



Shea Lynn Baird & Stephen J. Barlow

colon hydrotherapy & cleansing programs
food allergy & sensitivity testing
d-tox foot baths & infrared sauna

Thank you for choosing us for your colon health care!
Stephen and I look forward to meeting and working with you!

We congratulate you on taking responsibility for your health care, on your commitment to wellness, and for taking this step towards your optimal health!

We are dedicated to helping you fulfill this commitment, and we will support you towards achieving optimal health by providing the highest quality in colon cleansing and colon care. We promise to serve you with the utmost care and respect.

This first appointment is a little longer than any subsequent appointment. It is approximately 90 minutes long. With the additional time we will go over your health history and goals for this work, explain the procedure and the equipment, and make sure that your questions are answered before we begin. The actual session ("table time") lasts for about 45-50 minutes.

Subsequent appointments are 60 minutes in length, with approximately 45-50 minute sessions.

I, Shea, have been practicing colon hydrotherapy since February 2001. I am trained and certified as an Advanced Level Colon Hydrotherapist with both I-ACT (the International Association of Colon Therapy) and NBCHT (The National Board of Colon Hydrotherapists). Stephen has been practicing since February of 2009.

Information on I-ACT can be found at I-ACT.org

Our equipment is an FDA registered closed system. We use only 'one time use' sterile disposables.

Please try to arrive a moment or two early for your appointment.

Congratulations again on taking this step! We look forward to working with you!

Sincerely,

A handwritten signature in black ink, appearing to read "SLB", is displayed on a light gray rectangular background.

Shea Lynn Baird



Because the Road to Health is Paved with Good Intestines!!!!

Basic Instructions for initial appointment:

Please have the following **paperwork** filled out and with you at the first session:

Health History (both sides), Policy Agreement, and State of CA Guidelines.

It is also important that you read the two information sheets: "What is Colon Hydrotherapy?", and, "How to Prepare for a Colon Hydrotherapy Session or Series."

It is very important to take a **probiotic supplement** for awhile after the session(s), but you can also begin beforehand. Probiotics are the helpful, healthy bacteria and microorganisms that should live in the digestive system. (See "How to Prepare" info sheet.)

Consider a good broad spectrum **enzyme supplement**. Eating foods cooked over 118 degrees (which destroys the enzyme content) drains the body's metabolism and creates difficulty in digestion.

Foods to have avoided prior to your session:

Heavy, acidic, dehydrating, system (colon, liver & blood) clogging foods such as: animal products (meat & dairy - *especially cheese!*), grains (bread, cereal, oatmeal, crackers, etc), white flour, white sugar, alcohol, fried or fast food... you get the picture. Focus instead on enzyme live, nutrient dense, hydrating live foods. (See 'How to Prepare' info sheet.)

Although you should arrive for your session with an empty bladder, you should be as hydrated as possible— drink only distilled, filtered or reverse-osmosis water (NO TAP WATER!!). As a rule of thumb drink 1/2 ounce of water for each pound of body weight DAILY! MINIMUM! (example: a 150 pound person needs MINIMUM 75 ounces of water daily)

Please arrive in a calm, relaxed state and be on time for your appointment.

Note to women on their menstrual cycle: it is perfectly fine to have colonics during menstruation.

Fees: Payable by cash, check or Visa/MC

- Initial Consultation & Colon Hydrotherapy Session (90 minutes) - \$115
- Subsequent Session (60 minutes) - \$85
- 6 Session Series* - \$450 (\$60 savings)
- Create Your Own Series* - Add more sessions to a series of 6 - \$75 each
- Colon Implants - In Office - \$40 / Take Home - \$20 / BYOI - \$20
- Add a Sauna or D-Tox Foot Bath to your Colon Therapy Appointment - \$30

*Series sessions are scheduled after having completed one initial session, are booked no more than 1 week apart (more often if you're not a daily pooper), and are pre-paid.

