiotic is going to be that effective in generally helping their health.”

Because probiotics fall under the category of supplements and not food, they are not regulated by the Food and Drug Administration in the U.S. This means that unless the supplement company voluntarily discloses information on quality, such as carrying the USP (U.S. Pharmacopeial Convention) seal that provides standards for quality and purity, a probiotic pill may not contain the amounts listed on the label or even guarantee that the bacteria are alive and active at the time of use.

## *Can diet affect one’s microbiota?*

In addition to family genes, environment, and medication use, diet plays a large role in determining what kinds of microbiota live in the colon. All of these factors create a unique microbiome from person to person. A high-fiber diet in particular affects the type and amount of microbiota in the intestines. Dietary fiber can only be broken down and fermented by enzymes from microbiota living in the colon. Short chain fatty acids (SCFA) are released as a result of fermentation. This lowers the pH of the colon, which in turn determines the type of microbiota present that would survive in this acidic environment. The lower pH limits the growth of some harmful bacteria like *Clostridium difficile*. Growing research on SCFA explores their wide-ranging effects on health, including stimulating immune cell activity and maintaining normal blood levels of glucose and cholesterol.



Asparagus in Grocery Store Foods that support increased levels of SCFA are indigestible carbohydrates and fibers such as inulin, resistant starches, gums, pectins, and fructooligosaccharides. These fibers are sometimes called prebiotics because they feed our beneficial microbiota. Although there are supplements containing prebiotic fibers, there are many healthful foods naturally containing prebiotics. The highest amounts are found in raw versions of the following: garlic, onions, leeks, asparagus, Jerusalem artichokes, dandelion greens, bananas, and seaweed. In general, fruits, vegetables, beans, and whole grains like wheat, oats, and barley are all good sources of prebiotic fibers.

Be aware that a high intake of prebiotic foods, especially if introduced suddenly, can increase gas production,

(flatulence) and bloating. Individuals with gastrointestinal sensitivities such as irritable bowel syndrome should introduce these foods in small amounts to first assess tolerance. With continued use, tolerance may improve with fewer side effects.

If one does not have food sensitivities, it is important to gradually implement a high-fiber diet because a low-fiber diet may not only reduce the amount of beneficial microbiota, but increase the growth of pathogenic bacteria that thrive in a lower acidic environment.

Probiotic foods contain beneficial live microbiota that may further alter one’s microbiome. These include fermented foods like kefir, yogurt with live active cultures, pickled vegetables, tempeh, kombucha tea, kimchi, miso, and sauerkraut.

Article from [www.hsph.harvard.edu/nutritionsource/microbiome/](http://www.hsph.harvard.edu/nutritionsource/microbiome/)

## Spicy Grilled Salmon with Avocado Salsa

★★★★★  
5 from 1 vote

This Spicy Grilled Salmon has an easy to make, sweet/spicy rub that everyone will love! Topped with Avocado Salsa, this dinner is sure to please!

Prep Time 15 mins	Cook Time 10 mins	Total Time 25 mins
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Course: Dinner    Servings: 4 salmon fillets (about 1.5 pounds total)    Author: [Jenn](#)

### Ingredients

- 1 1/2 pounds fresh salmon fillets about 4 fillets

#### Spicy Salmon Rub:

- 1 Tbsp. brown sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 tsp. paprika
- 1/4 tsp. cayenne more or less depending on spice preference
- 1/4 tsp. garlic powder
- olive oil as needed

#### Avocado Salsa:

- 2 California Avocados diced
- 2 roma tomatoes diced
- 1/4 cup shallot finely diced
- 1/4 cup cilantro finely chopped
- Juice from 1/2 lime
- 1/4 tsp. garlic powder
- fresh cracked pepper & salt to taste



### Instructions

1. Preheat grill to medium-high heat.
2. Place salmon fillets on a plate. In a small bowl, mix together all of the rub ingredients, except the olive oil. Pat rub onto the fillets, coating each side as much as possible. Drizzle salmon with olive oil.
3. Take a paper towel and pour some olive oil on it. Using tongs, rub the oil covered paper towel onto the grill where the salmon will go.
4. Place salmon skin side UP on the grill. Close lid to the grill. Let cook for about 5 minutes and then flip over. Salmon is ready to be flipped when it easily comes off the grill. Close lid and let cook for another couple minutes until cooked through and easily flakes with a fork. Take off grill and let rest for a few minutes.
5. Combine all the ingredients for the avocado salsa in a medium sized bowl. When salmon is ready, top with avocado salsa, serve and enjoy!

# ***Why Science Can't Seem to Tell Us How to Eat Right***

*By Theresa Tamkins*

*WebMD.com August 2019*



Eggs once fell from grace, going from the sunny breakfast staple of choice to a hard pass if you wanted to avoid heart attacks. Then, like all disgraced celebrities, they seemed to make a comeback in the 2015 Dietary Guidelines for Americans. Health experts said we could stop worrying about the cholesterol or eating too many eggs. (Brunch never looked so fantastic.)

Then, earlier this year, a study seemed to say, “Hold up!” -- cholesterol in your diet and eating eggs were linked to a higher heart risk.

Instead of screams of frustration, though, the news was met with a collective sigh of boredom. Because, to be honest, there’s a long list of foods, diets, and ingredients -- coconut oil, butter, avocados, low-fat foods, salt, nuts, saturated fat, and sugar -- that seem to have gone through the same good guy-bad guy cycle.

It’s understandable if you yawned, looked at your fitness-tracker watch, and asked, “Remind me, where are we in the cycle on this one?” just before digging into your plate of scrambled eggs. So who is to blame for the average person’s jaded palate when it comes to foods that supposedly are or are not “healthy”?

Like many things food-related, it depends on whom you ask. Some blame the science, which, you might have guessed, has some problems. (More on that later.) Others say it’s the media. And people who stand to profit -- namely, the food industry as well as nutrition “gurus” hawking diet books and products -- also add to the messages.

## ***Here’s Why It’s Kind of Your Fault, Too***

Americans have a glorious variety when it comes to living life, eating different foods, cooking them in different ways, and making thousands of decisions every day. These can all affect the long-term risk of things like heart disease and diabetes, which makes it pretty hard to study the connection between diet and chronic disease.

But scientists, always up for a challenge, do it anyway. For decades, the Dietary Guidelines for Americans and other advisory groups have relied on observational research, which includes studies that look at what people in the real world eat and how they fare health-wise. In those studies, people filled out questionnaires about how often they ate certain foods in the past year. For example, NHANES, or the National Health and Nutrition Examination Survey, has been conducted since the 1960s and contains more than 100 questions, such as “How often did you drink coffee?” or “How often did you eat mixed vegetables?” Answers include “never” and “two to three times per month.”

But some critics say this type of research is unreliable to the point of being useless -- people barely remember what they ate for breakfast, much less how many times a week they ate broccoli last January. Plus, people tend to fudge a bit to make themselves look better.



In his research published in 2013 and 2015, Edward Archer, PhD, analyzed more than 60,000 people in the NHANES databases. He found that the number of calories people said they ate were not enough to actually keep them alive.

“The dietary data that food frequency questionnaires collect is physiologically implausible, about 65% to 85%, meaning it cannot be right,” says Archer, who did the research at the University of Alabama at Birmingham and is now the chief science officer at EnduringFX, a company that analyzes data from wearable devices.

