

[Music]

Heather Fougner: This is Heather Fougner welcoming you to Body Ecology's Detoxification Training. This is our second bonus class, and today's class is all about colon cleansing. We've received a lot of questions from our audience, and we want to thank you for those questions.

Today, joining Donna Gates, is our special guest, certified colon hydrotherapist, Pam Craig. Pam is gonna be teaching what you always wanted to know about colon cleansing. Pam Craig is a certified Body Ecology coach with over 12 years of experience as a colon hydrotherapist.

Her extensive credentials include president of the International Association of Colon Hydrotherapy, also known as I-ACT. She's also a certified instructor with I-ACT and a nationally board-certified colon hydrotherapist with I-ACT.

Pam is the owner of the Body of Truth Detoxification Center in Atlanta, Georgia. It's her mission to create health and well being through educating others about eating well on the Body Ecology Program. She also teaches about the importance of restoring your inner ecosystem and cleansing your colon.

I know this is gonna be an excellent and enlightening class because I first learned about colon cleansing from Pam Craig many years ago at one of Donna's certified Body Ecology coach trainings. And let me tell you she's a fabulous teacher.

It is with my pleasure that I welcome Pam Craig and Donna Gates to today's class. Welcome, Pam. Welcome, Donna.

Pam Craig: Hello everyone. The first thing that we wanted to touch on today is the issue of constipation. We got so many emails from participants about constipation. And, Donna, I was wondering if you could start us out by talking about constipation and some related issues like diarrhea?

Donna Gates: Well, actually (*Laughter*), I'd like to set up, first of all, by covering a topic that I think needs to be addressed first. And that is that people are uncomfortable talking about this subject. Some people – maybe there's some, you know, ___ people out there that are comfortable with it, but most people it's not a subject that you bring up often and discuss your bowel movements or how you're eliminating. But it's really important that we have this discussion.

And I'm sure people are very comfortable having it where they don't have to be in a room with a lot of other people around, they're just listening to us talk here over the webinar, basically. But, you know, it's kind of a cultural thing that we somehow have become uncomfortable with elimination. And we're okay with the fact that our lungs take in deep breaths and eliminate carbon dioxide and our – we know our heart beats and, you know, our stomach's working fine and works like it works and so on.

But the whole concept of our colon and our elimination from the colon is just something that we don't talk about. So, therefore, people don't know enough about this subject. So I'm really glad that we're having a chance to have Pam on and bring up these topics. And hopefully by the time people have finished the call and have finished this class, basically, that they will definitely become more comfortable and move into doing some colon work in their own homes or going to see a colon hydrotherapist.

Pam, did you want to mention, just for a minute, about your position at the International Association of Colon Therapists and exactly what is I-ACT? 'Cause a lot of people don't about I-ACT, and they don't know about i-act.org as a website.

Pam Craig:

I'd be glad to, Donna. It's www.i-act.org, which stands for the International Association of Colon Therapists. There are about 3,000 in our membership right now. And they practice colon hydrotherapy all over the world. So anyone who's interested can go on the website, click on referrals, and then put in your country or city, and all of the certified colon hydrotherapists in that area will be listed. And then you can give 'em a call and set up an appointment.

Donna Gates:

Well, probably the number one question in everybody's mind is they do want to talk about constipation because there's nobody that goes through life without sometimes having a problem with elimination. So I would like to start off by saying that – of answering – I'd like to start off by answering this question: What causes constipation? Why do we become constipated?

And also, I want to say that – answer the question of what is constipation? Because initially, myself, I just thought it was when the bowels didn't – you didn't eliminate what – you know, some of the meals that you've been eating. But now I have a much broader understanding or a deeper understanding. And that is, is that when your bowel aren't eliminating, your entire body is constipated or

stuck. And that means that the liver's not making the bile it needs to make and to get the toxins out. It means right down to the very, very cells they're stuck too. So they're not able to get their toxins out into the bloodstream. They're constipated too or they're stuck.

So that's what constipation is. It's being stuck instead of having this nice flow of energy, a nice – you know, the energy going in the body where everything is moving into the body and moving right on out again. So that's what we want to kind of visualize as that would be the ideal.

Now, why do people – why do we become stuck and don't eliminate effectively? Well, number one reason, in my opinion, is there simply is not enough energy. The person is up tight and stressed out. We live in a world today where people are constantly under stress. And when we're under stress, we pull back, we tighten up. We – if you have to run away from a lion, you are not gonna stop and eliminate. So that whole system shuts down.

We are not sleeping well and not – you know, for that reason. And also we don't eat well, so we don't have energy for that reason either. But especially the thyroid and the adrenals are really under active, really not functioning well 'cause they're not healthy enough. They're not being nourished well. I've mentioned before that the adrenals need B vitamins, vitamin C and lots and lots of minerals on a constant basis. Literally every hour the adrenals go calling for more minerals to be able to support the functions that it hasn't – that the adrenals have in the bodies.

So if the adrenals are weak or shot altogether, you're not gonna have a healthy bowel movement. If the thyroid is under active, which it is so – it's so common for people to have an under active thyroid. Even children are born with under active thyroids today. So, again, the thyroid needs minerals and especially – and it needs good fats like butter and ghee and cod liver oil and yolk of eggs are excellent for the thyroid. Tyrosine is an amino acid. The thyroid needs ___ protein.

The – in particular, minerals are so, so important, but especially iodine, zinc, selenium. And so eating sea vegetables and putting enough sea salt in your food and taking a supplement like our Ocean Plant extract that we have in Body Ecology is very excellent for the thyroid. But hormone imbalances are a sign that are thyroid and adrenals are strong and healthy. And when you – when they're not, you do feel stressed out, you don't handle stress well.

This is kind of like a classic syndrome that's going on that's keeping people from eliminating effectively. Then you've got issues with your liver. It's congested, so it doesn't have bile, you know, efficiently being eliminated. People don't have enough hydrochloric acid. That's absolutely essential. Sometimes just by consistently taking digestive enzymes like our Assist for protein, which has a lot of hydrochloric acid in it with pepsin, just by taking hydrochloric acid on a consistent basis with your meals begins to change how a person eliminates.

Probiotics are essentials. And I don't mean probiotic supplements. I mean probiotic foods and liquids, which we are very big on in Body Ecology. And, of course, drinking enough water so there's enough hydration. And I would even recommend putting minerals in the water 'cause I would – I mean, the thyroid and the adrenals need minerals, and so you want to have mineral-rich water when you're drinking _____. This helps hydrate the intestines.

So, Pam, is there anything that you – that comes to mind about constipation? Because people basically come to you when they're constipated and – or if somebody like me recommends that they go see a colon hydrotherapist because I know they're constipated. Is there anything else you'd want to add to that?

