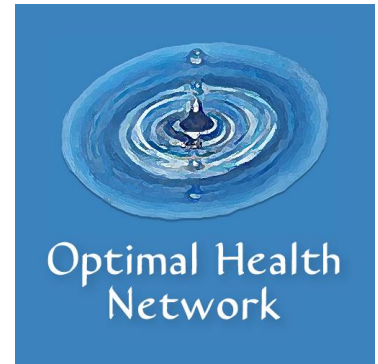


Colonic Health with Home Enemas

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The Purpose of this Booklet

This booklet is a brief introduction to the intelligent and gentle use of enemas for home colon cleansing. You will be guided to effectively use this self-help approach to colon cleansing and optimal health.

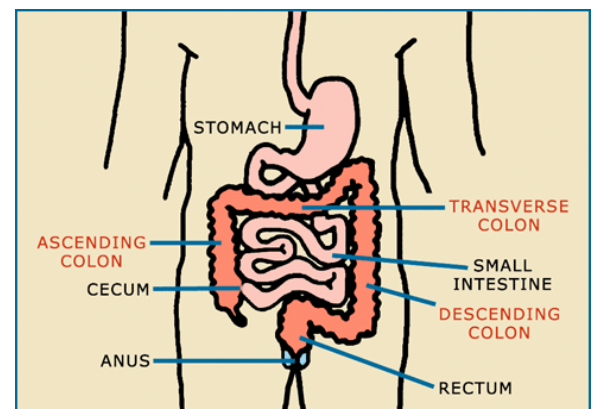
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What Is the Function of the Colon?

To understand the potential values of enemas, one must have at least an elementary understanding of the function of the colon. Most people know very little about the colon. Many of us view it as little more than our body's solid waste elimination tube — you might say a biological sewage pipe which, when working right, simply dumps waste into our toilets. It is widely thought that as long as you move your bowels on a regular to semi-regular basis, your colon is functioning fine.

The Anatomy of the Colon

The colon is located in the lower abdomen between the **cecum** and the **rectum**. It is about five feet long in adults. Its main parts are called the **ascending**, **transverse**, **descending**, and **sigmoid** colon. The cecum and its extension, the appendix, contain very high concentrations of bacteria. The ascending and transverse sections of the colon are the sites of reabsorption and secretory activities. The descending and sigmoid sections are sites of storage for fecal matter. The sigmoid joins the rectum, a muscular cavity with the ability to stimulate defecation.



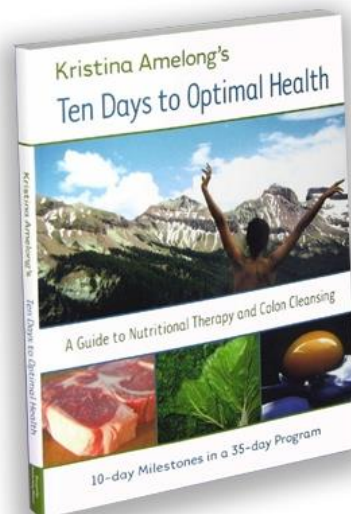
The Inside Scoop

Given well-functioning digestive properties of the **stomach** and **small intestine**, waste matter is delivered to the colon in amounts and types that support a balanced intestinal ecosystem, or **microbiome**. This microbiome includes as many as 4 billion bacteria and yeast organisms known as our **intestinal flora**. Ideally

these microbes are present in a state of balance, having a symbiotic (mutually beneficial) relationship with their human host. One of their primary functions is to digest food matter as it moves through our digestive tract. As our waste moves through the colon, it diminishes in volume while the number of microbes and their wastes increases. It is through this process that the bulk of our stool is formed. The increasing bulk of the stool, in turn, stimulates **peristalsis** — the wave-like motion of the colonic musculature, which helps the colon to eliminate all waste properly. Our digestive system has evolved with these organisms. In balanced quantities, their waste products are not toxic to our bodies. In fact, some of these waste products are even beneficial to us. The metabolism and death of some of our intestinal flora is a useful source for some vitamins such as the B-complex vitamins and vitamin K.