“We have this data that is just ridiculous. If people can’t survive on it, why is the dietary guidelines advisory committee using it as a baseline for our dietary guidelines?” he asks. “Everyone agrees that NHANES is a joke, but the federal government continues to use it.” (Archer’s early studies as a graduate student took place in a lab where his research assistant salary was funded by Coca-Cola, but he says he has been self-funded since 2016.)

John Ioannidis, MD, a professor at Stanford University, has argued for years that the vast majority of nutrition research is flawed to the point of being false. He says results from observational studies are often not confirmed in placebo-controlled, randomized trials, which are the gold standard when it comes to finding out if something is scientifically sound. He also says researchers cherry-pick data to support their own biases; there are too many small, low-quality trials published; and a lot of nutrition-related research is compromised by strong financial ties to the food industry.

What’s more, many one-ingredient claims -- like a study that seems to suggest that one hazelnut a day will increase your lifespan by a year -- just don’t sound credible. “I love hazelnuts, and I do recommend that you eat more of them, but I don’t do it because I expect to live 120 years if I eat that many hazelnuts every day,” he said at a conference in 2018.

In a statement, the U.S. Department of Agriculture, which publishes the Dietary Guidelines, says it includes “study designs that offer the strongest evidence for establishing a relationship between diet and health.”

“When it comes to minimizing public confusion, we encourage the public to not read too much into individual studies and not to change their eating behaviors based on one study,” a USDA spokesperson said. “Instead, we encourage the public to follow the key recommendations of the Dietary Guidelines since they are based on the body of scientific evidence over time and are a reliable source for consumers and practitioners.”

### ***So, What Does Science Really Know About Food?***

Not all of the recommendations for healthy eating rely on observational studies, and scientists take a variety of studies into account when coming up with general guidelines, says Bonnie F. Liebman, director of nutrition at the Center for Science in the Public Interest in Washington, D.C. “The dietary guides are based on a combination of those observational studies and randomized controlled trials,” she says.

In randomized trials, scientists assign people to one group or another and follow them for a specific period of time to see which treatment (or food) is better for you. These types of trials are hard to do for food -- you can’t ask people to eat only, say, hot dogs for weeks, months, or years at time. But some research does look at whether some eating habits are linked to lower blood pressure, cholesterol, or other things that are associated with chronic disease. These are considered acceptable in cases where you can’t follow people over a lifetime.

“Some critics don’t really understand the science or have misinterpreted the science. But if you rely on the American Heart Association, the World Health Organization, the American Cancer Society, you’ll find a pretty consistent message,” Liebman says.

Marion Nestle, a retired professor of nutrition, food studies, and public health at New York University, says the dietary

advice hasn't changed all that much in decades. "Eat vegetables; don't eat too much salt, sugar, and saturated fat; watch your body weight; and don't eat too much junk food. I mean, that hasn't changed since 1960," she says. "What seems to change is research about individual nutrients and individual foods, but that's not how people eat."

News stories about this research may not disclose the funding source, size, or quality of the study, or explain how it fits in with other research. And some journalists may rely on university or medical journal news releases that overhype or don't tell the whole story about a study's findings, Liebman and Nestle say.

Liebman says conflicting headlines take attention away from our constant exposure to "a toxic food environment." Eating habits are more heavily influenced by the 24/7 exposure to unhealthy food at malls, gas stations, and fast-food restaurants, she says, than any federal government guidelines.

Industry-funded research is a problem and has been for decades, says Nestle, who has written multiple books on the subject, including one called *Unsavory Truth*. It "almost invariably comes out with results that the funder can use in marketing or in stating that their products are harmless or healthy," she says.

"I get letters all the time from the yogurt industry, the grape industry, the pecan industry. You name the food, and they send out letters saying we have \$30,000 to \$50,000 -- usually that's the range -- and we are looking for studies that will demonstrate the benefits of our products," says Nestle. "This isn't basic science."

For example, a 2016 analysis of historical documents found that the sugar industry, specifically a group called the Sugar Research Foundation, paid for research in the 1960s and 1970s that emphasized fat over sugar as the cause of heart disease. And a 2015 study of 14 overweight, postmenopausal women suggesting that a cheese- and meat-heavy diet was better for HDL, or "good" cholesterol, than a low-fat, high-carbohydrate diet was funded by dairy industry groups.

But P. Courtney Gainey, PhD, president and CEO of The Sugar Association in Washington, D.C., says that while there might be a "few bad apples that spoil the bunch," food nutrition research is getting more, not less, transparent about funding.

"Industry scientists want the population to be healthy, too, and there are a lot of really good scientists," she says. "I think people should not throw the baby out with the bathwater -- if it's a good study, it's a good study."

"Industry-funded research for a variety of well-known reasons has gotten a bad rap," says Marc Dresner, manager of marketing and communications at the American Egg Board. "All of the research that is conducted with funding from us is conducted by top institutions, universities, around the country, and we feel that the quality of the research that we have funded is second to none."

### ***Cut Through the Noise***

Nestle recommends that people "be skeptical" when it comes to new studies or findings. "If they see studies that say it's a breakthrough, it's a miracle, it will cure more than one disease, it will take care of everything that ails you, you should be really suspicious," she says. "Especially if it says everything you thought you knew about nutrition is wrong. That's not how science works."

As for those eggs, Nestle says it "makes no sense" to call a food good or bad, and it's all about the context and your overall diet. In fact, it might be better to focus on what we know are healthy eating patterns, rather than a specific food.

As for that new study about eggs that sent some people into a tailspin? The study was large, well-conducted, and funded by the American Heart Association, the National Institutes of Health, and other non-food industry sources and was published in JAMA, a respected medical journal. But it was also observational -- meaning it couldn't tell for sure if eggs were the cause of heart trouble, only that they were linked to it. "That may have nothing whatsoever to do with eggs and everything to do with what kind of lifestyle people have who typically report eating eggs," Nestle says.

Some randomized trials have indeed found that eating more eggs can raise LDL or "bad" cholesterol in the blood to some degree, with more -- as in three or four eggs a day -- being worse than one or fewer per day, but the effect can also vary from person to person. And the 2015 Dietary Guidelines for Americans did not give dietary cholesterol a free pass, which is a message that may have been lost if you were reading only the headlines. The guidelines say it's important to "eat as little dietary cholesterol as possible while consuming a healthy eating pattern."

"You are not going to die if you eat an egg," Nestle says. "For a lot of people, eating a lot of eggs is going to raise their blood cholesterol and raise their heart disease risk, and that's not going to be good ... but that doesn't mean you can't eat eggs."

One finding in nutrition research that does seem certain: It's a good idea to eat veggies. "People who eat vegetables are healthier than people who don't. There's incontrovertible evidence for that," she says.