Pam Craig:

Yes. Basically, the society that we live in today is an excellent environment for the creation of constipation. There are so many people on the planet, especially Americans, that is the number one complaint of people that come to receive colon hydrotherapy. The colon is very dehydrated. Even though they're drinking lots of water, there's still major dehydration going on because of malabsorption issues. They're not able to absorb their nutrients. They're not digesting their food.

They're leading really stressful lives. Their minds are thinking of two and three and four things at a time. They're multitasking. We drive down the road on the phone, using the phone. We're doing three and four and five things at a time in this day and time. We have all the electronic gadgets around that keep us really focused outside of our bodies. We're, the majority of the time, thinking from the neck up.

We don't really check in and go to the silent place within and just listen to the messages that our bodies are giving us. We have a lot of hidden food allergies that are going on, especially in American today, because of the processed foods that people are eating on the

run and the pesticides and _____, steroids, hormone, antibiotics that are being used on our foods. We're eating foods that are really devoid of nutrients.

So all of these things create an environment within where the body just kind of becomes very sluggish, especially the colon becomes dehydrated and sluggish. And the colon is a muscle. And when everyone is – are dancing as fast as they can, the colon just kind of matches the muscles that people are experiencing during the day, which is just stiff muscles that aren't really able to create good blood flow, they're taking little shallow breathes throughout the day because they're handling so many situations. So the atmosphere we live in contributes to a lot of constipation that's going on in the world today.

Donna Gates: You know, I'm really glad you brought up that about reminding me of breathing because in Chinese medicine – you were talking about shallow breathing. In Chinese medicine the lungs and the largest intestine are a ying-yang pair, meaning that if whatever you do to improve the health of the lungs is going to improve the health of the colon and vice-versa.

You can tell if you go in for a session of colon hydrotherapy, you can breathe better afterwards. You can feel the difference in your lungs.

Pam Craig: Definitely.

Donna Gates: So I'm glad you mentioned that to, that _____.

Pam Craig: And, in fact, when you finish with an enema or when you finish with a colema, which is a little more water, and then either colon hydrotherapy, whatever way that you can get pure water into the colon in order to hydrate the colon, the first thing you're gonna notice when you finish is how much better you feel.

You – I always have my clients look in the mirror, look at their eyes, look at their skin. Most of 'em are really pushing and dancing as fast as they can to get through the day, so they come in with this kind of gray, sour look. The eyes look dull, the gums are not bright red.

And then when they get up – when they're finished from the colon hydrotherapy where their colon has, you know, taken in all this beautiful water, where they're doing some deep breathing and we're doing some slight reflexology and we do some site

acupressure on certain points that correspond with the colon and the lymphatic system and they're affirming to statements like I am releasing and letting go, those kind of things are going on in the room, they do release and let go.

Because colon hydrotherapy and constipation and disease, in general, really has a lot to do with emotional stuff too, so when you can create a space when you can become quiet and affirm and meditate on releasing and letting go, the body says, okay. I can go along with that. And then the colon relaxes and the body relaxes, and then the water hydrates the colon, and then the peristalsis begins, muscular contraction that produce the bowel movement.

And most people do not have enough peristalsis in their colon because they have a lot of stuff in there that may not be leaving the body with the bowel movement because of the malabsorbtion issues and the eating on the run, not chewing each bite at least ten times, putting the fork down in between each bite, taking some deep breaths before we start our meal, turning the TV off, the radio off, the phone off and just giving our self permission, saying a few words to our body, this is food that's gonna nourish me. Practice gratitude for this food.

And then even if the food may not be the happiest food, you can still say an affirmation, and you can say, this food is absolutely perfect for my body. And so when I take this food in, I know that I'm going to do all I can to create an environment where my body can digest this food, and it will go through the stomach, into the small intestine and into the large intestine. And the peristalsis that I need will be there, and I will release what is not needed from this food.

So a lot of constipation and a lot of colon cleansing is about our daily choices in our life. The colon gives you more messages about what's going on in your body. If your colon is not releasing, if your colon does not have the peristalsis that's needed, it basically states that it's trying to get your attention. It's trying to get you to slow down enough to put your hands on your belly, take some deep breaths, close your eyes, and say some words to your colon such as I give you permission to let go. You have my permission because I know that you're carrying – all the things that are going in my life you're holding for me because I'm holding. So I'm ready to let go, and I'm ready to release, and I give you permission to do that.

Donna Gates: Well, I loved what you said because it supports what I said in the beginning that now everything in the body is stuck, but now we're bringing in the whole emotional side. It's stuck too.

Pam Craig: Yes.

Donna Gates: We're just under so much stress. We're just tight and stuck.

Pam Craig: Yes.

Donna Gates: And it's showing up in our being able to eliminate effectively.

Pam Craig: It affects everything we do.

Donna Gates: Would you explain the difference between a colon hydrotherapy session, a colema board, using a colema board, and then doing – and then lets get into talking about home colon therapy because – or home ___ people are really interested in that subject.

Pam Craig: Yes. It's one of the best things that you can do for your body. If you are suffering from any type of ailment, from depression to fatigue, to headache to indigestion, gas, bloating, any of the symptoms that a lot of the people experience, it's a sign that your colon is saying I need help releasing some of the bad bacteria that's in the colon. Because if you have malabsorbtion, you're gonna have lots of gas and bloating, and you're going to need to find a way to create a way for that to leave the body.

And the more fowl-smelling the gas is, the sulfur-smelling gas, that type of thing, that really is an indication that there's more dysbiosis going on in the colon. Excuse me. More – yes. More dysbiosis where there's more bad bacteria than good. And what you want to create when you do enemas or colemas or colon hydrotherapy and also when you start stage one of the Body Ecology diet, this – these two are one, in my opinion.

So if you can do both, that's when you're gonna be creating an environment within where the body can do what it was designed to do on its own, and that is to heal itself. So –

Donna Gates: Well, when would I go see a colon therapist? When would I order a colema board and have, you know, colemas at home? And when would I – what would be the advantages of doing colon therapy _____ –

Pam Craig: Well, of course –

Donna Gates: - ____ enemas?

Pam Craig:

Yeah. See, enema is usually going to be maybe a quart of water. You can purchase the enema bags in drug stores. I know Donna likes the buckets and so do I, the plastic buckets that you can purchase. But you're usually getting maybe a quart of water with an enema. And it's going to slowly hydrate the left side of your colon. And what that's gonna do is cleanse the part of the colon where the fecal sits in waiting for the bowel movement to begin.