If you have never had colon therapy before, it is **HIGHLY** recommended that you consider a **MINIMUM of 3 - 6 sessions**, often more. (It takes time for the pipe to clog up - it can take time to unclog it!) Dr. Norman Walker, an expert on Colon Health, two series of 6 sessions a year. Please realize every single person is different.

Address and Directions: Our address is: **2345 Fourth St Suite B., Santa Rosa, CA 95404.**

From 101 - Take the College Avenue exit. Turn East onto College (if heading North on 101 turn Right, if heading South on 101 turn Left). Take College to the end, then turn left on Fourth Street. 2345 Fourth is several blocks on the left side, at the corner of Fourth St. and Rogers Way. (After Bryden, before Safeway)

From Downtown: Just head up Fourth Street. 2345 Fourth is several blocks on the left side, at the corner of Fourth St. and Rogers Way. (After Bryden, before Safeway)

Parking: We have our own parking! There are several spots in our lot, if the lot is full, there is plenty of parking on side streets, like Rogers Way.

Cancellation Policy: 48 hour notice to avoid full fee. Please read and sign the Policy Agreement Sheet.

If you have any questions or concerns before this appointment, please do not hesitate to call.



EBCS Chart Form : Intake - Colon Hydrotherapy

CONTACT INFORMATION

Date: _____

Name: _____ D.O.B. _____

Mailing address (inc zip) _____

PH #'s: Home (____) _____ Cell (____) _____ Work (____) _____

Email: _____ How were you referred to us: _____

GENERAL INFORMATION:

Have you had a colon hydrotherapy session before? YES / NO When was your last session? _____

What are your reasons for wanting a session today? _____

If your reasons are a specific health issue, what else have you done for it already: _____

Circle what you'd like from this session: understanding of digestion & pH / nutritional info / cleansing only

I have _____ (# of) bowel movements a day / week. This is typical for me: Yes / No

When was your last bowel movement? _____ It was: easy / difficult / painful / soft / loose/ hard

Do you ever observe blood or mucus in your stool? Please describe: _____

Do you ever experience diarrhea or constipation? Please describe: _____

Do you, or your family, have a history of colon problems? _____ Please describe: _____

Do you take laxatives? YES / NO What kind? How often? _____ For how long? _____

Are you under the care of doctor of any kind? _____ If so, who: _____

If so, are you receiving treatment? And what is the working diagnosis? _____

Do you receive care from any other health professional? What and how frequently? _____

Medications: _____

Allergies: _____

Supplements: _____

When was the last time you took antibiotics? _____ What were they for? _____

What are you eating? (Be honest....) what have you had in the last 48 hours?

For breakfast: _____ lunch: _____ dinner: _____

For breakfast: _____ lunch: _____ dinner: _____

Is this typical? If not, what is? _____

What foods/snacks do you crave? _____

On the list below, underline any you have had in the past week AND circle any you have daily:

coffee / tea / soda / dairy / meat / grains / sugar / fried food / fast food / alcohol / tobacco / drugs

Current weight: _____ Water consumed in last 24 hours: _____ oz typical? : _____

Do you eat late at night? YES / NO Chew your food to liquid? YES / NO Drink with your meals? YES / NO

Percentage of diet from fruits & veggies: _____% Do you practice food combining? Y N (circle one)

Do you sleep well? YES / NO If not, for how long? _____ How many hours nightly? _____

Do you exercise? YES / NO What type / How often? _____

How do you feel today? _____

Is there any condition that concerns you (if not already addressed)? _____



EBCS Chart Form : Intake - Colon Hydrotherapy

CONTRAINDICATIONS:

Some health conditions are considered contraindications for Colon Hydrotherapy.

If you have any of the following conditions, or any other concerns regarding the use of Colon Hydrotherapy for health reasons, we recommend that you consult with your doctor.

