



COLON HYDROTHERAPY

LIGHTBODY WELLNESS

Janine Naclia ~ *certified colon therapist*

3015 Parkhurst Road, West Kelowna, BC

Service Pricing – All Prices include GST

Colon Hydrotherapy:

\$125.00 - First visit; intake health questionnaire, question & answer educational series, colonic, electrolyte balancing drink & organic fruit when available.

\$80.00 - per session (After the first initial visit). 1 hour (45 minutes for the Colonic and 15 minutes for time to change, refresh and drink some electrolytes etc.)

Colonic Implants: Either Wheatgrass or Probiotics can be added to the end of a Colonic to boost the nutritional aspect and effectiveness of the Colonic. These have to be booked in advance in order to allow for the extra preparation it takes for this service.

\$20.00 – Probiotic Implants ~ Probiotics replenish and replace any good bacteria that may have been flushed out during the session and give the bowel a fresh start to overcoming or correcting the issue of Candida. Probiotic Implants are highly recommended for those people who do not take probiotics regularly or who have a tendency of Candida.

\$30.00 – Wheatgrass Implants ~ Wheatgrass will purge the liver and create a great flush pulling out extra toxins, as well the body will absorb the natural vitamins, chlorophyll and enzymes that are abundant in wheatgrass. Wheatgrass will refresh the colon and stimulate it so that it is ready to actively absorb the vital minerals, nutrients and vitamins that we feed it through the foods we eat. Wheatgrass helps to; improve complexion and cleanse the body, gain energy and strength, increase metabolism, it also provides essential vitamins and minerals for optimal health and it assists the body with healing various ailments and illnesses.

Please Note: If you overflow (leak) to the point that you require a complete bed & speculum change and we have to start over, there will be an extra \$20.00 charge to cover the extra time and materials used and a complete change can only be done if I do not have clients booked after you.

\$100.00 - 1 colonic plus ½ hour Amethyst Bio Mat Session – the bio mat assists with warming the colon which contributes to a better release. (75 min – 45 + 30).

Massage:

Relaxation Massage + Bio Mat: \$70.00/hr, \$95.00/1.5 hrs, \$130/2 hrs

Hot Jade Stone Massage + Bio Mat: \$120.00/1.5 hrs, \$150.00/2 hrs

Back, Shoulders, Arms & Neck + Bio Mat: \$35.00/half hour



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Platinum Energy Foot Detox Treatment: \$70.00 per session

Reiki includes the Amethyst Bio Mat: (1 hour) \$60

Reiki + Crystal Bowls (1.5 hrs): \$90.00 These bowls are attuned to each Chakra which amplifies the Reiki session.

Far Infrared Sauna: \$60.00 for one hour or \$1.00 per minute, however long you choose to stay in (1 hour is highly recommended).

(Cost includes color light therapy, relaxation music and use of shower facility afterwards). It is suggested you drink 1 liter of water before you come and bring 1 liter of water to drink during the sauna – water should contain electrolytes ~ I will provide electrolytes if you ask. It is highly recommended to drink at least 1 liter of water throughout the evening after your sauna as well.

Not All Saunas are Created Equally: People need to be better informed on Infrared Saunas in general so attached to this price list is information provided to assist with better understanding.

Oxygen Bar Deep Breathing Treatment: \$1.00/minute, plus the cost of the “nose hose” (\$2.00) which can be taken home or left on file for your next appointment (s). The Oxygen Bar enhances deep detoxification by assisting the lymphatic system through the inhalation of pure, clean oxygen. Oxygen enhances lymphatic movement and cleans the blood. The oxygen bar offers 98% pure oxygen as opposed to only 22% (at best) by just deep breathing on your own.

Amethyst Far Infrared Bio Mat (29 pounds of pure Amethyst Crystal) Session: \$45.00 for 60 minutes. \$30.00 for 30 minutes. *Includes soft music during the session.*

Crystal Bowl Chakra Healing Session: \$60.00 for 60 minutes.

This session includes the Amethyst Bio Mat.

Senior Discounts: \$10.00 off each colonic and 10% off all other services.

Not All Saunas are Created Equally:

Most people when they hear the word Sauna, they envision a very hot room where they sweat a lot. Let's look at how a conventional sauna works:



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A conventional sauna must rely only on indirect means of heat: first, on convection (air currents) and then, conduction (direct contact of hot air with the skin) to produce its heating effect on us. All this heat opens the pores of the skin and the body really only releases water stored in the cells.

Of course this extreme heat for some is very uncomfortable and they may manage only a few minutes of this type of Sauna. Usually the rooms are large and there is a social theme surrounding conventional Saunas as a larger number of people could be in the same sauna. Some people may even have a difficult time breathing in conventional saunas because of the heat.

When warmed, the earth radiates infrared rays in the 7 to 14 micron bands with its peak output at 10 microns. The energy output from the infrared sauna corresponds so closely to the body's radiant energy that our bodies absorb close to 93% of the infrared waves that reach our skin. It is this difference in the delivery of therapeutic benefits combined with the ease of use that is producing a huge interest in Infrared Sauna Therapy.