Microbes Turned Parasites

Unfortunately our evolutionary ability to adapt has not kept pace with our lifestyle choices and broader societal tendencies. A variety of modern-day conditions have undermined the biologically balanced system described above. Such conditions include diets dominated by high-carbohydrate, highly processed, chemically laden, low-nutrient, and low-fiber foods; stressful occupations; sedentary daily routines; the use of birth control, alcohol, antibiotics, steroids, and other drugs; exposure to a wide variety of emotional stress and alienation that accompanies modern technology; and an accelerated rate of contamination and destruction of the natural environment. In other words, your diet, environment, and lifestyle choices all contribute significantly to the health of your colon. The exact way in which these conditions contribute to a compromised digestive system is beyond the scope of this booklet. However, I have written about this subject and many others more extensively in my book, [**Ten Days to Optimal Health**](#).



The brief explanation of what happens to the digestive system in our modern world is that any and all of these factors can lead to an imbalanced intestinal ecosystem, a condition known as **dysbiosis**. In this overgrowth state, certain microorganisms that exist in most humans normally can become parasitic and cause disease states in the following ways:

1. Overgrowth organisms can cause structural damage to the intestinal mucosa, thereby diminishing its ability to eliminate wastes and maintain a blood barrier for various microbial and dietary wastes.
2. The waste products of many of these organisms are toxic, especially when the colon blood barrier has become eroded by cellular damage. The toxic wastes place an increased toxic load on the body. This in turn adds further stress to an already struggling system. Overgrowths of certain organisms (bacterial, such as [**Clostridium difficile**](#) or fungal, such as [**Candida albicans**](#)) can lead to very serious intestinal complications with a wide array of symptoms which may include gas, bloating, cramping, pain, indigestion, nausea, diarrhea, and constipation, as well as bodily problems not obviously associated with the colon such as heart irregularities, numbness, tingling, joint and muscle pain, fatigue, sinus and respiratory problems, chemical sensitivities, hormonal imbalances, headaches, vision problems, and more. In other words, when your colon is in a state of dysbiosis, it may not be your colon that feels sick but rather other parts of your body.

3. When a body is struggling with a "toxic" colon (a colon in a state of imbalance), it is less able to combat these overgrowth microbes and less able to prevent their migration to areas of the body which are even less tolerant to their existence. An example of this is when these organisms interfere with the ileocecal valve, resulting in its being stuck open. When this happens, these organisms can migrate into the small intestines where they end up competing with the host for nutrients. (For many people with an already nutrient-poor diet, this makes this situation even worse.) Common symptoms of this syndrome include inflammatory problems of the stomach and small intestines as well as structural problems with the spinal column.

Why Enemas?

Well, because for many of us, they work. There is much debate about the effects of colon cleansing. My professional experience is that people feel markedly better when they eliminate at least one to two feet of well-formed stool each and every day. Many of us aren't able to do this on our own. Using enemas to **healthfully stimulate the natural contractions of the colon** to expel waste and parasitic organisms has proven effective in bringing an improved state of overall health to many people.








The following are some theories as to why so many people find that they heal faster and feel better as a result of enemas or colon therapy:

1. **Enemas reduce the microbial load.** When a colon is in a state of dysbiosis (this is much more common than you might think), taking an enema can dramatically reduce the toxic load of the overgrowth (parasitic) microorganisms and their waste.
2. **Enemas lighten external toxic load too!** Most of us are exposed on a daily basis to toxic substances in our environments in the form of disinfectants, deodorizers, fragrances, paints and varnishes, dryer sheets, furniture and construction materials, herbicides, the exhaust from burning fossil fuels, and more. We are regularly in contact with an array of toxic chemicals, but often never realize this, because our bodies have evolved with a very sophisticated detoxification system. However, this natural detoxification system can easily become overwhelmed. Enemas and other forms of cleansing can play a crucial role in the healing process, because when we cleanse the colon (which is a key player in our detoxification system), the load of toxins that the body has to deal with is substantially diminished. With fewer toxins present, the body as a whole is under less stress and can devote more of its energy to healing and maintaining health.
3. **Enemas allow for more room to grow... and heal!** When the volume of waste in the colon is reduced, the overall pressure within the abdominal/pelvic area is reduced. Just think about how your abdomen feels when you have eaten more than you should have and your stomach has become overdistended. If you've ever had a gut full of stool (and most of us have), you know that the effect is anything but pleasant. What a relief it can be to decrease even slightly the fullness of one's abdomen. The benefits of emptying one's colon go beyond an increased sense of lightness and well-being. Taking pressure off