Please circle which, if any, of the following apply to you. If is a current condition, please write NOW. If it was in the past, please write PAST and include year. If Not Applicable, write N/A.ABSOLUTE

CONTRAINDICATIONS: Indications where Colon Hydrotherapy is not appropriate:

Abdominal Hernia: _____ Abdominal Surgery: _____
 Anemia – Severe: _____ Aneurysm: _____
 Acute Inflammatory Pathology of the Colon _____
 Cardiac Disease (uncontrolled hypertension or congestive heart failure): _____
 Carcinoma of the Colon (colon cancer), GI Tract or Rectum: _____
 Cirrhosis of the Liver: _____ Crohn’s Disease – Acute: _____
 Colon or Rectal Surgery – Recent (last 12 months): _____
 Diverticulitis: _____ Epilepsy: _____
 Fissures/Fistulas: _____ GI Hemorrhage/Perforation: _____
 GI or Rectal Bleeding (last 12 months): _____ Heart Attack (last 12 months): _____
 Intestinal Perforation: _____ Pregnancy - first or third trimester: _____
 Psychoses: _____ Renal Insufficiency: _____
 Seizure Disorders: _____

RELATIVE CONTRAINDICATIONS: Indications where Colon Hydrotherapy is appropriate under prescription and direct physician supervision:

Chemo & Radiation Detox: _____ Crohn’s Disease (not acute): _____
 Diverticulosis: _____ Hemorrhoids – Severe: _____
 Pregnancy - second trimester: _____ Rectal/Intestinal Tumors: _____
 Ulcerative Colitis: _____

NON-CONTRAINDICATED CONDITIONS & QUESTIONS:

Have you had a Sigmoid or Colonoscopy: YES / NO If so, which one: _____ When: _____
 Acute Fecal Impaction: YES / NO If so, were you hospitalized: YES / NO When: _____
 Parasitic Infection: YES / NO Diagnosed: YES / NO What Type: _____
 Irritable Bowel Syndrome (IBS) or Spastic Colon (List symptoms): _____
 Recent Abdominal Liposuction: YES / NO When: _____ Abdominal Radiation: YES / NO When: _____

PLEASE READ AND SIGN BELOW:

Every therapy, service and product described or presented by Every Body Cleansing Studio (EBCS)Shea Lynn Baird (SLB) or Stephen Barlow (SJB) is NOT a cure for any disease, ailment or health condition. NO MEDICAL CLAIMS are expressed or implied, either directly or indirectly. We do not diagnose, treat or prescribe.

I, _____, agree that the above information is accurate to the best of my knowledge. I give EBCS, SLB & SJB permission to provide colon hydrotherapy. I understand that Colon Hydrotherapy is not a replacement for medical care and that no diagnosis will be made. I am aware of and do not have any of the above listed contraindications.

I understand that if I have any question as to the appropriateness of Colon Hydrotherapy for myself at this time it is up to me to consult with my doctor. I am aware of my 9th Amendment Rights to practice alternative health modalities, and agree that I am responsible for my health and the services received here.

Signature of Client

Date of Signature

Signature of Colon Hydrotherapist

Date of Signature



EBCS Chart Form : Office & Appointment Policy Agreement

- Payment in full is expected at the time of service. We accept Cash, Personal Checks, Master Card and Visa. Any other possible arrangement will need to be worked out prior to the date of the session and a clear alternate agreement made at that time.
- When purchasing a 'Series' of any service, payment for the 'Series' is made in full at the time of the first appointment of the Series. Again, any other possible arrangement will need to be worked out prior to the date of the first session and a clear alternate agreement made at that time.
- A full refund will be made for any prepaid amount (for yourself or someone else) within 30 days of payment, if the service or services haven't begun (like a Series). After 30 days, or if a Series has been started, the refund amount becomes a CREDIT at Every Body Cleansing Studio.
- The 'Series' price for any service is discounted, and comes with stipulations which must be adhered to in order to receive the discount. (Ex: a 'Series' of colon hydrotherapy sessions are scheduled NO MORE than a week apart - although closer together is fine - anything farther than a week apart changes it from a 'Series' to individual appointments.) The discount on a Series is applied to the last session of the Series. If, for any reason, you need to discontinue a Series, the credit for unused sessions will be prorated accordingly (without the discount).
- Full payment for any check returned NSF, PLUS my bank fees, will be collected before a future appointment is scheduled.
- We have a **48 Hour Cancellation Policy**. Missed appointments, or appointments cancelled without at least 48 hours notice, are subject to full charge. Another appointment will not be scheduled until full payment for the missed appointment has been made. Your co-operation is greatly appreciated.
- If you arrive for your appointment 15 minutes late or more a shorter session may be done at the full fee, or we can reschedule with a full charge still collected for that day.
- Please understand that your appointment time is YOUR time. It is not available to us unless you release the time by canceling or rescheduling with enough time for us to make use of it.
- Due to the nature of this work there is always the possibility that we may be off schedule. Our first priority is to prevent that from happening, and will try to reach you if we think it might. If you end up waiting more than 15 minutes, or if you need to reschedule due to time constraints, we will adjust the fee of your next session. If you can stay your session length will not be affected.
- Although I do try to leave time spaces between appointments as a buffer, it is not always possible. Regardless, please also be mindful of your appointment time by arriving and leaving as scheduled.

