



I-ACT

International Association for Colon Hydrotherapy

Quarterly
Summer 2021
w/addendum

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EDUCATION | DEVELOPMENT



2021 SUMMIT HIGHLIGHTS

NOMINATION LETTERS

66 CLEVER WAYS TO KEEP
YOUR ROAD TRIP HEALTHY

MEMORIES OF PAST
CONVENTIONS

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I-ACT Policy Statements:

I-ACT requires the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year- maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused). Individuals that use reusable speculums and/or are not using FDA registered devices will be removed from I-ACT membership on 12/31/2018.

I-ACT recognizes the FDA classifies equipment used to instill water into the colon through a nozzle inserted into the rectum to evacuate the contents of the colon into three distinct classes; Class I (Enema Kits), Class II and Class III are (Colon Irrigation Systems). Follow the guidelines of your manufacturer, as approved by the FDA for the type of equipment (devices) you are using. Make no claims as to the use of your device other than those approved by the FDA.

The main differences between Class I and Class II devices:

The code of federal regulations CFR 876.5210 & 876.5220 describe the differences between the Class I and the Class II devices. From that regulation, a Class I device is an enema system and does not include "colonic irrigation devices". A "colonic irrigation device" is a Class II device, which in part is described as: "The system is designed to allow evacuation of the contents of the colon during the administration of the colonic irrigation.

The Class I Device:

- The Class I device is defined as an enema system and may not have temperature control, temperature gauges or water purification as part of the device. Class I enema systems must be self-administered.
- Manufacturers of Class I devices are not required to have third party oversight as they need not comply with the good manufacturing practices and record keeping that are required of Class II manufacturers. Class I devices are not as heavily regulated and controlled by the FDA as Class II devices are.
- Owners of Class I devices may not market their service using the terms "colonics or colonic irrigation" in describing the scope of their practice of evacuating the contents of the lower bowel.

The Class II Device:

- The Class II Device is a "colonic irrigation device".
- Manufacturers of Class II devices are required to have third party oversight and must comply with the good manufacturing practices and record keeping that are required by the FDA. Class II devices are heavily regulated and controlled by the FDA.
- The FDA requires Class II devices to be sold and used on or at the order of a physician or health care practitioner. This may be different in each state.

Although I-ACT is not aware of any laws that preclude you from assisting an individual with an enema, I-ACT does want you to consider upgrading your equipment to the equipment that provides the greatest safeguards to the public. In this profession, that would be equipment marketed as Class II devices.

Remember that I-ACT strongly recommends that all I-ACT members use FDA registered Class II devices or devices equivalent to Class II devices regulated by the appropriate agency in your country. Only individuals using FDA registered equipment will be placed on the I-ACT Web Site. As of 12/31/2018, only individuals that use FDA registered devices may be I-ACT members. Purchase equipment at your own risk. Ensure you are in compliance with your local, state, federal and country guidelines. Ensure that equipment you purchase is cleared for use in your country.

I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/or as directed by a physician.

The policy on insertion is to require the client to insert the rectal tube or speculum; or, follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.

Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims **SHALL NOT** be used.



Dear Members,

Here we are, starting the third quarter of 2021, this year is just flying by. Hopefully you are having a great year as we rebuild and recover from the pandemic.

Remember, this is an election year. We have 5 individuals running for the three Board at Large positions this year, so your vote is really important.

On July 30, 2021, ballots will be mailed to all members in good standing (full member with dues paid in full). You will have to return your ballot to the CPA with a postmark no later than August 30, 2021. Please take the time to vote and let your voice be heard.

Many of you have the opportunity to meet with us online last week for our 2021 Summit. What a great event.

We heard from many fantastic speakers.

Hour of motivation - this was our opening remarks by Cathy and myself.

Hour of presence - Dr. Denise Chronowski spoke to us about mindfulness and the way to achieve that in our daily lives.

Hour of encouragement - Lynne McDougall spoke to us about self care and how to avoid burnout.