neighboring organs, enhancing blood flow to the entire abdominal/pelvic region, and reducing strain to the hip joints and the lumbar spine are all excellent benefits to keeping one's colon less full. For those of us who have had chronic or acute stress to the colon itself, periods of diminished pressure are very important for healing. As I will elaborate upon, enemas are a great way to deliver therapeutic substances such as coffee, butyric acid, sea salt, and essential oils to the walls of your colon.

4. **Constipation is hard on us.** In the U.S., laxatives and stool softeners are the two biggest selling medications, second only to pain relievers. Constipation is quite common in our modern world for people of all ages. So is colon cancer. In fact, colon cancer is currently the second most common type of cancer in the United States. Many scientific studies have shown that there is an increased risk of colon cancer in people who are chronically constipated. The connection between bowel disease and constipation seems to be related to the fact that constipation dramatically increases what is called the bowel transit time — the time it takes food to go from the mouth, through the digestive system, and out as stool (a "bowel movement"). The National Institutes of Health (NIH) reports that the "normal" range of bowel movements in a week ranges from three to twenty one. This range shows just how extremely constipated many of us are. At the extreme ends of this "normal range" are bowel transit times ranging from 8 to 56 hours! Among most natural health practitioners, it is felt that the **optimal bowel transit time is 12 to 18 hours**. Slow bowel transit times raise the risk of colon diseases and contribute to health problems in part by increasing the amount of time that the colon content is available for reabsorption into the body. Like all mucous membranes, the interior surface of the colon is able to absorb certain substances. The longer food and microbial waste sit in contact with the colon wall, the more opportunity there is for stagnation and re-absorption of these wastes. It is also known that stool often contains many carcinogenic materials that, when remaining in contact with the colon wall, promote cancer of the colon.

BRISTOL STOOL CHART		
	Type 1	Separate hard lumps, like nuts (hard to pass)
	Type 2	Sausage-shaped, but lumpy
	Type 3	Sausage-shaped, but with cracks on surface
	Type 4	Sausage or snake-like, smooth and soft
	Type 5	Soft blobs with clear-cut edges (easy to pass)
	Type 6	Fluffy pieces with ragged edges, mushy
	Type 7	Watery, no solid pieces (entirely liquid)

5. **Enemas vs. laxatives: a gentler approach to health.** It doesn't take much to convince most people that constipation is hard on us (especially anyone who struggles with it to any degree). And it's not surprising that laxatives and stool softeners have become a multi-billion dollar industry. We live fast-paced, stressful lives and it's easy to promote and capitalize on the convenience of taking pills rather than doing enemas. However, laxatives act on the central nervous system as well as the colonic musculature and can easily create a biochemical imbalance in the body. Overuse of some laxatives can cause damage to the nerves, muscles, and tissues of the colon. In contrast, enemas gently and effectively cleanse the colon. They help to give the colon the rest it needs while improving colonic muscle tone. Yes, enemas do increase the tone of the colon's muscles. Laxatives do not. Enemas are a much more natural and healthy way for your body to have assistance in removing waste.