So an enema is going to hydrate that, and then that's going to leave the body. Now, if you do a colema, that means that you'll have a home enema, but instead of a quart bag or bucket that's just a quart, you're going to have a bucket or something that hangs on the wall that's maybe five gallons of water. So, again, you control the water. You'll have a little thing there that you can push, and that can stop the water flow so that if you start feeling flow, just push the little water flow stopper, and then start taking some deep breaths and saying some affirmations like I'm releasing and letting go. And then that fullness will pass.

And then you open the water flow again because if the water goes in on the colema, it should go higher than just the splenic flexor on the left side of the body. It should maybe even go over across the transverse colon, which is – goes across the top of your belly under your rib cage. So you'll build up to where your body will adjust. You may not need as much water as someone else.

Now, the enema and the colema are done at home. You are doing them yourself usually. There are cases where, you know, I've given enemas to people who are in the bed, they're bedridden, they're elderly, they're very ill, and they can't, you know, get to the bathroom and do the enema. So it's always a good thing to have an enema bag around in case someone gets in that position because I've given enemas to people that are really, really ill and that dark black bileness starts leaving their body, which is – they basically are suffering from auto-intoxification. They have so many toxins that the body is – hanging out in the colon, the toxins are, that the body can't handle it. So the body just shuts down.

And so if you can put some water in the colon through an enema, through a colema or, better yet, if you can get 'em to a colon hydrotherapist, in colon therapy you can use as many as 20 to 30 gallons of water. Now, I know that sounds a little scary, but it's totally controlled, and the water goes in at the rate of a dripping

water faucet, and it slowly hydrates the large intestine so that when it hydrates what's in there, then the colon can start the peristalsis, and then you start having the big releases.

There's no loss of dignity, there's no odor. You see everything leave your body through a viewing tube. Everybody calls that real TV. And that's really the best part about it. Everybody loves to see what's leaving their body because it is interesting. You actually see if your colon is a nice brown – the fecal is a nice brown color, which is what you usually get in the beginning. And then after three or four sessions, you can get to that really dark black that some people have, not all people, but some people that have suffered with constipation all their lives. There's fecal lining the inner wall that is not leaving the body through the bowel movement.

In other words, people are eating three meals a day, three good-sized meals a day, and they may be eliminating once a day or they may even eliminate once every two to three days. So you're wondering where those two meals are going when **you're** not leaving the body because when you eat a meal, you should – within 18 to 24 hours, you should have a good-sized bowel movement that is a nice brown color, that's the color of, say, cardboard. It's four to eight inches long, you know, that should be leaving your body.

It should leave easily with no straining or discomfort. It should have the consistency of toothpaste, and it should enter the water smoothly, and it should slowly fall once it reaches into the water. And there should be little gas or odor. Now, if you have rapidly-sinking stool, that could indicate that you're not getting enough fiber-rich foods, you're not eating enough vegetables, whole grains, you're not drinking enough water.

And if the stool is really dark, that means that it may have been sitting in the intestines for, you know, quite a long period of time. And some people even have, you know, pale and gray stools. And this can be caused by insufficient bile output. So in the bile ____ from the liver, they give the stool the brownish color. So if you have decreased bile output because of malabsorption and not being able to properly digest your food, then your stool could be a really pale color.

And I know a lot of clients and myself, I'm on the Liv Amend end, and I have been because the Liv Amend actually helps create a way for those – for the bile ____ to leave and produce the bowel

movement. It is amazing what it's done for my clients as far as increasing bowel movements and changing their stool back to the color that it should be.

And then some people even have the soft smelly stool, you know, that floats, and it sticks to the sides of the bowl or it's difficult to flush away. And this can sometimes mean that there's increased fat in the stools, that there's a lot of other things that could be going on too such as, you know, pancreatic insufficiency. But it's basically about lipase, which is the digestive enzyme that digests fat.

And that's why I really highly recommend Donna's digestive enzymes because she has lipase in there, and she also has protease and she also has amylase. But when you're eating fat, the lipase is really a great thing to take along with it, especially today because a lot of us are not able to eat the good fats. We're eating, you know, hydrogenated oils and olestra, that kind of thing.

So this all contributes to the liver not being able to do what it's supposed to do around the fat, and the colon and the body not absorbing and digesting the fat, so then that makes the stool come out, and it's kind of greasy. And I know even in colon hydrotherapy when they're having the releases, we can see lumps of fat that are kind of, you know, coagulating there in the waste hose and in the viewing tube, and that lets me know right there that that person is having problems with digesting fats.

So those are some of the things that we see, but the bottom line is whether you give yourself an enema, whether you get a colema board, which you can get on line, and you set that up on your home, you can even go on line and they'll show you little videos of how the colema boards work, or you go to a certified colon hydrotherapist, which is absolutely the ultimate because when you go to colon therapy, you can create an environment where you just release, relax and let go. Someone else does all that other stuff. so it's really a great environment.

Donna Gates: I think when somebody's brand new to colon therapy –

Pam Craig: Mm-hmm.

Donna Gates: - it is good to go to see a colon hydrotherapist first. And don't even worry about the home enema yet. We do recommend in our BEDROK group, which is Body Ecology Diet Recovery our Kids, we do recommend that the parents do home enemas with their

children. And they have found that they're extremely effective, a very important part of the healing process –

Pam Craig: Mm-hmm.

Donna Gates: - to get those toxins out. And it's so effective. You eliminate your heavy metals and all toxins if you're doing colon cleansing with the home enemas. And this is great for the little children. But always tell the moms and dads first go get some colonics yourself and see and become comfortable with colon hydrotherapy, and realize that, you know, it's a comfortable process, it's very, very clean and sanitary, all the ___ colonic that would – they're achieving, for example, that would touch your body is completely disposable and is thrown away.

Everything is – there's no odor, and there's a lot of respect for your privacy. The colon therapist is quite comfortable with the process. And you always want to go to a colon therapist that you feel comfortable with. But what our mothers do usually is that they do start going for a colon. I just wonder why it took them so long to do this. They just didn't even know about it. And then feel more comfortable about doing the home enemas with their children.

The – one of the benefits of going to the colon therapist, besides having a partner in detoxification, which is nice to have somebody else just kind of guiding and coaching you, but also it's a more thorough cleansing. And sometimes there's just, you know, that – you need that little bit of extra pressure. The colon therapist can adjust the pressure to push, you know, through any blocks. And that extra water really makes a big difference. So I highly recommend it. Many people that are uncomfortable with this process start with a colon therapist.

Pam Craig: And that's a good suggestion because when you actually finish with the colon hydrotherapy, which lasts usually from 45 minutes to an hour, you'll get up, and you'll go in the bathroom and continue to release. And then you look at yourself in the mirror, and you look like a totally different person.