- 54%: Percentage of Americans who say people in the U.S. pay more attention to eating healthy foods today, compared to 20 years ago
- 25%: Percentage of Americans who say they feel overwhelmed by the inconsistent findings in food research studies
- 73%: Percentage of Americans who say they are very or fairly focused on healthy eating
- 59%: Percentage who say that conflicting information makes them doubt the choices they make
- 80%: Percentage of Americans who say there is a lot of conflicting information about what foods they should eat or avoid
- 87%: Percentage of Americans who eat less than the recommended amount of vegetables daily
- 70%: Percentage who eat more than the recommend amount of added sugars daily



## ***Why Is Intermittent Fasting Good For You? A New Study Shows Impressive Health Gains***

***The health benefits may go beyond just weight loss.***

Why is everyone talking about intermittent fasting? Because it's easy. It's also a key part of a lifestyle plan, which aims to lower your risk of heart disease, diabetes, and stroke by 20%. But why is intermittent fasting good for you? Beyond just helping your body burn fat faster, a new study shows potentially huge health gains that go beyond the scale.

For the purposes of this latest review, published in *The New England Journal of Medicine* in Dec. 2019, authors Mark Mattson and Rafael de Cabo focused on time restricted eating (consuming all your calories within 6-8 hours and fasting for 14-16 hours per day), as well as what's referred to as 5:2 fasting (fasting two days per week, capping the amount of calories consumed on a fasting day at about 500). Both approaches seem to have similar benefits. But a new review of studies published in *The New England Journal of Medicine* appears to support the hypothesis that intermittent fasting can help lower blood pressure and aid in weight loss. Additionally, intermittent fasting is typically practiced by a culture known for their longevity and, in animal studies, intermittent fasting has shown efficacy reducing degenerative brain diseases.

Mattson suggests that intermittent fasting can improve overall cellular health, possibly by sparking something called “metabolic switching.” Metabolic switching means that cells make the jump from using sugar for energy (which comes from the liver) to using ketones for energy (which come from fat cells). But the most intriguing part of this study is Mattson and de Cabo's suggestion that intermittent fasting may improve insulin resistance and help adherents maintain a more balanced blood sugar throughout the day, which could be hugely beneficial to individuals with certain metabolic issues and Type 2 diabetes (formerly known as adult-onset diabetes).

An encouraging 2018 case report out of Toronto, Canada showed that men with Type 2 diabetes were able to reduce their reliance on insulin after fasting for several days each week. However, it's crucial to note that the case report included only three men — an extremely small sample size.

If you don't suffer from diabetes or certain other metabolic conditions, that doesn't mean intermittent fasting can't improve your health as well. Several markers of cardiovascular health — like blood pressure and resting heart rate — got better when individuals practiced this technique.

There may be mental health benefits, too. Researchers saw improvements in cognitive performance in animals that participated in various studies, like positive changes in spatial and working memory. Additionally, one study in elderly humans saw improvements in verbal memory. In the study, 29 women with a median age of around 60 increased their verbal memory scores by an average of 20% after following a calorie restricted diet for three months. All of this taken together means that it's possible that intermittent fasting may improve your health now, and lengthen your life overall — and that it could improve the quality of that longer life, too.

A note of caution: While there are some promising results, it's also undeniable that researchers still aren't 100% clear on whether the practice of fasting — or the weight loss people tend to experience after following this eating schedule — are the cause of these benefits. There also hasn't been enough research comparing the differences between the two main types of fasting schedules (time restricted eating and 5:2 fasting), so there's no way of knowing right now if one type better promotes certain outcomes than the other.

The majority of the research we have access to today has been done on animals and rodents, so more studies still need to be conducted on humans to get a better understanding of how intermittent fasting affects all aspects of human health, especially in the long-term. However, this most recent review is still promising, and supports healthy lifestyle plans which incorporate intermittent fasting as a regular, (almost) daily practice.

*Article written by Lauren Haslett*

## 14 SIGNS OF *Nightshade* SENSITIVITY (AND WHAT TO DO ABOUT IT)



They can have health benefits, but for people with nightshade sensitivity, they come with an unpleasant set of side effects that can range from digestive problems to inflammatory issues.

So what are nightshades, and do you need to avoid them?

Nightshades are a family of vegetables referred to scientifically as Solanaceae. They include common vegetables like peppers, white potatoes, eggplants, tomatoes, tomatillos, goji berries, okra, and even ashwagandha, the herb that is so popular for its stress-relieving properties.

Several common herbs and spices, such as chili pepper, paprika, cayenne, and red pepper flakes, also fall into the nightshade family. Black and white pepper are from peppercorns (a fruit), which are not nightshades.

Nightshades contain numerous beneficial nutrients, like vitamin C, antioxidants, B vitamins, and minerals. So why would they be considered problematic?.

### ***When Are Nightshades a Problem?***

Nightshades are gaining a reputation for being problematic for certain health tendencies, such as inflammation, arthritis, or diabetes. This comes down to the presence of another nutrient found in nightshades, known as alkaloids, which contain nitrogen. In nature, the presence of alkaloids in nightshades serves as a natural insect repellent to prevent the plant from being destroyed. When these anti-nutrients are consumed, they are assumed to also cause problems with a person's digestive system, leading to inflammatory problems, intestinal disorders, and digestive upset. Some people have nightshade sensitivity, which can lead to inflammatory problems and digestive upset.

Leaky gut, a problem in which the barrier function of the small intestine stops working effectively, can also be caused or worsened by the presence of nightshades, thus worsening chronic conditions. In some cases, eating these foods can also worsen existing symptoms of conditions like arthritis, thanks to alterations in the body's gut bacteria. They can also play a role in the intestinal problems that are associated with celiac disease.

Beyond digestive and inflammatory problems, people can develop allergies to certain nightshades that can involve itching, swelling, hives, and even difficulty breathing.

### ***14 Signs and Symptoms of Nightshade Sensitivity***

While not every symptom of problems with nightshades will be obvious, some are more common than others.

Irritable bowels	Acid reflux
Diarrhea	Heartburn
Heartburn	Itching
Nerve problems	Leaky gut
Joint pain	Autoimmunity or chronic conditions
Arthritis	Trouble breathing (rare, but serious)
Swelling in the joints	Mouth swelling (rare, but serious)

While it can be hard to specifically diagnose some aspects of nightshade problems, they are best found when eliminating all nightshades from the diet for at least 30 days to determine if symptoms improve. Adding them back in, one at a time, can help to identify if one nightshade is a problem, or if the whole category causes symptoms to return. To diagnose a nightshade sensitivity, eliminate all of these veggies from the diet for 30 days.

## ***Five Tips for Getting Your Emails Opened More Often***

It has become increasingly obvious that people are turning more to forms of electronic communication to reach their target audience than ever before. It is also increasingly apparent that inbox crowdedness and competition for eyeballs is at an all time high. Personally, I get anxious when my inbox has more than 100 items in it (and these days it's usually more than 250). I wonder about the amount of time I spend each week taking care of email and trying to sift through the numerous advertisements I receive about this product or that sale. It's truly at an all-time overload proportion in terms of how it affects my ability to run my business.

This same level of overload is probably true for the people that are on my Spa's email list, which in turn is a pretty compelling reason to make sure that the content we send out is valuable to enough to ensure people open the emails sent. We've spent the past 16 months analyzing our email campaigns to find out what draws our clients to open the emails we send. While we've not found any one thing that ensures a high open rate, we do believe that Constant Contact, our email service, does have five tips for getting your emails opened more often.

1. Segment your mailing list and send more targeted emails. When it comes to email lists, quantity is not always quality. Larger lists tend to have lower open rates because it becomes difficult to please everyone, and those who aren't interested just won't open your messages. The better you know your list members and their interests – and the more you cater your emails to them – the higher your open rates will be.