6. **A penny saved...** My grandmother knew the most economical way to do just about everything. Like many who lived and thrived through the depression and the wars, she never spent a dime she didn't need to. She wasn't much for medicine. "A big waste of money!" she'd say. (In fact, it was all I could do to get her to take calcium and vitamin C when she broke her hip in her eighties.) But grandma always had an enema bag in her bathroom closet and if she wasn't "feeling up to snuff," you know that bag got some use and she swore she felt better. I think the fact that she could give them to herself and not spend another dime (except for a bit of tap water) was as much her appeal to enemas as their therapeutic effects.
7. **A gift for someone special...** With the right attitude and actions, an enema can be a multi-faceted gem of a gift to yourself. When it comes down to it, the finest gift that we can give ourselves is the gift of taking excellent care of our bodies. When we do, we get more of our true, zestful selves, and so does the rest of the world. It's that simple. In addition, the actual act of giving oneself an enema can be extremely pleasant. I will elaborate more on this point in the next section.

The Basics Principles for Successful Enemas

1. **Give yourself space (physically and psychologically) to treat yourself to an enema.** As I said above, it is a gift you deserve to enjoy to the fullest. It is a time for healing. Do what you have to do to make it yours. I can make some suggestions in this regard, but this is the most individual aspect to the enema as a therapeutic experience. For some it means setting up a comfortable, protected place, turning off the phone, putting on some music, or watching a favorite television show. For others, enema time is a time to share a healing experience with someone as you give each other an enema. There is no single "right way" to set up your enema, however I do believe it is very helpful to calm your mind, relax as much as possible, and let yourself work with the healing and cleansing powers of your enema.
2. **Take your time.** This is extremely important. The slower you gently add the water or solution to your colon the better. By doing so, you enhance your ability to deliver water farther into the colon — ideally all the way to the cecum. (Remember, the cecum is an area with a very high concentration of bacteria.) If you don't go slowly enough, you will quickly stimulate the rectum and sigmoid colon, which are triggered to evacuate with increased pressure. This tendency is common and its occurrence should not discourage you. In order to avoid this, I highly recommend that you allow only **½ to 1 cup of water into your colon per ½ to 1 minute**. If your sigmoid/rectal area is stimulated easily, there is nothing wrong with going to the toilet and then starting over again. In fact, each time you add water you will be adding it to an emptier colon and you will be able to get water farther into the colon.
3. **Be pleased with yourself.** Deciding to take charge of the health of your lower digestive tract is no small thing. Though it doesn't have to be hard to give oneself an enema on a regular basis, or as needed, it can be a bit more challenging to conventional thinking, lifestyles, and feelings. You can be proud of this commitment to your health. You are using a non-invasive, non-addictive, economical, and



effective self-help tool for internal cleansing and healing. Whatever your results, be pleased and know that they will improve with your experience and health.

How To Take an Enema

There is no one right way, place, or time to give oneself an enema. I encourage people to try different approaches in order to find out what works best for them individually.

The following are some basic steps and suggestions that will help people who are new to enemas:

1. **Set up a comfortable place.** My personal preference is on my bathroom floor. I'm comfortable on this firm surface. For me a small blanket and a couple towels provide all the padding and support I need. Some of my clients prefer to lie in their beds, while others favor a bathtub full of hot water. You might want to get yourself some Chux pads (disposable underpads) to protect any surface you are lying on or to avoid soiling any of your towels or linens.
2. Before you fill the enema bag, make sure that the **clamp is securely closed.**
3. Fill your enema bag with **warm, filtered water.** I strongly recommend using water that has been run through a reverse osmosis filter. If you do not have a reverse osmosis system, many find that a shower filter is convenient. The temperature should be approximately body temperature — **98°F or 37°C**. Cold water will cause the colonic musculature to contract, reducing the amount of water or solution that you can take in. Some people like to use an enema bag with a wide opening and hang it from their showerhead. With the shower water turned on very low, they can have a continuous flow for prolonged enema sessions.
4. Lubricate the tip of the nozzle with a **non-petroleum** lubricant such as **Super Salve**, **Surgilube®**, or K-Y® Jelly. I encourage you to use lubricants like Super Salve, as they contain therapeutic substances for the rectal tissues rather than chemicals that may irritate these sensitive tissues.
5. There are a variety of positions that one can assume to begin an enema. Most people find it easiest to **lie flat on their backs with their knees flexed and their legs elevated.** From this position, one can raise the legs overhead into a partial or full shoulder stand. This position allows gravity to move water farther along through the colon. For those less agile, a pillow under the hips can be equally effective.
6. Open the tubing clamp very slowly and let a very small amount (approximately ½ cup) of water into your colon, wait, wait, relax, rest, and when ready, add another ½ cup. This is very important for a successful enema. If you add water too quickly, you will simulate the sigmoid and the rectum to cramp,