You know how people look when they go get a really good massage? It's kind of like that, only the skin that was fallow and gray, some people even come in kind of greenish looking, and the skin is pink and the cheeks are rosy. The eyes are bright. The belly is flat. I mean, if you're carrying 7 to 25 pounds of fecal in your colon, you're gonna have a belly that's distended. And that

belly is not going to go away until you hydrate the colon and create a way for that to leave the body. I myself had –

Donna Gates: _____.

Pam Craig: Pardon me?

Donna Gates: Oh. I was gonna say that that's not something that would happen in the first session.

Pam Craig: No. Not the first session. Absolutely not. Usually people can leave – let go of as much as two to five pounds of fecal in one colon hydrotherapy session, but then there are some people who do not have that amount of fecal in 'em, so I don't want to say this is everyone. It's all an individual scenario. And they come in, and they just benefit from the benefit from the hydration of the colon. And they do have several good bowel movements.

A colon hydrotherapy session is like ten enemas or, you know, five or six colemas. So it's just there's more water going in, and the body has an opportunity to just relax and release and let go of more that's in there. But it is – and the only discomfort you feel is if you are really full in your colon with fecal, the water hydrates that colon, the fecal, and then the colon starts moving it out, and you'll feel that. You'll feel like that you – wow! I'm having a bowel movement. So that can feel a little intense. But once that major release leaves the body, it's so worth it. And you literally feel like a new person. Literally.

I mean, I see people walking around every day, and I wonder how are these people existing? How are they suffering through because they're so toxic. And if they would just get some enemas, some colemas, colon hydrotherapy, if they would just get water into the colon and create a way for that bileness and toxicity to leave the body, it would make their lives so much easier.

And a lot of people say, oh, is that the natural thing to do? To me, I look at them and I say, what's very not – unnatural is the fact that you don't, aren't practicing cleansing of the colon as often as you can. I remember back in 18th Century – of course, I don't remember, but back in the time of ___ of – I think Luis XIV, he was – he would conduct – they all knew back then to do enemas. A lot of 'em would start their day off with putting water in the colon because they wanted to look their best.

And he would conduct his affairs of state – he had a special room, a big box built, and he would stand there and receive enemas with just his head coming out. And conduct, you know, political affairs receiving enemas. That's how accepted it was in that time. And I remember I had people that their grandmothers and their great grandmothers and their great, great grandmothers they always practiced giving themselves enemas and their families enemas. It was a normal way of life. But someone we lost that connection with our body where we can do simple things.

We turned more outside ourselves to medications or, you know – and then all the antibiotics that people take today for just about everything, the antiviral medications and all. So we've kind of gotten away from our source. And I think that planetarily we're in the 21st Century and we're having a major change of consciousness on our planet. And I think everyone, a lot of people are really going back in to their bodies and to their inner selves and listening to the messages that their bodies are giving them.

And I'm just proud that I'm here and that I can see this change because I've been waiting on it for a long time, as a colon hydrotherapist. I really have.

Heather Fougner: Donna, one of the things that you teach in your training is about how colon hydrotherapy cleanses more than just your colon. Can you talk about that and why it's a full body cleanse?

Donna Gates: Well, yes, because when you start to – the colon is kind of the downstream, and if you see – again, if you see – I think I mentioned this in our last class. Imagine a river flowing downstream and somebody puts a block at the bottom (*Laughter*), and everything starts backing up. And then, you know, all – everything becomes toxic all the way up stream.

So if you, you know, take – destroy the dam and everything is able to flow smoothly again, basically that's what you're doing with colon therapy. You're going into the colon very gently with water, and you're rinsing out a block, hydrating that colon, which is so, so important, getting that water in there, hydrating that muscle because there's – as people get older, the colon gets very dehydrated and then you can – that shows up on the outside of our body too. We look more wrinkled and so on.

But if you remove that block and then the liver and – it always dumps its toxins. It's always been able to. The lymph is able to, you know, start to eliminate its toxins because the colon has been

opened up. And very often, actually, in the colonic session, the liver dumps its toxins. And colon therapists can see colors moving through the tube. There's like a clear tube that, you know, they can view what's actually leaving the body. And sometimes it's parasites and different-colored material.

And, you know, the oily type of look that Pam mentioned that – meaning that they didn't detoxify or they didn't digest oils effectively. Mucous, a lot of mucous. If a person has an inflammation, infections in the body, they'll get a lot of mucous and –

Pam Craig: Right.

Donna Gates: - going through the view tube and so on. So all of these things are leaving the body, and they're leaving from all over the body, basically. And then the cells know, they're just innately wise enough to understand that oh, now we can start to get rid of some of our toxins into the bloodstream, and then they'll go through the normal process of elimination and they'll leave the body. Because there's a way that toxins come out through from the cells into the bloodstream. The lymph does the processing, the liver does, the bile.

All of that is involved in getting the toxins out of the body, but they ultimately end up in the stool, and that material has to leave the body. So the colon therapy is beginning to like be the – it just sort of pulls the plug, and then everything else can just start to move out of the body.

So somebody had asked in a question that came in, you know, is there ever a time when – do you always have to do colonics? I think you always have to be mindful of and have the skill to do colon therapy because you do them as needed. And somebody that's starting on a cleansing program, a detoxification program or they decide to go on a parasite cleanse, you can be sure that by day two you have triggered so many toxins, you've triggered your cells, basically.

Everybody wants to get rid of the toxins, but nobody can start moving them out until, you know, down stream you cleanse the colon and then things can start to be eliminated. So always know – I mean, wise people learn how to do home enemas. It could save your life. It does, it has in the past. You know, doctors in the olden days before they were trained in modern medicine always

said, you know, do an enema, go home, rest, just drink broths and hot soups and things like that, let the body rest.

And most of the problems that people had were eliminated by just doing those simple things. So enemas can absolutely save peoples' lives. Now, there's a difference between enemas that we're talking about, Pam and I, and then coffee enemas. Coffee enemas are completely different. And neither one of us are big fans of coffee enemas. Pam, do you want to say something about that?

Pam Craig:

So when you start with cleansing the body, it's best to start with just putting the water in the colon, cleansing that first, and then the liver can dump into the colon. It's better if you're gonna use coffee, get with your colon therapist and do several colon hydrotherapy sessions. And then when you feel cleaner inside, your skin's glowing, you're not having the skin conditions, you're not feeling as fatigued, you're sleeping better, that's gonna give you a sign that your colon is, you know, a lot cleaner. And then if you want to do liver cleansing at that point, that would be the best time.

Donna Gates:

Well, I want to add to that too that the coffee enemas became popular with Max Gerson. And he had a therapy – a protocol in Mexico at his clinic for people with cancer. Now, you know, we – they – his intension was to get the bile duct open so that the toxins could come out. It was the right way to think, but it's not the only way to think. In fact, I prefer to use another method, and that's why I developed the Liv Amend because I know that those four herbs that are in the Liv Amend are so effective at getting the bile to – you know, the bile to come out of the body.