I AGREE TO AND UNDERSTAND THE ABOVE POLICIES.

Signature of Client

Date of Signature

Signature of Therapist

Date of Signature

We reserve the right to refuse service to any person for any reason.



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EBCS Info Sheet : State of California Guidelines

Notice Designed to Comply with the State of California Guidelines in The Business and Professions Code of the State of California - Section 2053.6

All clients must read, understand and sign this disclosure.

Colon Hydrotherapy services provided in this office or center comply with Section 2053.6 to the Business and Professions Code of the State of California. In compliance with this code, you must be advised:

- A) There are no licensed physicians in this office and the individual performing colon hydrotherapy is only a colon hydrotherapist ... they are not a physician. This means and implies that they cannot and will not:
 1. Conduct surgery or any other procedure on another person that punctures the skin or harmfully invades the body.
 2. Administer or prescribe X-ray radiation to another person.
 3. Recommend the discontinuance of legend drugs or controlled substances prescribed by an appropriately licensed practitioner.
 4. Prescribe or administer legend drugs or controlled substances to another person.
 5. Willfully diagnose and treat a physical or mental condition of any person under circumstances or conditions that cause or create a risk of great bodily harm, serious physical or mental illness, or death.
 6. Set fractures.
 7. Treat lacerations or abrasions through electrotherapy.
 8. Hold out, state, indicate, advertise, or imply to a client or prospective client that he or she is a physician, a surgeon, or a physician and surgeon.
- B) Colon Hydrotherapy is alternative or complementary to healing arts services licensed by the state.
- C) The services of colon hydrotherapy and the Hydrotherapist that provides the service are not licensed by the state.
- D) The session of colon hydrotherapy includes the following procedures:
 1. The client will insert and retract the speculum.
 2. Warm (temperature and pressure controlled water will flow into the colon softening the fecal material which will be released through normal peristalsis, through a closed tube, into the sewer.
 3. Your dignity and modesty will be maintained at all times.
 4. The session will last approximately 45 minutes.
- E) The theory of treatment upon which colon hydrotherapy is based is more historical and intuitive than scientific as there have not been any studies to validate the effectiveness of this modality. However, many cultures and societies believe that a clean colon can enhance the health of the individual. This standard started thousands of years ago with the simple enema and has evolved into the present day colonic. Many people simply report that they feel better after a colonic. On the other hand, there is a growing number of health care practitioners that believe in the concept of auto-intoxication, that a sluggish bowel (one that is not regular) allows the body to reabsorb toxin from the colon. This theory may or may not have validity depending on who you are listening to, but we know there is an increased level of toxins in our environment and common sense tells us that anything we can do to assist the body in ridding itself of toxins should have some value.
- F) Shea Lynn Baird was trained by an accredited I-ACT School. She is currently certified by I-ACT at the **ADVANCED LEVEL** and have been in practice since **February of 2001**. Stephen Barlow was trained by an accredited I-ACT Instructor Apprenticeship Program, and has been in practice since **February of 2009**. Both practice according to the I-ACT Guidelines. You may validate this information by checking with the I-ACT office at (210) 366-2888, or go to the I-ACT website at www.i-act.org and check the referral section.