making it very hard to get water further into the colon. If this happens, empty your bowels on the toilet and try again. In order to achieve a full cleansing of the entire colon, you are most often going to need to take in a full **2 quarts** (or more) of water one to three times. In other words, for the most therapeutic benefits that colon cleansing has to offer, take a [series of enemas](#) each time you take "an enema". Some people find that they do even better when they take more than 2 quarts of water during one fill. This is why we offer latex-free **silicone enema bags that hold 2, 3, or 5 quarts** for sale on www.optimalhealthnetwork.com.

7. It is helpful to massage the colon to assist the flow of the enema solution. This helps to relieve pressure and get water around any fecal matter. **Massage your colon** from the bottom left corner of your abdomen toward your chest (descending colon), across to the upper right (transverse colon), and down the right side (ascending colon). I find it helpful to use small, circular motions. When releasing stool, massage your abdomen in the opposite direction. (Note: using **castor oil** on your belly for massage brings many healing benefits. I highly recommend its use before you take an enema or at night before you go to bed.)
8. Be aware that the water or solution that you put into your colon may not all come out the first time that you release on the toilet. Treat all urges to "pass gas" as a potential release of bowel contents and take the proper precautions. This is especially true when enemas are used to [implant therapeutic agents](#) that you keep in your colon for a prolonged period.



Enema Positions

Different people find that different positions work better for them, and I would concur that the kind of position that you assume for your enemas could be influenced by a wide variety of individual factors, including your anatomy, strength, agility, and symptoms. I would encourage you to experiment with your own body and see what works best for you.

Commonly Asked Questions

How should I expect to feel after an enema?

Of course for each person this is going to be different. Most people report feeling "empty" or "light" or "cleaned out". It is not uncommon to feel relaxed and maybe even tired, while other people report feeling energized and refreshed.

How much time should an enema take?

Again, this varies from person to person and the goal at the time. Even a quick enema that only cleanses the lower colon is vastly better than spending the day completely constipated. When I'm feeling tight on time, I can

do a quick enema in about 10 minutes. To really give your colon the cleansing that it deserves, I recommend taking an hour or more for a series of enemas so that you can cleanse more, if not all, of the colon.

Where can I get enema equipment?

Some pharmacies stock basic enema bags and kits. For a wider selection of high-quality enema bags and equipment, I recommend that you visit us at www.optimalhealthnetwork.com.

I don't have anything to hang an enema bag from in my bathroom. What do I do?

Most, if not all, enema bags come with a hook that is designed to hang from a shower curtain rod, showerhead, towel bar, a hook or nail mounted on a wall, or a door knob. If you truly cannot find a place to hang a bag, you can instead purchase a kit with an [enema bucket](#), which can be set on a tall stool or other surface next to you.

Are there bigger enema bags?

Yes, enema bags come in a variety of sizes, styles, and materials. Check out our selection at www.optimalhealthnetwork.com.

Why does my doctor recommend laxatives instead of enemas?

My best guess is that the doctors and medical establishments are influenced and driven to a large extent by the pharmaceutical industry and what is most financially profitable. Enemas, in contrast, are an inexpensive self-help approach to health.

How can I get out those black "ropey" things I've seen pictures of?

The black "ropey" things are produced when certain supplemental binding minerals such as **bentonite** are taken. In combination with cleansing fasts, these agents are excellent at pulling accumulated wastes out of the colon walls so that they can be eliminated. (See the [Vit-Ra-Tox Colon Cleanse Kit](#) that OHN offers.) In my book, [Ten Days to Optimal Health](#), I have laid out an effective 35-day cleansing plan that may produce these "ropes".