When it comes to list segmentation, there are two things to keep in mind. First, spend some time reviewing your email list and weed through it carefully. If a client hasn't been in to see you in five years, are they still getting your message? Remember the quality vs. quantity.

Second, analyze your email list and determine how you might break it up into smaller, more targeted lists. For example, if you offer only colon hydrotherapy, maybe you want to segment your list based on visit frequency. If you offer services beyond colon hydrotherapy, maybe you want to segment the list by services. Just keep in mind that when you receive an email about something you are truly interested in and that is relevant to you, you are more likely to open it.

2. Improve your subject line. Simply stated, a good subject line will get an email opened. Lead with the benefit so the receiver knows what's in it for them. Make it interesting and try to pique the reader's curiosity. You want to compel the reader to open the email to find out more.

Remember that your audience is extremely busy, and will most likely make a decision to open or ignore your email within two seconds. You want your subject line to make them feel that if they don't open your message they will be missing out. Convey urgency and timeliness but remember to avoid using all caps, exclamation points, and words like "free" or "sale" as these things will get your email caught by the spam filter.



3. Test your sending time. This is always a conundrum, but one that you can track if you use the analytic reports of your email service. (This will tell you the number of sends, opens, bounces, unsubscribes, etc.) By reviewing these reports, you'll see when people are opening your messages. Try splitting your list in half. Send half at your normal sending time and then send the other half at a different time during the day or on a different day all together and track the results.

You can also look at the open list to determine when people are opening your messages. If the addresses are predominately work emails, daytime might be better. If they are predominately personal addresses, like Gmail, Yahoo or AOL, late afternoon might be the better time. Regardless of what you find, schedule your emails accordingly.

4. Check your "from" name. Think about the way you go through your inbox. If you recognize the sender's name, you look at the subject line, and then make your decision on whether or not you open the message, right? Well, your clients are probably doing the same thing. Is your "from" easily recognizable? In order to build credibility and value to your brand, be sure to use the name of your business or have the business name in the "from" signature.
5. Evaluate how often (and what) you send. Too often or too little, that's really the question. Sometimes the reason why people don't open emails is because they simply get too many of them. On the flip side, they might not hear from you often enough so they lose interest in between messages. Consider asking your clients how often they would like to hear from you, weekly or monthly. You can also generate interest in your emails by word of mouth. Tell them to look for your monthly newsletter or special offers that will come only via email.

Along with evaluating how often and when you send your email messages, think about your content and what's valuable to your clients. We've redesigned our email campaigns to include a monthly newsletter that includes two articles based on the theme for the month, a healthy recipe (related to the theme whenever possible), and any specials that might be running for the month. Then about mid-month, we send out a little thought, something to do with what's happening at the Spa or the industry, or just what I'm thinking about in terms of my health and wellness. By staying in front of our clients at regular intervals during the month, we have increased our open rate as high as 38%, but best of all, the phone ring and appointments are booked.

*Source: Cathy Agasar with input from constantcontact.com*

# 2020 I-ACT Convention Member Registration Form



## June 23-27, 2020

Embassy Suites by Hilton  
Orlando Lake Buena Vista South  
4955 Kyngs Heath Road  
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Group code: (IAC)  
or  
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<https://book.passkey.com/e/49953658>

Special I-ACT Hotel Rates  
\$139.00 per night (Single/Double)  
(excluding tax)  
Register early for this special rate  
Rates good through May 23, 2020  
... or until the room block is sold out.

### Agenda (Check official agenda - on website - for times)

Fragrance  
Free

•• June 23, 2020 (Tuesday) ••

I-ACT Board Meeting

•• June 24, 2020 (Wednesday) ••

Vendor Setup \* at Noon

Instructor Presentations (must be pre-registered to present)- AM  
Education Committee & Mandatory Instructor / Schools (2:00 - 5:00 PM)

•• June 25, 2020 (Thursday) Convention ••

President's Remarks

Speakers

Membership Meeting - I-ACT

Membership Meeting - NBCHT (NBCHT Board Meeting)

•• June 26, 2020 (Friday) Convention ••

Speakers

\*\*\* Dress Up - President's Award Dinner Dance \*\*\*

•• June 27, 2020 (Saturday) Convention ••

Speakers

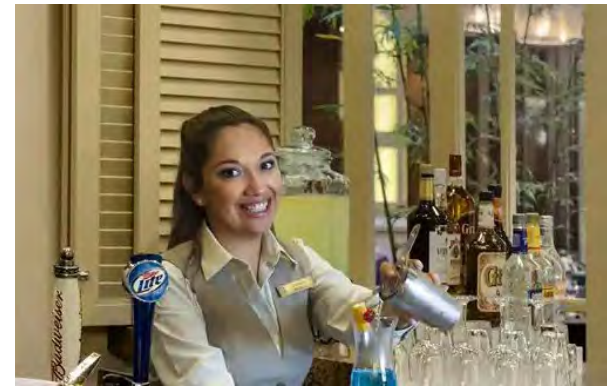
President's Closing Remarks

•• June 28, 2020 (Sunday) ••

I-ACT Board Meeting



*Start the day with our free made-to-order breakfast, then unwind with snacks and beverages at our complimentary Evening Reception\* in the atrium. Relish a delicious lunch or dinner at the casual American bistro-style restaurant, Kyng's Grille. Our lobby lounge, The Oasis, is an inviting place to relax. Purchase coffee, a quick snack or sundries from The Marketplace.*



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## ***Do You Have to Avoid Nightshades Forever?***

Whether or not you have to avoid nightshades forever comes down to the level of symptom severity you experienced while eating them, as well as your current health conditions. If you have chronic arthritis or other autoimmune disorders, chances are you'll feel best by avoiding them long-term or at least strictly limiting them in your diet.

Some find that only certain nightshades are troublesome, like tomatoes or potatoes, while others find they can eat some nightshades raw but not cooked, and vice versa. As with any other diet, it is best to determine what works for you and follow a customized approach instead of a one-size-fits-all plan that may either be too strict or not strict enough for your health and dietary needs.

### ***Following the AIP Diet***

The AIP diet, short for autoimmune protocol, is a variation of the Paleo diet that eliminates nightshades as well as other potential inflammatory triggers, like nuts, seeds, most sweeteners, and eggs.

The AIP diet can initially feel restrictive, as it further pares down what even the Paleo diet allows, but it has been a successful food plan for many with chronic, autoimmune, or other health problems for which the Paleo diet or other food plans have not shown improvement.

For most, the AIP is a long-term dietary plan and works best as inflammation and other symptoms subside over months. It is not a quick dietary fix. The AIP diet helps heal the immune system and is ideal for those with nightshade sensitivity.

There is plenty of food variety available on an AIP plan if you learn to work within the guidelines of the plan. The AIP movement has developed a large following and has numerous food bloggers, nutritionists, and health coaches who create AIP-specific recipes so that those who follow the plan don't feel deprived or trapped into a restrictive and boring food plan.

So what can you eat on an AIP diet? Plenty of non-nightshade vegetables and fruits, high quality meats and seafood, and healthy fats.

### ***AIP Breakfast Stir Fry***

If you want to consider eliminating nightshades, it might feel overwhelming to realize you could be cutting out several long-time favorite foods. Luckily, there are some easy food swaps that, with a tiny bit of effort, will easily become go-to favorites.

