

Bio Lisa Marie Garcia:

Meet Lisa Marie Garcia, a seasoned professional dedicated to holistic health and wellness since 2017. As a nationally board credentialed Colon Hydrotherapist and National Board-Certified Health and Wellness Coach, she brings a wealth of knowledge and expertise to her practice.

With a passion for digestive health and wellness, Lisa has guided individuals on their journey to optimal well-being. Her approach integrates evidence-based colon hydrotherapy techniques with personalized health coaching strategies, empowering clients to achieve and maintain vibrant health.

Lisa holds certifications from national boards, reflecting her commitment to excellence and ongoing professional development in the field of holistic health. Beyond her credentials, she possesses a deep understanding of the mind-body connection and the impact of gut health on overall wellness. Additionally, she is certified in other internal cleansing modalities, including bio electric lymphatic drainage (BELD), FIR infrared sauna therapy and ionic foot detoxification.

As a health coach, she has been trained in Positive Psychology, Motivational Interviewing, Nurse Coaching, Coaching for Behavioral Change, S.M.A.R.T. Goals and more. Further, she is trained in Nutritional and other lifestyle change modalities, having graduated from the Dr. Sears Wellness Institute on the Four Pillars of Wellness for every stage of life, from birth through Senior Adults and Pregnant Women.

Throughout her career, Lisa has cultivated a reputation for compassionate care and personalized attention. She believes in empowering her clients to make informed decisions about their health, emphasizing education and practical lifestyle changes.

When she's not in her clinic in Cookeville, Tennessee, Lisa enjoys staying active in her community, conducting workshops, and contributing to the education and awareness of holistic health practices. Her dedication to advancing the field of holistic health makes her a trusted resource and advocate for individuals seeking comprehensive wellness solutions.

She currently serves on the Executive Board as the Secretary/Treasurer for the International Association of Colon Therapists.

In addition to owning and operating Cleanse Wellness Spa in Cookeville, TN, she is also an Instructor for I-ACT and LIBBE, owning and operating the first and currently the only I-ACT and LIBBE recognized schools in the State of Tennessee.

Whether you're exploring digestive health options or striving to enhance your overall well-being, Lisa is committed to supporting you on your journey to a healthier, happier life through her expertise as a Colon Hydrotherapist and Health and Wellness Coach.

Lisa is married to her husband of 25 years and is a mother of six children and 3 grandchildren, with 2 more on the way in 2026. Her interests out of the office include ministry, continuing education, baking/gardening, and spending time with her family.