Are enemas dangerous?

No, enemas are safe for almost everyone when administered properly. If you are concerned, please consult with your doctor or schedule a [phone consultation](#) with me.

Does an enema wash out the healthy bacteria? If so, how can I replace them?

Our colon has a microbial ecosystem consisting of billions of microbes. Enemas will not wipe out all of the healthy bacteria any more than taking a bath or brushing your teeth will eliminate your healthy skin or oral flora. In addition to taking my [enema series protocol](#), I do recommend that all people take a daily probiotic ([Ortho Biotic](#) or a similar product) regardless of whether or not they are taking enemas. This will help to maximize the health of the **gut microbiome**. I also recommend that you implant [Bifidonate](#) to grow a healthy colon flora.



Does the enema wash out electrolytes or minerals?

This should not be a problem with normal/moderate enema use. For dietary and stress-related reasons, many people are deficient in a number of electrolytes (minerals) even if they don't take enemas. I am much more concerned about dramatically boosting the nutrient value in our diets than about the small amounts of electrolytes that may or may not be lost during an enema. My recommended [enema series protocol](#), particularly the second enema in the series, will help you to balance electrolytes.

Can one do too many enemas?

Yes. The number of enemas that a person can/should do is a very individual question. I think that most people can "listen to the body" on this one. I do know many people who have taken daily enemas for years due to a poorly functioning colon and don't feel well unless they do this. However, if you have a concern that you might be doing too many enemas, I would encourage you to contact me personally for further consultation.

Enema Recipes

Most commonly, an enema refers to the practice of infusing liquid into the colon and then releasing it. Another way to use enema bags is to [implant](#) certain substances with a desired therapeutic goal into the colon. With an implant, you actually keep the solution in your colon for a period of time, thereby allowing the colon wall to remain in contact with the solution for a longer period. The scope of this booklet does not include the wide variety of therapeutic implants or enema recipes that are put forth by enema and implant enthusiasts.

[Ten Days to Optimal Health](#) goes into more detail on this subject, and you can find even additional information on www.optimalhealthnetwork.com. It is my goal here to simply introduce the topic and provide a couple of key recipes that I encourage everyone to use.

For the **first enema** in my [enema series](#) protocol, I recommend using our made-for-enema [Frankincense and Myrrh Goat Milk Soap](#). This soap is rich in **butyric acid**, the main food source for the cells that line the colon, and is extremely beneficial to the health of the colon. Submerge the bar of soap in a small bowl of warm water for **30 seconds to 2 minutes**, depending on how strong you want the soap solution to be. If it's your first time, don't make the solution too strong, as it could possibly cause cramping. Then add this to the rest of your filtered enema water.



For your **second enema** in a series, I recommend mixing 1 teaspoon of [Celtic Sea Salt](#) with 5-10 drops of [OHN Colon Cleanse Essential Oil Blend](#). This enema helps balance electrolytes, clear out the second half of the colon, and optimize the **gut microbiome**.

The **third enema** in the series is the [coffee enema](#). Make sure to use an [organic, made-for-enema coffee](#) that is low in acid and high in caffeine and palmitates. **Add 1 teaspoon to 1 cup of brewed coffee per quart of filtered water**. After a coffee enema, you do not want to feel the "buzz" of the caffeine in the coffee. If you do, you are using too much coffee. Take in the coffee solution and hold this enema for **12-15 minutes**. You

can add 5-10 drops of [Tangerine Essential Oil](#) or the [OHN Coffee Enema Essential Oil Blend](#) to this enema to make it even more effective.

How often to take a coffee enema depends on the individual. Any interval from once per month to once per day (for a therapeutic time period) is fine, as long as you are feeling better after doing the enemas.

Coffee stimulates the **gallbladder** to produce and release bile, which helps to remove toxins from the body. The coffee also stimulates the liver to produce enzymes that detoxify the body. Coffee enemas are a great tool to use fairly regularly to detoxify the body!