**White potatoes** -- Swap these for sweet potatoes, turnips, or parsnips in most dishes, including for mashed versions. Mashed cauliflower can also amazingly swap out potatoes in most dishes.

**Tomatoes** -- In certain dishes, strawberries or strawberry sauce can swap the acidic, slightly sweet profile of tomatoes. Pumpkin and squash-based sauce can replace tomato sauce for pasta-based dishes. Beets combined with radishes and watermelon can also come together to replace a tomato sauce perfectly.

**Bell peppers** -- While not the same flavor profile, celery and cucumbers can sub in for the crispy deliciousness that bell peppers provide in some dishes. Radishes, when used in cooked dishes, can sub in that peppery flavor that red and green bell peppers are known for. Zucchini, yellow squash, and carrots can also stand in for bell peppers.

**Chili and Cayenne Pepper** -- Black and white pepper, confusingly enough, come from a different plant and aren't nightshades. Use these, along with turmeric, cumin, cloves, and ginger, to add a kick to dishes that you want to keep nightshade-free. Onion and garlic powder are also beneficial, too. And never underestimate the value of the right amount of salt to go a long way in boosting the flavor of a dish. If you need to replace nightshade-based sauces, you can try fish sauce, coconut aminos, oyster sauce, or Worcestershire sauce.

**Eggplant** -- Portobello mushroom caps can substitute for eggplants in vegetarian and Paleo lasagnas, as well as in other baked dishes.

*by Aimee McNew*



## *Being a Leader in Your Business*

Psychology tests have been around for years. They help determine what characteristics are most commonly noted among successful leaders. They also help people gain insights and develop individual leadership styles. Businesses, small and large, have used these for years to help maintain their level of performance and keep the status quo.

In today's marketplace, keeping the status quo is not enough for most businesses. The leaders of tomorrow are visionaries who learn and teach. These leaders not only see paradigm changes in society, they also have a strong sense of ethics and work to build integrity in their organizations.

So what does all this mean for colon hydrotherapists? In order to be a good leaders in your business and the industry, you must consider what character traits you possess. According to the Leadership Potential equation developed in 1954 by Raymond Cattell, a pioneer in the field of personality assessment, the traits of an effective leader include the following:

**Emotional stability:** Good leaders must be able to tolerate frustration and stress. Overall, they must be well-adjusted and have the psychological maturity to deal with anything they are required to face.

**Dominance.** Leaders are often competitive, decisive and usually enjoy overcoming obstacles. Overall, they are assertive in their thinking style as well as their attitude in dealing with others.

**Enthusiasm:** Leaders are usually seen as active, express and energetic. They are often very optimistic and open to change. Overall, they are generally quick and alert and tend to be uninhibited.

**Conscientiousness:** Leaders are often dominated by a sense of duty and tend to be very exacting in character. They usually have a very high standard of excellence and an inward desire to do their best. They also have a need for order and tend to be very self-disciplined.

**Social boldness:** Leaders tend to be spontaneous risk-takers. They are usually socially aggressive and generally thick-skinned. Overall, they are responsive to others and tend to be high in emotional stamina.

**Self-assurance:** Self-confidence and resiliency are common traits among leaders. They tend to be free of guilt and have little or no need for approval. They are generally unaffected by prior mistakes or failures.

**Compulsiveness:** Leaders are controlled and very precise in their social interactions. Overall, they are very protective of their integrity and reputation and consequently tend to be socially aware and careful, abundant in foresight, and very careful when making decisions or determining specific actions.

**Intuitiveness:** Rapid changes in the world today, combined with information overload, result in an inability to know everything. In other words, reasoning and logic will not get you through all situations. In fact, more and more leaders are learning the value of using their intuition and trusting their gut when making decisions.

**Empathy:** Being able to put yourself in the other person's shoes is a key trait of leaders today. Without empathy, you can't build trust; without trust, you will never be able to get the best effort from your employees.

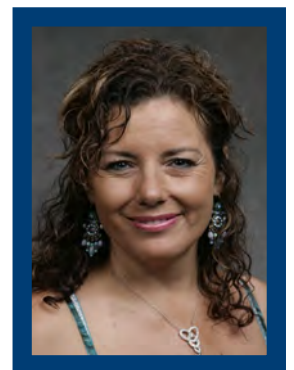
**Charisma:** People usually perceive leaders as larger than life. Charisma plays a large part in this perception. Leaders who have charisma are able to arouse strong emotions in their employees by defining a vision which unites and captivates them. Using this vision, leaders motivate employees to reach toward a future goal by tying the goal to substantial personal rewards and values.

Leaders are everywhere, in many shapes and sizes, but they are rarely (if ever) born. Circumstances and persistence are major components in the developmental process of any leader. It's no different (or shouldn't be) in the field of colon hydrotherapy. Yes, colon hydrotherapists are typically caring, easy-going people. That's where our training comes in. But colon hydrotherapists also provide a valuable service and need to ensure that is it perceived as such. That's where leadership comes in.

If you want to do better in your business, if you want to attract better clients and better, work on developing those areas of your personality that you feel are not up to par. (If you're not sure what traits you have, ask a trust friend or business coach to help you figure it out.) For instance,

if relating to others has always come naturally to you, but you have trouble making logical decisions, try learning about tough-mindedness and how to develop more psychological resistance. If you lack the self-assurance to make solid decisions about your business, find a coach who can help you understand the value of service as a business. Just remember, anyone can do anything they set their mind to.

Source: adapted from [www.sba.gov/content/being-leader](http://www.sba.gov/content/being-leader)



1. Wanna hear a poop joke?

*Nah, they always stink.*

2. Why did the toilet paper roll down the hill?

*To get to the bottom.*

3. What did one piece of toilet paper say to another?

*I'm feeling really wiped.*

4. What do women and toilet paper have in common?

*They both deal with a lot of crap.*

6. Why did Tigger stick his head in the toilet?

*To look for Pooh!*

7. What did one toilet say to the other?

*You look flushed.*

8. Why did the man bring toilet paper to the party?

*He's a party pooper.*

9. Why do ducks have feathers?

*To cover their butt quacks.*

10. What did the bottle of conditioner do to the toilet?

*Shampooed.*

# COMEDY CORNER

"It's anything funny."



Have a laugh...



**ANYTHING**  
*for the*  
**QUARTERLY**  
**DUE**  
**NO LATER**  
**THAN**  
*the 1st*  
*of the month*  
*prior to*  
*publishing*

In order to get the quarterly newsletter printed and mailed or emailed in a timely manner ..., please have ALL articles, ads, photos, events, and anything else of interest, sent to the I-ACT office NO LATER THAN the 1st of the month prior to publishing.

**Due dates:** Spring, March 1st - Summer, June 1st- Fall, September 1st - Winter, December 1st.

**Thank you**



# Business Tips

## Self Introductions

First impressions are lasting impressions, so when making self introductions, remember that it is only an introduction. It should be 7-9 seconds long and it should contain:

- Your name
- The name of your company (and if allowed a short phrase describing your service/product)

Tips for making self introductions:

- Always stand and face the majority of the room while making your introduction.
- If you are in the middle of the room, turn as you say your name and business.
- Speak clearly, slowly and loudly.
- Smile and make eye contact.