I acknowledge that I have read the above disclosure and have been given a copy of this document if requested. This information was provided to me in a language that I can read and understand. By signing this document I state that I have seen my primary care physician and my rectum is free of obstructions, and that I give permission to the therapist to assist with my speculum insertion when I am unable to insert on my own.

Client Signature

Date of Signature

Signature of Therapist

Date of Signature



EBCS Info Sheet : How to Prepare - the Short Version

START FROM SEVERAL DAYS OR A WEEK PRIOR TO A COLON HYDROTHERAPY SESSION:

(How early you start is up to you, but each day of preparation will assist your session...)

- **REST:** Get plenty of rest, treat yourself gently.
- **HYDRATION:** Drink a minimum of 1/2 ounce of purified water for each pound of body weight daily. (A 150 pound person that would be a minimum of 75 ounces of water daily.) Add more water for dehydrating activities or acidic food or drink. Fluids should be consumed on an empty stomach and NEVER WITH MEALS.
- **BALANCED (CLEANSING) DIET:** Emphasize 'whole, organic, plant-based' foods, in their natural state with a high percentage of raw for increased enzyme benefit. Consume fresh vegetables, fruits, vegetable juices and green drinks, soaked nuts and seeds. Eat a variety of local, seasonal, organic foods to help supply balanced nutrients, including trace minerals and vitamins. Eating this way can also reduce food allergies, as well as support local organic farmers.
- **ELIMINATE:** Eliminate all dead, acid-based & mucus producing foods. This includes: alcohol, caffeine, refined sugar and flour, pasteurized dairy products especially milk, cheese and soy, fried foods (especially deep-fried foods), most meats (especially pork products, processed lunch meats, hotdogs, etc.), wheat & grains (especially breads), all salt, all sugar, junk foods, bottled fruit juices, recreational drugs, all processed or packaged food, and tobacco if you can.
- **AVOID OVER-EATING AND EATING LATE AT NIGHT:** Don't eat for 3-4 hours before bed. Sleep is when the liver tries to cleanse the body. Foods eaten late at night can become allergens. (Digestion is slower and food remains in the digestive tract longer than normal.)
- **PRACTICE BASIC FOOD COMBINING:** Eat fruits alone, veggies with protein or veggies with starch. Never combine protein with starch.
- **PROBIOTIC AND ENZYME SUPPLEMENTATION:** Probiotics are the helpful, healthy bacteria that should live in the digestive system. It is very important to take a probiotic supplement for awhile after the session(s), but you can also begin beforehand. Consider long-term supplementation as well. We need digestive-enzymes to digest our foods. Cooked foods are enzyme-dead. When 'dead' food enters our system we 'borrow' metabolic-enzymes for digestion. This contributes to aging and many other issues. I carry both items in my office.

THE DAY OF THE COLON HYDROTHERAPY SESSION:

- Please arrive in a calm, relaxed state and be on time for your appointment.
- Have an empty stomach and bladder. Avoid drinking water for 1 hour, and eating for 2-3 hours before the session.

Note to women: it is perfectly fine to have a colon hydrotherapy session during menstruation.

AFTER YOUR SESSION:

- Eat light. Do not overeat! Have vegetable juices, light soup, pureed foods or steamed vegetables for up to 24 hours after the session. Continue to avoid meat, dairy, sugar, flour and processed foods in general while cleansing as this may negate your cleansing goals and contribute to your need to detoxify. **DO NOT EAT ANYTHING ICE COLD OR FROZEN.**
- Allow for time off after the session (several hours) to rest, eat, relax and integrate the experience. While it is true that plenty of our clients come in on their lunch break and go right back to work, you never know how YOU'LL feel.

THE PROCESS OF CLEANSING AND DETOXING: Although most experience a 'lightness' and general sense of well-being after their sessions, some MAY experience a detox reaction, or a 'healing-crisis'. This is GOOD, but it can be confusing. It means toxins are stirring up to be released. **Never hesitate to contact us with your questions or concerns.**



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