[Diet, Supplements, Exercise, and Rest](#)

This booklet is an introduction to the basics of what I call **colonic health** and how one can use enemas as one of the tools to achieve optimal health. Though it is limited in scope, I feel that it is important to emphasize that the use of enemas is just one of many tools and considerations to take very seriously when working for optimal health for the entire body.

There are **four key areas** which I feel are vital for maintaining optimal health — **diet for your metabolic type, supplements targeted to your metabolic type, exercise, and rest**. What follows is an extremely brief introduction to the principles that guide my program for optimal health. For more in-depth information, please explore www.optimalhealthnetwork.com.



1. **Diet** — Food is absolutely your best medicine. There is no drug or supplement or cleansing program that can influence your health as profoundly as your diet. Also, there is no one "right" diet for all people. We are all biochemically unique. The standard American diet is unfortunately fit for its acronym (SAD). In addition, cleansing your body will not produce the long-term benefits that you are looking for without a diet that is right for your **metabolic type**. Because of this, diet is always the first step in a cleansing program.
2. **Supplements** — Most people will simply do better when they get more nutrients than it is possible to get from food alone. I recommend that all people take a daily [high-quality probiotic](#). After this, what supplements you need depend on your metabolic type. Certain vitamins, minerals, and natural extracts can be used to enhance healing, boost immunity, assist with detoxification and elimination, and optimize key bodily functions.
3. **Exercise** — We all agree that exercise is key! In some ways it seems silly to even say it. You know it. I know it. We all know it. Regular exercise is one of the most important things that you can do for your entire body. It is key for proper elimination and for that matter, the well-being of the entire body. Anyone serious about feeling one's best should include at least a minimal amount of exercise in their lives. At the very least, this exercise should include **1) daily stretching from head to toe** and **2) moderately raising one's heart rate for at least 20 minutes at least 3-4 times per week**.
4. **Rest** — Rest is the best. We all need it, but most of us get way too little of it. Make time in your day to give yourself the rest you need. Feel proud of yourself if you can take a nap. Go to bed early and wake

up when your body is ready to rise. If at all possible, try to avoid alarm clocks. Most of us would do a lot better if we got to sleep by 10:00 pm and slept for at least eight hours — every night. Sleep is crucial for maintaining a healthy body. Do yourself a favor — go to bed early.

Enema Positivity and Safety

Never force, pressure, or coerce someone to take an enema. To do so, especially with a young child, could lead to very painful emotions becoming attached to enemas.

Never share enema bags, tubing, or nozzles with others — especially tips. Sharing enema equipment is a reason that many people have gotten sick doing enemas.

Clean your equipment immediately after each enema. Use hot, soapy water and be sure to rinse all parts well. Sanitize your enema equipment with a mixture of **grapefruit seed extract** and hot water. Hang the bag and tubing so that all water can drain/evaporate from them. Enema bags and tubing should never be stored with moisture inside them, as this can lead to microbial growth. Particular attention should be paid to cleaning the tip or nozzle.

[View Full Equipment Cleaning Instructions](#)

Don't hide or be ashamed of your enema equipment. You can and should feel proud of the way that you care for your body. Having an open and comfortable attitude toward enemas will help others to learn of this amazing way to promote optimal health.

Summary

Enemas are not dangerous, dirty, weird, or wrong. As this booklet has outlined, enemas are a gentle and intelligent way to assist your colon to heal and function optimally. For a number of reasons, enemas fell out of favor with the public over recent decades, and are just now making a comeback as an alternative to more medically oriented interventions.

The Optimal Health Network believes that we are in the early days of a people's movement to reclaim our power in the arts of healing and intelligent living. We're proud of the part we are playing and we invite you to be a part of our work in any way that you can. Please **[e-mail us](#)** with your stories, questions, discoveries, testimonials, etc. Never underestimate the power of sharing your experiences. They inspire us and add a great deal to our feelings of connectedness.

Thank you for caring about yourself so much that you sought out this information, and thank you for your business!

[Kristina Amelong, CCT, CNC](#)