## Name Tags

On which side do I wear my name tag? That's the age-old question in networking, but the good news is there's a simple answer.

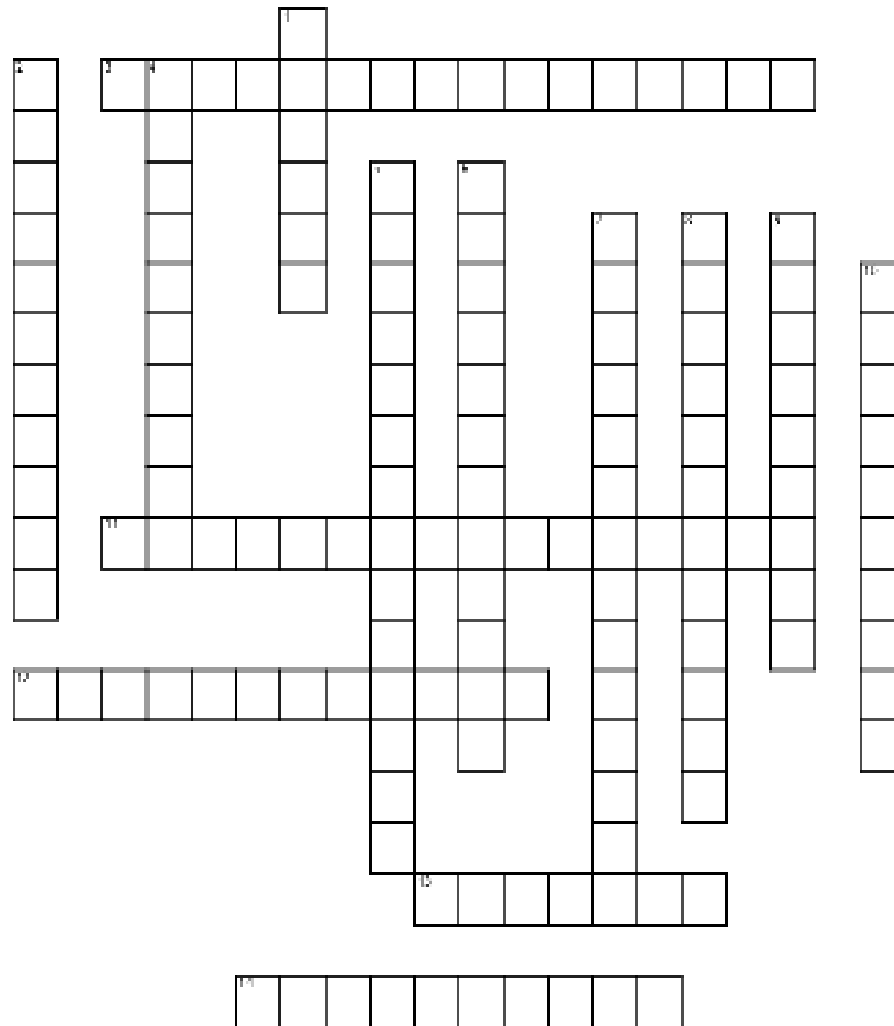
The right is always right! (And the placement should be at about the point your armpit begins.)

Regardless of whether someone is right- or left-handed, we all shake with our right hand. As you shake hands, you're actually drawing the person to your right side, so it stands to reason the best place for your name tag is on the right! Additionally, it keeps all eyes where they should be, on your face so introductions can be made and everyone can feel comfortable.

## Handshakes

No matter who you are meeting, remember that there is a great deal to be said about your handshake. Make sure that it is always firm and uses the whole hand (thumb to thumb), never bone crushing, for this says that you are a confident person and worth their time. Whimpy handshakes or handshakes that only get your fingers are an indication that you don't really value the other person.

# Health



## Across

- 3, a positive impact on health which can reduce the chance of ill health
- 11, a way to demonstrate the achievement of an outcome through speaking to an audience
- 12, the ability of a person to relate to and interact effectively with others and participate within the community individually and cooperatively
- 13, the person who makes the decision if you have a satisfactorily completed each unit
- 14, emotional, intellectual, physical, social

## Down

- 1, The complete state of physical, mental and social wellbeing and not merely the absense of disease
- 2, area of study
- 4, a negative impact on health which can increase the chance of ill health
- 5, how long a person is expected to live from birth to death
- 6, a state of wellbeing in which a person feels positive about themselves and their life. Works productively and contributes to the community
- 7, Is the effective functioning of the body and its systems and a persons ability to perform tasks and develop physical fitness
- 8, biological, behavioural, social environment, physical environment
- 9, the number of new cases of an illness or condition within a population group
- 10, the development that involves a life long continuous process beginning at conception and ending with death and is perceived as involving a series of orderly and predictable changes including physical, social, emotional and intellectual

## *CT Trip To Denmark and The Chic Conference*

I was excited and felt honored to be sitting on a plane on behalf of I-ACT on my way to Copenhagen to share and be with Pia Brixved, a long time overseas member and contributor to I-ACT. In addition Pia has written many books in Danish for her community and works with well known doctors there. I was following in former President Dorothy Chandler's footsteps. The intention, to continue to build a presence in Europe and around the world for I-ACT. To teach, to share knowledge and be with each other. My heart was going fast as I contemplated my arrival in Denmark. I felt like that also when I went to the Conference in Bologna and met with the Italian Colon Therapy group and many doctors interested in colon therapy and the gut microbiome a few years back.

I was to meet with Pia at her center in Copenhagen and take the train from the airport to the city. I have been to most of Europe having grown up in Scotland but never to Scandinavia. I was nervous about the money, language, trains and finding my way.

Upon landing at the airport, I took many deep breaths and retrieved my luggage. The train station is close to the airport but I had to purchase a train ticket at a machine up flights of stairs toward the tracks. I had a feeling there was more than one track to go to. Simple, stop someone and ask. Yes that helped but I forgot to ask about the machine for the ticket. I figured it out. Off the train at the correct stop and with a couple of phone calls there was Pia waiting at the corner surrounded by hundreds of bicycles! Fitness is key in Denmark!

We hugged and I felt the warmth of her heart in the chill air of October. Her center was very close by and in a most beautiful part of Copenhagen. We climbed some stairs and lugged my suitcase, I will never over pack again! Oh my! Pia has a pristine, heavenly suite of offices! In blues and white with every detail in place. It felt like a wave in the ocean being carried through the gentle feel of her clinic. Professional and beautifully designed. We spent time going through various aspects of colon hydrotherapy, business and of course I-ACT. We continued our conversation on many topics through wonderful healthy food and some amazing site-seeing by boat and car in Copenhagen. Pia showed me some of Copenhagen and invited me to stay at her apartment there and also surprised me by driving down to the sea where she and her delightful husband have a home. We walked and talked. Thank you Pia for being part of our I-ACT community over so many years. You have given me a lot of food for thought and work ahead. Thank you for your hospitality and generosity and our time together. I look forward to more in the future. On to the Chic Conference.

Boarded the plane and landed in Manchester. A two hour drive to the board meeting on Saturday already underway with Cathy Agasar there and Mark Buse, two of our Executive Board Members and wild enthusiasts for I-ACT and Colon Hydrotherapy. I am excited to continue to build our relationship across the pond. Out of breath I made it into the hotel and on into the Board room to see a field of familiar open friendly delighted faces at us all being together. Hugs and kisses all around, gently, quietly, maybe not and some wonderful food laid out for us. I noticed the hotel, which was our third year there had been redesigned! Beautiful!