We live in a world where we are overpowered by toxins and pollutants. Almost everything we eat, drink, breathe or apply to our hair, skin and nails has toxins and pollutants in it. As a result our bodies are constantly trying to detoxify but because the input is so great, our bodies simply cannot keep up. Therefore, a lot of toxins are stored in our cells until we take the necessary steps required to dispose of them. Someone once compared it to working in a factory where our job was to shred paper. As the constant stream of boxes came down the conveyor belt, our job was to open them up and shred the contents. This worked fine until the conveyor belt started to speed up. As a result we got further and further behind until we had no choice but to stack some boxes in the corner until we could deal with them. Still the boxes kept coming and pretty soon we had no more room to put them. All we could do at that point was to shut down the conveyor belt until we could catch up (which is virtually impossible without the proper tools and procedures in place). This is similar to what happens in our bodies. If we take in more toxins than our bodies can dispose of (or process), we store these toxins in our cells, tissues and organs until we can get rid of them. But, if the toxins keep coming in faster than we can process them, our bodies eventually get overpowered and a result is dis-ease. Fibromyalgia is a prime example of toxic overload and an over acidic internal environment.

Infrared saunas are a fabulous way to assist the body with releasing the build-up of those toxins that are creating dis-ease within our bodies. Not only do they feel good but they are good ~ they get your heart beating, your blood circulating, helping your body to detoxify in unique and important ways. Toxins wreak havoc on our systems and infrared saunas act as the damage controls. A brief explanation of how saunas help to rid the body of toxins follows: A layer of fat and oil exists just below the surface of the skin, heat from a sauna increases the skins temperature basically causing those fats and oils to "melt" and the sweat from the heat flushes them out of the pores carrying those toxins with it.



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This is why it is important to have a shower immediately following a sauna, so that you do not allow those toxins to re-absorb back into the pores. This improves our cellular health and releases the organs of the excessive strain of continuously trying to process those toxins.

An infrared saunas rays penetrate the body 2", increasing blood circulation and cellular activity. By simulating a fever, the immune system springs into action and our heart rate increases and toxins are released from the cells and carried out of the body through the skin. This process strengthens the immune system, releases toxins and pollutants from the cells and gives the heart and circulatory system an aerobic workout. Muscles and joints loosen and our entire system absorbs more oxygen.

The results are feelings of being refreshed, energized and grounded. Muscles and joints become much looser as we absorb more oxygen and as our bodies release the build-up of toxins our liver and kidneys become younger.

Infrared Saunas have proven to relieve arthritis pain – the deep heat of the sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Radiant heat therapy is widely used in Europe to treat patients suffering from many forms of arthritis and it has proven to be very effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other musculoskeletal ailments. A case study report in Sweden involved a 70 year old man with rheumatoid arthritis secondary to acute rheumatic fever. He had reached his toxic limit of flood injections and his Erythrocyte Sedimentation Rate was still 125. After using an infrared heat system for less than five months, his ESR was down to 11.

Burn Calories & Control Weight: A 30 minute session in an Infra-Red Sauna produces profuse sweating which increases calorie burning and achieves similar results as running 6-9 miles. This would be very valuable for those who don't or can't exercise, yet need effective weight control and a fitness maintenance program. For most healthy people, as well as for most patients with stable coronary heart disease, sauna bathing is well tolerated, safe, and has therapeutic value, according to a study published in the American Journal of medicine. A comprehensive review of the world's biomedical literature (1966 to the present) was carried out by investigators from the Department of Internal Medicine and University of Oulu, Finland, and the Division of Cardiology, Washington Hospital Centre, Washington D.C. A moderately conditioned person can easily sweat off 500 grams of sweat in a sauna and burn 600 or more calories in 30 to 60 minutes-the equivalent of running three to four miles.

Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles so they recover faster. Muscles relax most readily when tissues are warm, promoting greater flexibility and range of motion. Much of the stiffness, aches and soreness that come with aging is reduced or eliminated.



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What Heating system is the Best?

Lightbody Wellness is the only establishment in the Shuswap (possibly in all of BC) that can offer Mineral Infrared Therapy (MIT) or Crystal Infrared Therapy – the term used for MITs effect is “normalization of tissue”. Our Infrared Saunas heating system uses a blend of the minerals found in the human body to create an infrared electromagnetic emission exactly in the same spectrum of the minerals of your body.

This emission aids penetration into the body and causes what is called a "resonance" of these minerals which are then liberated from the oxidized condition and are once again available as enzyme cofactors.