And that if somebody wanted to go coffee enemas, I would agree with you that you could do a couple of 'em after maybe they've done some basic colon cleansing like, say, four or five sessions with a colon therapist, then maybe do a couple of – two or three sessions of coffee enemas. They're actually retention enemas. You retain that for about 15 minutes and then get up and eliminate. That should be actually followed by another – just a – water with perhaps just some ___ minerals in it to kind of rinse out after the coffee enema.

Coffee has its – everything has a front and a back to it, and coffee has a big back. And so people that do this on a long-term basis actually begin to lose minerals from their body, which is very – which was the main reason I would be against somebody doing it very often. But, you know, if they felt like they really wanted a

short method for opening that bile duct, that is what – that is the perfect – that is the purpose of the coffee enema.

Now, another thing that can be done with home enemas and even sometimes some of the colon therapists that are – and, you know, Pam, you can comment on this, but castor oil packs are wonderful to do to lay – they happen to help soften the material in the material in the colon. And you definitely have better elimination. Now, are there other things – I mean, I'd love for you to speak about castor oil packs. People can learn how to do then easily by typing that in on the Internet.

But besides that, what about – I notice a lot of times like colon therapists will actually recommend somebody use like a colon stimulate so when they come back in for their next session, they have – they eliminate better. Can you talk about that a little bit?

Pam Craig:

Yes. With the castor oil, first of all, it's – we all know that 70% of our immune system is in our solar plexus area of our body, which is our body, below our breasts down. And when – during the colon hydrotherapy session, we – on the – when the water is being taken in, it's called the slow fill where the water's going in at the rate of a dripping water faucet, on the release we rub the castor oil by – we use the Edgar Casey castor oil from Heritage Products.

We rub that on, and what happens is the castor oil absorbs toxins from the lance because the lance is all connected all through the small and large intestine. And so those toxins are absorbed, and then it creates a way for the lymphatic toxins to leave the body also during the colon hydrotherapy.

And it's something that you can do at home. You just rub castor oil on your belly at night, and then you can take a hot water bottle and put on your belly, and you can just lie in bed and relax and breathe and do some affirmations. And a lot of times that in itself you'll wake up the next morning and have a really nice bowel movement. So it's just a good way to create a way for toxins to leave the body.

And then the – when some people come in, they're so impacted. You know, they've just – what's in there is very hard in their colon. We – a lot of people, 85% of Americans are deficient in magnesium, which is a very, very important mineral. So a lot of clients have had a lot of really good luck with simply taking some type of related magnesium. Or there's a product out there called Calm that you can purchase in any health food store.

And magnesium affects so many things in our body. It affects muscles, and the colon is a muscle. So it helps to relax the muscle so it won't be so tight, and then the peristalsis can begin. It helps people that have Charlie horses or tenseness in their muscles. A lot of times it's a lack of magnesium. People that aren't sleeping well, lack of magnesium.

It controls – it helps stress in the life – in your life. So if you're just reacting – you know, overreacting or that kind of thing, a lot of times it's a lack of magnesium. So we do have a lot of success with people that take magnesium. Well, a lot of times when they come in and – for their colon hydrotherapy, if they take the Calm, this is a powdered magnesium that you pour in water and mix up and it's warm, within 15 to 20 minutes we'll start seeing this dark black start leaving their body.

So whereas they might have just had the brown, which is basically bowel movement, because they took the magnesium, they get to the really dark stuff, even the mucoid plaque.

Donna Gates: You said something, Pam, that I just wanted to clear up because I know your real intension on this, but you said that the water should go in at the rate of a dripping faucet. Well, somebody would be there all day long if you really meant that. But I know what you mean is that when you go to a colon therapist, you want to find somebody who does do a slow fill –

Pam Craig: Yeah.

Donna Gates: - because you want the water to go in and almost sneak into the colon –

Pam Craig: Yes.

Donna Gates: - so that you're not triggering a peristaltic movement. And –

Pam Craig: Yes.

Donna Gates: - Pam trains other colon hydrotherapists to become therapists themselves, and so she's very big at teaching them to put the water in slowing and also –

Pam Craig: Yes.

Donna Gates: - to do different types of massage. What would you say somebody should look for when they are trying to find a good colon therapist? If they have a choice of two or three in their town, I usually tell people call them up, interview them, see who –

Pam Craig: Yeah.

Donna Gates: - you feel comfortable with and –

Pam Craig: That's exactly what I'd say.

Donna Gates: - what else would you say?

Pam Craig: I would just call the colon therapist, interview them. If you feel good about their energy, if you feel a connection, then I would make an appointment and go in because you'll be able to tell when you talk with them are they asking you some things about what's going on with your health and, you know, what are some of your health conditions?

Because there are contraindications for colon hydrotherapy such as, you know, someone who's on kidney dialysis, they cannot take any more fluids into the body. Congestive heart failure. People who are taking Lasix and different types of medication to create a way for the fluids to leave the body. So the heart isn't pumping like it should, so they have a lot of edema and swelling. You wouldn't want to be putting water into the body in that situation.

So there are contraindications. And so you'll talk with your colon therapist, and she will let you know whether you are a candidate and whether you do qualify. But either way, just talking with them and seeing how you feel about 'em on the phone is pretty much the best way to do it.

There are certified colon therapists that are certified through I-ACT. And then there are colon therapists that aren't certified. And I'm not one to say that because they're not certified, doesn't mean that they don't do what they do really well. There are therapists that are out in rural areas that have been doing this for 20 and 30 years and they just haven't, you know, gone through the – what you go through to get certified, but they know what they're doing.

We do prefer them to be certified with I-ACT because we have a set standards that we teach all therapists, and, you know, sanitary standards, cleanliness standards, that kind of thing. All of the

equipment is – the waste hose and everything is totally disposable. It's used each time and discarded.

So, yes, that's the best way to do it. Just go on the I-ACT website, see where there are people in your area. If you go on the I-ACT website, most of the therapists on there will be certified, and it even notes their certification, whether they're foundation level, advanced level, whether they're an instructor, whether they're nationally board certified. All of that is by their name. And there's usually a phone number and an email. And you can talk with them directly.

And also, referrals. You can go into your health food store, your chiropractors, your massage therapist. They usually always know of a really good colon hydrotherapist. And that's also a really good way, just by word of mouth and someone says that they're just fantastic. Then I would call them first.