Down to business! Ian and Lynne had a several hour board meeting and were gracious to put our conversation at the latter end to make sure I could make it. We all shared our ideas, thoughts and how to move forward together. We all had dinner together in the evening and prepared for the Conference.

Wonderful food. Excellent venue.

Wonderful speakers including our own Cathy Agasar who was a resounding success. She will speak again at our Convention in June. The speakers had a wealth of information. From teaching in depth about mucus, to understanding CBD oils in today's world and helping therapists understand self-care, including their emotional life with Lynne McDougall. Catherine Doyle helped us to understand social media for business and how Google works. The food provided was healthy and delicious and most of all the friendships built between our communities and to continue to grow our industry together is our continued vision and goal in the years ahead.

The exhibitors were warm and friendly and had great products to share.

Thank you to Lynne and Ian McDougall and Thank you hugely to Rictat. Let us continue to grow together.

Beverley Blass  
President Emeritus  
(see photos on page 7)

# FOR SALE

## Natural Health & Wellness

### *Colon Hydrotherapy/Nutrition Business for sale in the heart of The Denver Tech Center*



Natural Health and Wellness is Denver's premier detox and nutrition clinic, located in the Denver Tech Center. The clinic enjoys the benefits of being situated in the Greenwood Medical Center and adjacent to the prestigious Greenwood Athletic Club. Since created in 2013, the business has a 6-year performance record of high profitability and exponential growth as evidence by a base of 725+ clients. Natural Health and Wellness has earned the reputation as Denver's trusted partner in detox and nutrition; clients appreciate the caring culture.

This well-established and highly reputable health business is being offered at \$180,000.00 and includes: 2 Libbe colon hydrotherapy devices (open system), large 4-person Far Infrared Sauna, Ionic Foot bath, Vibration machine. Colonic supplies, sheets, gowns, socks, towels, wash clothes, marketing materials, office equipment and supplies, most of the furniture and accessories. Nutrition supplement inventory, some furniture and art are excluded. If desired, the current owner will be available to support the successful transition.

Terms: Cash

Client Base: 725+

Current Lease: \$1,827.00

Lease Term Available Expires: June 30, 2023

Please call for more information, contact:

Maureen Phifer

Founder, Natural Health and Wellness

303-221-2621







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*[www.wishofwellness.com](http://www.wishofwellness.com).*

*Contact Amy at 201-982-4141*

*Asking Price \$60,000 OBO*

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## **EQUIPMENT**

***FOR SALE: 2010 Dotolo Toxygen Closed Unit, in EXCELLENT CONDITION. Comes with the Hot & Cold Particle Filter Housing w/Hoses Inline Carbon Cartridge w/Fittings, UV Canister w/Ballast's Power Box***  
***\$3,700 PLUS SHIPPING***  
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***(208) 316-7537***  
***[alternativetimesllc@yahoo.com](mailto:alternativetimesllc@yahoo.com)***

***FOR SALE: 2008 Dotolo Toxygen Closed Unit, REFURBISHED in EXCELLENT CONDITION. Comes with the Hot & Cold Particle Filter Housing w/Hoses Inline Carbon Cartridge w/Fittings, UV Canister w/Ballast's Power Box***  
***\$3,200 PLUS SHIPPING***  
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***(208) 316-7537***  
***[alternativetimesllc@yahoo.com](mailto:alternativetimesllc@yahoo.com)***

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## SEE the Difference

Your elected vice-president, Mark Buse, will be one of the presenters to roar-in the new decade of educational horizons for I-ACT members. Below is a glimpse of topics Mark will cover in his unique PowerPoint.

**SUBJECT:** The Process of Elimination – Elevating Bowel Consciousness  
Mark will present the following, and much more, in his presentation:

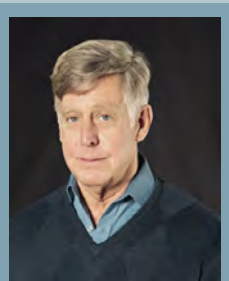
- Physiological Progressions in Bowel Elimination
  - Bowel Elimination – Influencing Factors
  - Constipation Basics
  - Exercise
  - Weight and Natural Aging Processes
- Bowel Elimination – Influencing Factors
  - Bowel Elimination Essentials (BEE) “Tool Kit”
- Intestinal Transit Time
  - The “Speed” Test
  - Proper Positioning for Elimination
- Factors That Propel Colon Function
  - Motility – Visual
  - Colonic Mass Movements – Visual
- Gut Sense – Microbiota
  - Microbiota – Gut-Brain Communication – Visual
  - A Newly Discovered Organ
  - The Gut-Brain Axis – Visual
- Medications That Cause Gut Disorders and /or Damage
  - Meds That Affect Gut Microbiota
  - Human-targeted Drugs – Antimicrobial Impact
  - Side-effects of Antipsychotics on The Gut

### 31<sup>st</sup> I-ACT Convention

**When:**  
June 24-27

**Where:**  
Kissimmee, Florida  
– Embassy Suites

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### Mark Buse, BSc

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- Nationally Board-certified – Instructor
- His experience spans over 25 years of equipment expertise, training in a wide genre of hydrotherapy protocols and devices.
- Founder/CEO of 3 wellness centers in Texas





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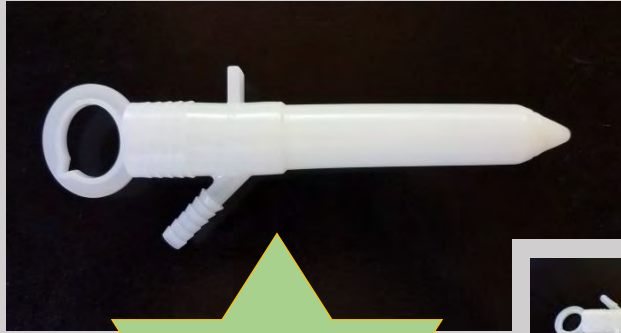


Saint Petersburg convention 2016



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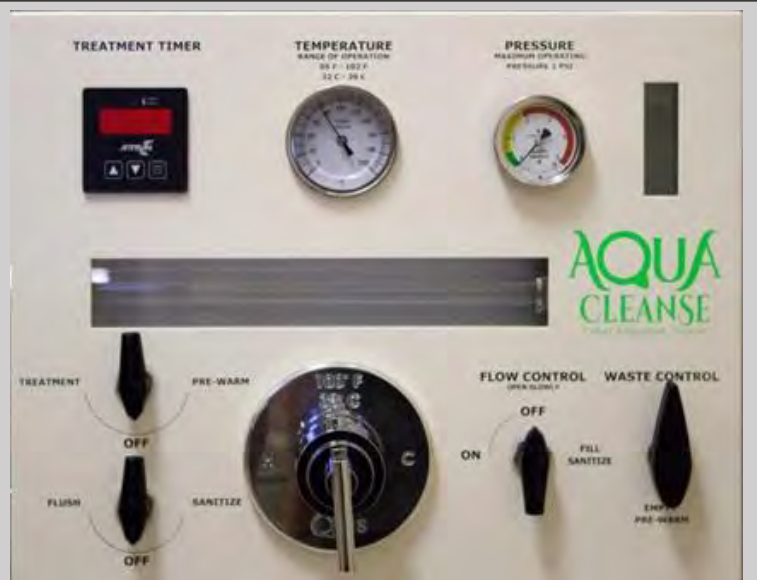
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"Colon irrigation devices are prescription devices and only a practitioner licensed  
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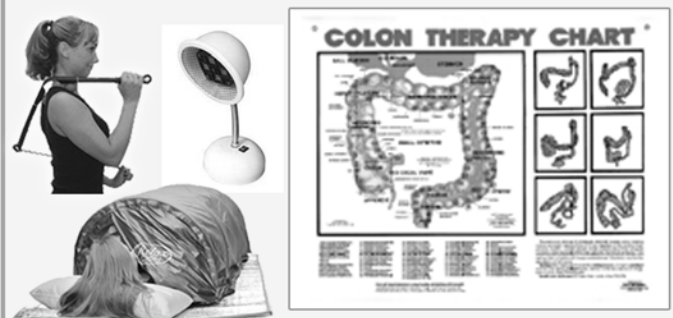