You may or may not understand that, but the bottom line is that this treatment resonates with our bodies on a cellular level because of the heating system used. Here are a few heating systems available in Saunas:

1. Incoloy Rod Heaters – look a lot like the metal heating elements in electric kitchen ovens. They are a highly processed heater, and studies report them to emit only 50-60% of their heat energy in far infrared form. Because they are not as efficient at radiating infrared heat, much of the heat coming off of these elements is of relatively low micron count (or shorter wavelength) and does not offer as much therapeutic deep penetrating far infrared heat. Note: These types of heating elements are commonly used in rock sauna heaters where a high air temperature is desired, shorter wavelengths heat the air better. Not Recommended!
2. Aluminum heaters - are typically made by encasing incoloy heater rods inside aluminum sheets, which are then sprayed on the front side with a thin ceramic coating. This allows companies to make heaters larger, yet there is considerable debate about these companies calling them "pure ceramic" heat sources. Heat From Backside: A significant amount of the energy being put into the heater is lost to the back of the sauna walls. Does Size of the Infrared Heater Matter? Our research has shown that physical size does not matter as much as varying wattages to the heaters. The variety of different wavelengths provided by the heaters within an Infrared Sauna is more important than heater size. Some companies claim that only large heaters are the best, producing lower temperature long wave "far infrared heat" at 9.4 microns and higher Note: As is true with speakers (wave producing components), smaller well-built speakers will produce far better sound than flashy oversized and over marketed competitors. The same is true with Infrared Sauna Heaters. Well designed and compact heaters are better than giant alternatives with less backbone (emissivity). This has been true in wave technology for some time. Not Recommended!
3. Bio Ceramics – This is the Cadillac of the Infrared Saunas. It is the most expensive and it is the most resonant system for the body because it is made from a selection of natural clays, sand and mineral oxides (like quartz, Alumina, silicon and magnesium), which are all naturally a part of our



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human cells. Ceramic tubes are filled with these crystals and Infrared Saunas that are made with these heating systems are by far the best! One of the highly effective naturopathic treatments available to us is called Mineral Infrared Therapy or Crystal Infrared therapy. A metallic surface giving off heat at 400 degrees F will not give off the same infrared energy (heat) as a ceramic surface at 400 degrees F because the ceramic surface has a much higher emissivity. In fact, a surface such as aluminum will have an emissivity of 56% (or .56), while ceramic has an emissivity of 92% (or .92). The more emissivity approaches the perfect figure of 100% (or 1), the more efficient the surface is at emitting heat. Lightbody Wellness is pleased to announce they carry this type of Sauna.

The main functions of Mineral Infrared therapy or Crystal Infrared therapy are:

Promoting metabolism, regulating physiological deficiencies, enhancing immunity, improving microcirculation, and diminishing inflammation. It has a remarkable success rate in relieving the pain associated with disorders and discomforts such as soft tissue injuries, arthritis, bone fractures, post-operative incisions, burns, hematoma, chronic infection, skin and nervous disorders, etc.

History of Mineral Infrared Therapy

Early in 1970, an odd and interesting phenomenon was noted at a century-old ceramic factory in a rural area of central China. This factory offered extremely poor working conditions, and the building was in need of major repairs. The workers at the factory stood in the mud throughout much of their work day and the manager of production quickly recognized these abject working conditions, becoming concerned that the workers would be troubled with arthritis and other related ailments due to standing on the sodden floor for long periods of time.

However, the ensuing investigation disclosed that the side effects of standing in the mud were the opposite of original concerns. They found that there was not a single case of arthritis among the workers employed at the ceramic factory. After interviewing elderly factory employers, the same findings were indicated: no residual effects of any kind were found among the people who had been employed at the factory; in fact, workers not only were healthy, but also were noted to lead significantly longer lives than the norm. It was also learned that there had been no known cases of cancer among the factory's past or present employees. These findings also showed that the ceramic factory workers sustained relatively longer life spans than those experienced by the average population living in the area.

Intrigued with this discovery, experiments were conducted to probe further into the reasoning for this strange phenomenon. Using a spectrometer, scientists made a complete walk-through of the factory building. At the kiln area their meters picked up a strong, unique spectrum with a wavelength range of 2 to 25 micrometers which is a narrowed band of infrared spectrum. Closer inspection monitored the spectrum to a black deposit fused to the oven's conveyor belt. After being studied, it was learned that the kiln produced temperatures in excess of 400 °C, had fired the black clay deposit that was emitting the unusual spectrum. The frequency of the heat treated clay was measured and analyzed to contain 33 different trace elements such as Fe, Se, Mn, Zn, Co, Ni, Cu, Cr, K, etc. in 43 various chemical binding forms.



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The mineral or crystal infrared therapy has the capacity to help our biochemical pathways by ionizing the minerals that we take into our systems that are necessary for our well-being. The minerals that we consume in metallic forms are not in their useful forms until they are ionized and brought into the metabolic pathway. This process uses specific energies from external sources, energies that are not always readily available because of the sun's spectrum due to the described atmospheric absorption. Use of the mineral infrared or crystal infrared sauna can supply the energy that is needed to ionize these minerals and all for healthy metabolism. For example, metallic Iron ($\text{Fe}+0$) has a zero charge, it can be excited by this frequency, then ionization takes place, it becomes Ferrous ($\text{Fe}+2$) and Ferric ($\text{Fe}+3$), both are essential for Oxygen in Hemoglobin.