Donna Gates:

You know, one of the principles of Body Ecology, the principle of balance, tells us that everything has a positive and a negative side to it. So naturally, any time I recommend something, I always look for its positive side and its negative side. And when I was, you know, asking that question, I came up with a negative. And I'd like to, you know, kind of throw that out for discussion with you.

But when somebody is putting water into the colon and removing everything, I think there's some things that need to be done afterwards. First of all, the colon therapy is – it is just that. Therapy. And so people need to rest after they've had a colon therapy session. You know, a lot of water has been used and everything's kind of emptied out hopefully. Hopefully it's been a nice thorough cleansing.

And so we want 'em to go home and just plop their feed up and read a good book and just have a little light meal like some soup and warm teas and liquidity things. And then – and really rest. Go to bed early, you know, don't do anything like go out and play tennis afterwards or go shopping and pick up the kids from school. A lot of people do that. And it's important, I think, afterwards to be quiet and still so that the energy that the body has is used for healing.

And I'm very big on doing implants too because you can add into the colon – and this is easy for people to do if they are – if they home or if they are doing home enemas or using a home colema

board. You can always add an implant after the colon cleansing session. And you can put minerals in the water. And an implant would just be only a cup of liquid. And you can put minerals in that water, and you can put in vitamin C. That's a great thing to put in. There's many, many things. Aloe.

That cup of liquid can actually be something kind of creative. Like I've encouraged people over the years to take – you know, to be creative and like, for example, let's say you and a flu and you knew that Echinacea tea would be a great thing to drink. You can actually brew up your Echinacea and then use it as a liquid as – when you're – for that cup of liquid. The cup could be Echinacea tea, and then add your vitamin C and some minerals to that and you've got a really nice implant that you then lie down and absorb into the body.

And this gets up into the adrenals and helps alkalize the blood and so on. And there's – you know, I know that colon therapists are not allowed to do any type of implant, but it doesn't mean that people can't do them themselves. And I just want to add that to conversation. But if you've got anything else to add to that, Pam, please do.

Pam Craig:

I think that's an excellent idea, as far as the additives afterwards. And usually when clients come, we give – afterwards they'll drink like – I'm sure everyone's heard of that little – it's called Emergen-C, and it's just full of electrolytes that go back into the body.

As far as what leaves the colon, actually, you let go of a lot more bad bacteria than you do good. And most people are walking around with an overabundance of bad bacteria. So that leaves. And then all you do to replace it is drink some electrolytes or, like Donna said, put some additives in so that you now have this nice clean colon where these additives can go in like young coconut keefer is a good one that Donna teaches people to make on the Body Ecology diet. It's full of wonderful, healthy probiotics and good beneficial yeast.

And so all of those things help replenish the colon. And it's an excellent thing to do, but please don't get the idea that you're losing a lot of good bacteria because most people have so much more bad than good that the little bit of good that does leave your body, it can be replenished very quickly with your first meal or your first, you know, additive that you put in or electrolytes that you drink, or go home and drink some warm, rich mineral soups such as Miso soup or some good hot tea and that kind of thing. So

the benefits so outweigh the thought that you might be losing some good bacteria.

Donna Gates: And I think it's important that we point that out because people have gone to the doctor, and the doctor said, no, don't do that. It washes all your good bacteria away.

Pam Craig: I know.

Donna Gates: And I want people to know that good bacteria (*Laughter*) will not flourish, it won't even grow in a – with the – if the colon is not healthy and the environment is not right, the ___ flora will not grow there. So you're basically – in the step-by-step order of things, you're doing – the first step is to clean out the environment so that the good guys have a much better chance of surviving.

Pam Craig: Mm-hmm. And they've also just determined – we've had our first scientific study from a group of gastroenterologists at our Danbury, Connecticut Hospital that states that out of 700 patients that received colon hydrotherapy, 3 colon hydrotherapy sessions, as opposed to having them drink the magnesium substance that people have to drink like a gallon of this stuff and it just starts sending the colon into spasms in order to get the colon cleaned to prepare it for endoscopy or colonoscopy, which is the test that they do to detect polyps and that kind of thing, they determined that the colon hydrotherapy patients had as cleaner or cleaner colons than did those that drank the traditional drink that they have people drink.

And plus, those traditional drinks can be very hard on elderly people. They can cause kidney damage, all kinds of things because they do lose a lot of electrolytes when they make 'em drink that before a colonoscopy. And to see that study you can go on www.detoloresearch.com, and that's D-O-T-O-L-O research.com. And you'll see a particular type of colon hydrotherapy equipment.

So there's several types of equipment, and this is one type. But if you scroll down to the bottom of the page, you'll actually see the video where the gastroenterologists are performing a colonoscopy, and they show you all about colon therapy before. And the gastro doctors are even commenting on colon hydrotherapy. So I really like to let people know about that if they actually want to see a live colon therapy session with a patient.

Donna Gates: There are – we probably should point out too, Pam, that there are different types of colonic machines when somebody goes to a colon therapist.

Pam Craig: Uh-huh.

Donna Gates: There is the open system, and there is a closed system. So let's – so could you talk about the difference, you know, the two? Just explain what the two types of colon therapy systems –

Pam Craig: Well, they're both excellent ways of having water go into the colon. So, again, I just encourage everyone to try both, and then they can come up with what, you know, they feel works best for their body. So to me, whether it's an enema, whether it's a colema, whether it's a closed system or whether it's an open system, it's all about one thing, and that's getting pure water into the large intestine.

This intestine is sometimes 16 feet in length when you stand it up next to the human body. And so there's a lot of intestine in there that needs hydrating, a lot of muscle that needs hydrating. So getting to – getting the water in, in any of those ways is safe and is viable.

Donna Gates: But how would a person know if their colon therapist had a closed system or an open system, unless look different?

Pam Craig: Well, usually they would ask. The colon therapist would tell them, unless they didn't ask. Then they would just go in and whatever type of instrument that colon therapist utilizes, they would experience that work. So – but if they ask the colon therapist, she will tell them.

A lot of therapists utilize both systems, and they'll put a client on one and then another and let the client decide which is best for them. But to me what's more important is just focusing on, you know, letting the water go in and seeing the colon therapist that you connect with and experiencing both types of equipment.

Donna Gates: Well, Body Ecology – people can order a colema board through Body Ecology, but some people have said that ___ the open system is more like just having a colema or having a home colema. I think that there's no doubt that the open system, which is like the colema board, is – they're using a lot more water. You can't – I think with a colema board you can – the bucket holds about five gallons at a

time, but with a open system, somebody – how much – that’s, I guess, a continuous-type flow.