A Colon Hydrotherapist came up to us at a conference, and was glowing about how well the Relax Sky Eye Radiator worked when she gave a colonic. She used the Relax Sky Eye Radiator on the client's abdomen as the client received a colonic. She confided it worked more effectively in getting a better release than even having them get into the Relax Sauna for 5-10 minutes before a Colonic session. (This of course, was also effective.)

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- 1) Put your client in the Relax Sauna for 5-10 minutes (with their clothes on) before they have a colon hydrotherapy session.
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Doctors' Insurance Agency also writes professional liability insurance for colon hydrotherapists. Email them at: info@doctorsagency.com. They are located at 6 Hamilton Landing, Suite 170, Novato, CA 94949. Phone 415-506-3030.

Another company, CM&F may write liability insurance for colon hydrotherapists (**they have dropped numerous therapists, but some are getting insurance.** - call 800-221-4904, or go online to cmfgroup.com. It will be listed as "Enterostomal Therapist." They will put a rider in the policy stating colon hydrotherapy if you request; however, it is not required - this depends on the underwriter of the insurance.

In Canada, try Lloyds of London - check with your local Lloyds of London agent. In the UK, try Balens Insurance Brokers at 01684 893006.

In the Netherlands, try: Mark Hypotheken & Pensioenen B.V., Therese van Reeuwijk  
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### 2009 LIBBE Gently Used. Works well.

Placed into service March 2010. Minimal use in private single female home with small evening side business. Well maintained per manufacturer schedule. New digital temp controller with programming & probe replaced in Sept 2013; New drain & flusher jet assembly replaced in July 2018 (w/ receipts to prove).

**\$4995** with over **\$1000** in **FREE** supplies

Call: 717-599-4260 Email: Liesl@CC-HealingArts.com

I can send detailed information with pictures and videos.

Ships from Lewisberry, PA. SAVE on shipping: Pick up or I can deliver within 4 hours distance.

## Information on Approved A&P Courses

Your students may take an A&P course through their local community college or university. If they have taken an Anatomy & Physiology course for massage, from a state licensed school that provided at least 45 hours of classroom time, that course will also count.

There are two courses that may be used for the A&P pre-requisites.

Your student may take the Delmar course through **CENGAGE** Learning, **ONLY** if you as the instructor or school register with Delmar and set up the program. It goes through you; students **MAY NOT** call Delmar directly, it doesn't work that way.

### The Instructor must Contact:

**Melanie Kessler: Cengage Learning at, 5 Maxwell Dr., Clifton Park, NY 12065 (p) (518) 348-2476. Use the link below to get started.**  
**<https://k2.cengage.com/Runtime/Runtime/Form/I-Act+Order+Form/>**

**or email: [Melanie.Kessler@cengage.com](mailto:Melanie.Kessler@cengage.com) - Valid in the USA.**

**Corexcel: Course Number: CXW0035**

**Course Fee: \$318.00**

**Point of Contact: Kysha Mowbray, (888) 658-6641, [learn@corexcel.com](mailto:learn@corexcel.com)**

## Information for Those Seeking a Job

### Looking for a Career Opportunity?

Go to the I-ACT web site and then go to the members only section. Inside you will find numerous job opportunities.

If you are looking to be employed, you may email us and we will list your name as someone looking for employment.

If you are seeking someone to employ, send us an email with your information and we will post your opening in our E-Blasts.

*Also check our "Help Needed" section, in the Members Only Section of our web site*  
*<http://www.i-act.org/iactmember/membersjobsearch.html>*



### ***I-ACT is GREEN!!!***

*As of the Winter 2013 Quarterly, I-ACT has gone "green." Your quarterly will be emailed to you.*

*If you would like to have the quarterly sent to you via regular mail, you MUST let us know so we can put you on a list.  
Just send us an email: [homeoffice@i-act.org](mailto:homeoffice@i-act.org)  
and let us know you want/need your future quarterlies via mail.*

*By receiving an email version of the Quarterly, you help the Association be cost effective and good stewards of the budget.*



*I-ACT sends out E-Blasts to notify its members of Regional Meetings and other important issues. If you are not receiving these E-Blasts, please email the I-ACT Office and give your current e-mail address. We will immediately put your email address on our E-Blast list.*

### **Members Only Section of the I-ACT Web Site**

If you have not been to our web site, please go to [www.i-act.org](http://www.i-act.org). Go to the members only section - contact the office for your Members Only password. In that location, you can find the I-ACT Member Logo, and additional member information. In the future, those on our E-Blast list will be sent the current password, so make sure that you are on our E-Blast list to ensure that you receive the password for our I-ACT Member site.



**I-ACT Quarterly Winter 2019-20**

Following is a list of our new members for the period October 1, 2019 through January 31, 2019.  
We are glad to have you as members. Remember, at I-ACT you are important to us!

First Name	Last Name	Home City	Home State	Country
Kimberly	Panico	Lakeside	CA	USA
Annika	Speckhart	Novato	CA	USA
Maya	Dorsey	Ft. Lauderdale	FL	USA
Anna	Bays	Durham	NC	USA
Celesta	Rannisi	El Cajon	CA	USA
Patricia	LeBlanc	Santa Maria	CA	USA
Stephanie	Bender	New Richmond	WI	USA
Kerry	Kohler	Alameda	CA	USA
Sandra	Musgrove	Providenciales	TCI	Turks and
Annanie	Francois	Decatur	GA	USA
Zakia	Goins	Philadelphia	PA	USA
Jennifer	Lopes	El Segundo	CA	USA
Brooklyn	Wall	Burnaby	BC	Canada
Monica	Alvarez	La Quinta	CA	USA
Gwendolyn	White	Marseilles	IL	USA
Satye	Metoyer	Spring	TX	USA
Danielle	Donatoni	Kilauea	HI	USA
Jeanine	Newman	Alamo	CA	USA
Karyn	Chabot	Newport	RI	USA
Belkis	Gil	Danbury	CT	USA
Omaretta	Sharpley	Seattle	WA	USA



Welcome New Members



Colon irrigation devices are prescription devices by federal law. A practitioner licensed by state law to use such prescription devices must authorize the purchase of the colon irrigation device, must use or supervise its use, and must order each colon irrigation for a patient.”