Pam Craig:

It is. On both systems it’s a continuous-type flow. So with both systems the water is controlled. And it goes in at the rate – hopefully a very slow, gentle infusion because you want the water to be introduced into the colon. You don’t want to – and that’s why when it’s – when you do an enema and you’re laying on the floor, it’s better to hang the enema bag or the bucket on a doorknob rather than hanging it like high on a shower where the – a lot of people will hang it on the shower where the water comes out. But if you hang it lower, the water’s going in slower.

And I’m very much an advocate for very gentle infusion into the colon. It’s just introducing, and all the good and the bad bacteria and all the little guys in there look at it like oh, okay. This is gonna come in and sort of help us, rather than just this water flushing in really quickly. I’m – that’s not the type of colon therapy that I teach. So it’s more of an introduction and then letting the body release as it’s ready.

Colon – enemas, colemas, colon therapy take patience. It’s about acknowledging the body, acknowledging the colon, and letting the colon release as it is ready. It’s not about forcing it to do what you want it to do.

Donna Gates:

Can you talk about diarrhea? Because people don’t realize that diarrhea actually is a form of constipation. And usually when someone has diarrhea, I tell them to see a colon therapist.

Pam Craig:

Yes. Definitely. Diarrhea is a form of constipation, and it can usually – I mean, it can be that. There can be many, many reasons for diarrhea. And I would like to say that if you have any change or abnormality in your bowel movements, you really should check with your physician because, you know, we can advocate that diarrhea is caused by this, this or this, but we really don’t know because each person is an individual.

And one person could have diarrhea because they’re stressed out and they’re trying to do too much or they’re having hidden food allergies. Another person could have diarrhea because they’re so – their colon is so impacted and constipated that the only way it can get out is in a liquid form, the solid stools can’t get out, so diarrhea is happening because of severe constipation.

Another person could have diarrhea because of food poisoning, another one because of hidden food allergies, they're eating – for instance, people are – may be allergic to gluten or sugar, and they're eating these things on a daily basis, and they're moving through life and not able to really listen to the messages the body's giving them. So it's all the above.

I would immediately start with cleansing and stage one Body Ecology, read the "Body Ecology" book front to back, cover to cover, and read it two or three times, highlight it and put little stickies and take notes because body ecology is a way of teaching you how to become your own nutritionist.

And, again, I really believe that any type of colon cleansing and body ecology are one. And if you do the colon cleansing without the Body ecology, it will not be as effective. And if you do the Body Ecology without the colon cleansing, it will not be as effective. So if you do the two together and you follow the principles of the Body Ecology, you're gonna be recreating an inner ecosystem with Body Ecology, but you're also gonna create a way for that candida and bad bacteria to leave with the colon therapy.

And that's when you're gonna create 30 feet of digestive tract from mouth to rectum that is able to digest food, to absorb nutrients, and to have normal, healthy bowel movements, which means you're gonna have energy, you're gonna feel lovely, and all the fatigue will be gone, the joint pains will be gone.

These are all contributed to by hidden food allergies, people ingesting foods that basically are causing autoimmune responses in the body. The immune system interprets this protein or this gluten or whatever as being an enemy, and it starts creating antibodies. And so the body's kind of having these autoimmune responses.

And if most people will check in when they start feeling funny or bad, if they'll think about what they ate, what did I just eat for lunch or what did I eat for breakfast this morning, and if you'll start checking in, a lot of times what we're putting in our bodies is causing these symptoms. But then, again, it can be more serious. It can be pancreatic insufficiency, it can be bacterial overgrowth that's interfering with the bowel acids. It can be many, many things going on with diarrhea.

Heather Fougner: Pam, you mentioned that people should eat a healthy Body Ecology diet because it's – and also cleanse your colon. I would

imagine that you see differences, dramatic differences when people change their diet. Can you talk about what you've noticed in terms of colon health when you're working with a client who comes in from a standard American diet and then switch to a healthy Body Ecology diet?

Pam Craig:

Yes, I can. I mean, we have people coming in that are still – think that Diet Coke is okay, you know. They're drinking Diet Dr. Pepper, Dr. – Diet Cokes and this kind of thing. And they are working full time and grabbing lunch. And so their joints hurt, they're having chronic fatigue, they're experiencing headaches, they're not sleeping well. They just don't feel up to par because they're so toxic.

So when they do the colon hydrotherapy two or three or four sessions, they are amazingly different people. The belly becomes flatter. And it's interesting because a lot of people – colon therapy has become more accepted today. A lot of stars in Hollywood have made it that way. I remember Lady Di she always did regular colon hydrotherapy, and she always looked good, and she shared that with people.

We have a lot of models that do colon therapy 'cause it keeps the belly nice and trim, and when they go do their photo shoots, they want to look their best. The skin is glowing. So there – a lot more mainstream people hear about it. And those people that want to do it now they call in, and they'll say, I heard it helps you lose weight. That's the number one thing is can I lose weight by doing this? And so I usually explain to them that, yes, you do lose weight, but depending on how many pounds of fecal you have in your colon.

But when they come to the Body of Truth Holistic Center or they take my class, which is the Alliance of Classical Teachings that me and my identical twin sister, Trish Craig, teach, she's out of Little Rock, Arkansas, and I'm in Atlanta, teach colon therapists about the importance of Body Ecology, along with the colon hydrotherapy. So that when they have a practice, when people come in, they will see the cultured vegetables, they'll see the young coconut keifer.

And people – we put 'em on a protocol of not just cleansing the body, but also them making small baby steps. And it's just amazing the difference in people. Within five to ten days, people – they look totally different, they feel great, and it's just because they've eliminated foods that they may be having hidden allergies too, and they're cleansing and purifying their body.

I mean, I can tell you story after story. To me, colon hydrotherapy is a blood cleanser. And I had a particular client that was – came to me, and she had stage four breast cancer. And she was coming in. When people are doing chemotherapy, colon therapy is so integral because if they're creating a way for the toxins generated from the chemo to leave the body weekly with colon therapy, a lot of times they sail through the chemo. They don't even have any of the side effects. They're able to work. They're able to do these things.

And this particular lady came in and she was releasing dark black, I mean, dark, dark, dark every single week. And I knew that a lot of the reason her cancer manifested was because she had such an over abundance of toxins in her body. So the one week she called crying and she said, I can't come. They won't let me do my chemo today. And I said, why? And she said, because my white blood cell count is so off. They say that I can't handle it.

And I said, you know what? You come over here right now, and let's do a colon hydrotherapy session. And she says, right now? And I said, right now. And she came, put her on the table. She had dark black massive releases for 45 minutes. It was tire rubber. It was sludge. That's all it was. And then I said, now, what I want you to do is go back over to the doctor's office, and I want them to retest you, and let's see what happens.

She went over there, and the actual – her nurse called me and she said, I want to know who you are and what you do. And I said, well, I'm a colon hydrotherapist. And she said, what did you do to her? I said, she had the gentleman infusion of warm water going to her body for 45 minutes, and that created a way for a lot of toxic fecal to leave her body.

And she said, well, I don't know what you do, but she said, her blood is totally normal. And she said, she's now over there taking her chemo, which I wouldn't want to say (*Laughter*) – that's not the end result, that you would get your blood cleaned so you could take the chemo, but that's just an example of how cleansing the colon – how quickly it affects all of the organs and cells and bloodstream in your body.

Heather Fougner: That's amazing, Pam. If someone were to come in for the first time and they wanted to know how often should I cleanse my colon, how would you guide a client?

Pam Craig:

It's an individual thing, Heather. Totally. We have 'em fill out a health questionnaire. We see what their dietary habits are, what is their stress level, how many bowel movements are they having a day? If someone like me had 20 pounds of fecal in their colon – when I started this work, I was – my father always said that I was born constipated. So as a child, I was always having to take enemas. I was in and out of the hospital. They wanted to do surgery on my colon.

So for someone like me, I had to do one session a day for eight days. And I was so impacted that the first eight days it was just clear water coming through. It – what was in there was so hard that even with the hydration, it still couldn't leave. So on the eighth day I started releasing this sludge, dark black sludge. And I ended up doing maybe 12 colonics in like a 2-week period, colon hydrotherapy sessions.

And then I started getting further and further apart. And so now I just do colon hydrotherapy every season change or even every four to six weeks. I know when it's time because I start feeling sluggish and toxic. And then I go in and I have my hydrotherapy, and I feel like a new person again. But someone who wasn't as toxic as me, say they're having a bowel movement every day, even though they're eating three meals, they're having at least one bowel movement, then they may be able to just do two or three close together in order for that breakthrough release to happen.

And the breakthrough release is when the – you'll start having bowel movement, brown releases the first few sessions. And then because of the repeated hydrations close together, you have the breakthrough release, and that's when the dark black comes. So when people have four, five or six, the belly becomes nice and flat, and they're releasing, their bowel movements are starting to happen after they eat. Then we slow 'em down, and they just come in maybe once a month or once every six to eight weeks.

Now, someone that's doing one bowel movement every three or four days or – and I cannot tell you how that has grown in this country. I've been doing colon therapy for 12 years, and I have a lot of people now that are coming in. And how many times are your bowel movements? And they say once a week, once every two weeks. It's becoming an epidemic in this country, chronic constipation.

And so these people are really setting themselves up for major disease if they don't start doing some enemas or some colemas or

colon hydrotherapy, creating a way for the colon to release what's in there, getting on Body Ecology or making some basic food change choices and creating an inner ecosystem so that the body can digest the food, the nutrients will be absorbed, and the colon can then start doing peristalsis and releasing what's in there. So it's hard to say how many is needed for each person because everyone is different.

Heather Fougner: Thank you, Pam. And, you know, one of the questions we got was that some people feel some sports of soreness after a colon hydrotherapy session.

Pam Craig: Mm-hmm.

Heather Fougner: Do you know why that happens?

Pam Craig: It depends. I'd have – I would look at them and say how did you release? Were you releasing pretty much brown bowel movement or were you – did you really get to some dark black stuff? Because if there is some dark stuff that's hanging out, say, in a certain section of the colon, then that could have been attached to the inner wall, and when the water starts soaking that, it doesn't break away, but it just gently – because it's water, it just gently softens and leaves the body.

Well, if that's been there for a while or there's a major gas blockage – gas is like an invisible wall. So if that gas blockage has been there for a long time and that – the colon therapy causes the gas to be released or that dark to be released or it could be a parasite that was hanging out there that was released in the session, you're gonna feel that in your body. And it's actually gonna be a good sign because you're gonna see that whatever was hanging out there has left.

And, again, I'd have to look at the client, I'd have to ask 'em a lot of questions, you know, have you – what's going on in your colon? Why – you know, when they present. But it usually is because of gas or something that's impact or bad bacteria or parasites, that kind of thing. But there are detox reactions after colon hydrotherapy if you're really toxic. So it's just a sign that what's in there that wasn't supposed to be in there is leaving, and it's actually a cleansing reaction. And a lot of times it can be a good thing.

Heather Fougner: Thank you, Pam. One question I wanted to ask you. I know that you're located in Atlanta, Georgia –

Pam Craig: Mm-hmm.

Heather Fougner: - but do you do consultations over the phone if people wanted to contact you?

Pam Craig: Yes, I do.

Heather Fougner: How would they – can you give us your phone number so that people can write that down? And we're gonna have Pam's – for everyone who's listening, we're gonna have Pam's contact information on –

Pam Craig: Yeah.

Heather Fougner: - your handout and also on your Web page, but could you just give us your phone number so people listening will know how to contact you?

Pam Craig: You know what? I can give you my email, and that is my name, Pam, P-A-M, Craig, C-R-A-I-G, the numeral one at Gmail.com. That's pamcraig1@gmail.com. And if you'll just put in the little line above that, you know – let me know who you are 'cause I get probably 50 emails a day. So just let me know who you are, and the subject line there, that you're from the BED Detox Training, and I'll be glad to return your email. And then do a phone consult with you.

Heather Fougner: Great. Thank you, Pam.

Pam Craig: You're welcome.

Heather Fougner: For anyone listening, if you want to learn more about Pam, we will have all of her information available to you in your materials for the class. And I want to thank you, Pam, and I want to thank you, Donna, for what was a very informative class. And I love that you started out, Donna, by talking about how it's a topic that a lot of people don't feel comfortable talking about. And what I feel is that both of you have made this whole topic of, you know, cleansing the colon something that everyone can feel good about talking about, and especially with the tools that you've given us tonight. So thank you very much.

Pam Craig: Yes. And just learn to appreciate and enjoy enemas, colemas and colon hydrotherapy because nothing gives relief as does one of those three. And it will add vitality to your life. And you will,

once again, see how it feels inside to be less toxic. It's so worth it. So I highly recommend that you try it.

Heather Fougner: So I want to thank all of you listening for joining us and for continuing to ask such great questions that help keep our program meeting your needs through this entire training series. Next week, joining Donna will be Brian Vaszily. Brian will be teaching the extreme importance of play and positive experience in detoxifying your mind, body and spirit. This is a life-changing and fulfilling program.

And Brian's gonna share what he calls intense experiences, which are amazing experiences that can help eliminate negative self-sabotaging emotions and help you achieve great energy, clarity, self-confidence, inner peace, health and happiness.

And one final note. At the bottom of your member page, you can ask Donna Gates questions for the next class. We appreciate all your questions and the time that you are taking to learn how to look and feel your best. See ya next week.

[Music]

[End of Audio]