Hour of cleansing - Millan Chessman spoke to us about Fasting, and then Millan and Beverley Blass spoke about cleansing our body

Hour of nourishment - Jonah and Christina Small spoke about how to set up a garden and then provided recipes for natural and live foods.

Hour of inspiration - Cathy Agasar spoke to us about Self care and her Journey of a Lifetime. Cathy was joined by Beverley Blass who helped us learn about the Mind/Body/Spirit connection.

Hour of development - Sue Begent spoke about getting Ready to Become Unstoppable and how to use your unique talents to the fullest and achieve all you desire.

Hour of learning - Dr. Bob Hoffman is the president of The Masters Circle Global, is all about making today better than yesterday and continuously moving forward. He talked about friction, its effect on your business, and some practical tips for reducing friction for growing your business.

Hour of understanding - Roxanne Watson, founder of Living

Water Rejuvenation Centers, spoke about growing your business and Tiffany Jablonski, I-ACT President, informed us on Essential Oils.

Hour of Nurturing - Mark Buse, I-ACT Vide President, discussed Gut Health and the Microbiome. Gail Marie Palms, I-ACT Secretary Treasurer spoke about Fire Cider.

Hour of impact - Georganne Ford spoke about Goal Setting and how to Enhance your business. Cathy Agasar spoke about using a Vision Board.

Hour of forward-motion - The Summit was closed with the 2021 Annual Membership meeting.

Once again, this was a fantastic event. Contact the office if you did not attend and they can set you up for the Post Summit presentations.

As my tenure as your I-ACT President moves into the twilight, I'd like to thank our Board of Directors for their tremendous support. We were able to complete some monumental tasks in the past two years.

Changes were made to our Standard Operating Procedures to accommodate the new and diverse strains of flu to include all Covid variants.

We began our Friday Calls to ensure our members were encouraged and supported in the trying times as we were isolated due to the pandemic.

The Mentorship program gained traction and began to flourish, and our Senior Education Committee developed and implemented a new training paradigm that will take I-ACT well into the future.

This new Professional Colon Hydrotherapy training Program has expanded the training to 265 hours, 200 hours is on line working with Cengage, and 65 hours are with our I-ACT Instructor or I-ACT School. This program has been extremely well received and our instructors and students love it.

As I finish my last newsletter as your President, I am overcome with many emotions. I am so proud of the way this Board has become unified and truly supportive of each member. I am proud of what we have accomplished as a Board I am proud to be called an I-ACT Certified Colon Hydrotherapist.

Finally, I am proud to be your friend

Thank you,
Tiffany Jablonski
I-ACT President



National Board for Colon HydroTherapy NBCHT

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www.nbcht.org



From The Desk Of: Bekki Medsker, ND, D.Ch.
NBCHT President

To: All Members of NBCHT

Can you believe it? 2021 is halfway through. Amazing.

This is an election year. Look for your ballot to be sent to you at the end of July. Follow the instructions on the ballot to ensure that your ballot will count. We want every ballot to be counted.

During this election, the NBCHT Board is asking for a By-Law change that will ensure that all individuals running for position will be credentialed by the NBCHT.

We are thankful to the I-ACT Board of Directors as they implement the new Professional Colon Hydrotherapy Training Course. This culminates in the student taking the NBCHT Credentialing exam. This will be of immense value to the NBCHT.

In spite of the new changes, we continue to push the NBCHT credentialing exam. If you are at the Intermediate Level and above - please take the new NBCHT Exam. We hope you all understand that as a practicing Colon Hydrotherapist, you should be able to pass the new NBCHT exam. The new exam is an “entry level” exam.

Have faith in yourselves and believe you know what you are doing, then register and take the new exam.

There is a big difference between being NBCHT Certified and being NBCHT Credentialed. Only those that have taken the new exam can say they are NBCHT credentialed. The NBCHT credentialed Exam is used by legislative bodies to determine we are able to safely work on the public.

Remember that the NBCHT requires each member to receive 12 CEs. If you attended the 2021 I-ACT Summit, you will have plenty of CEs to comply with that requirement.

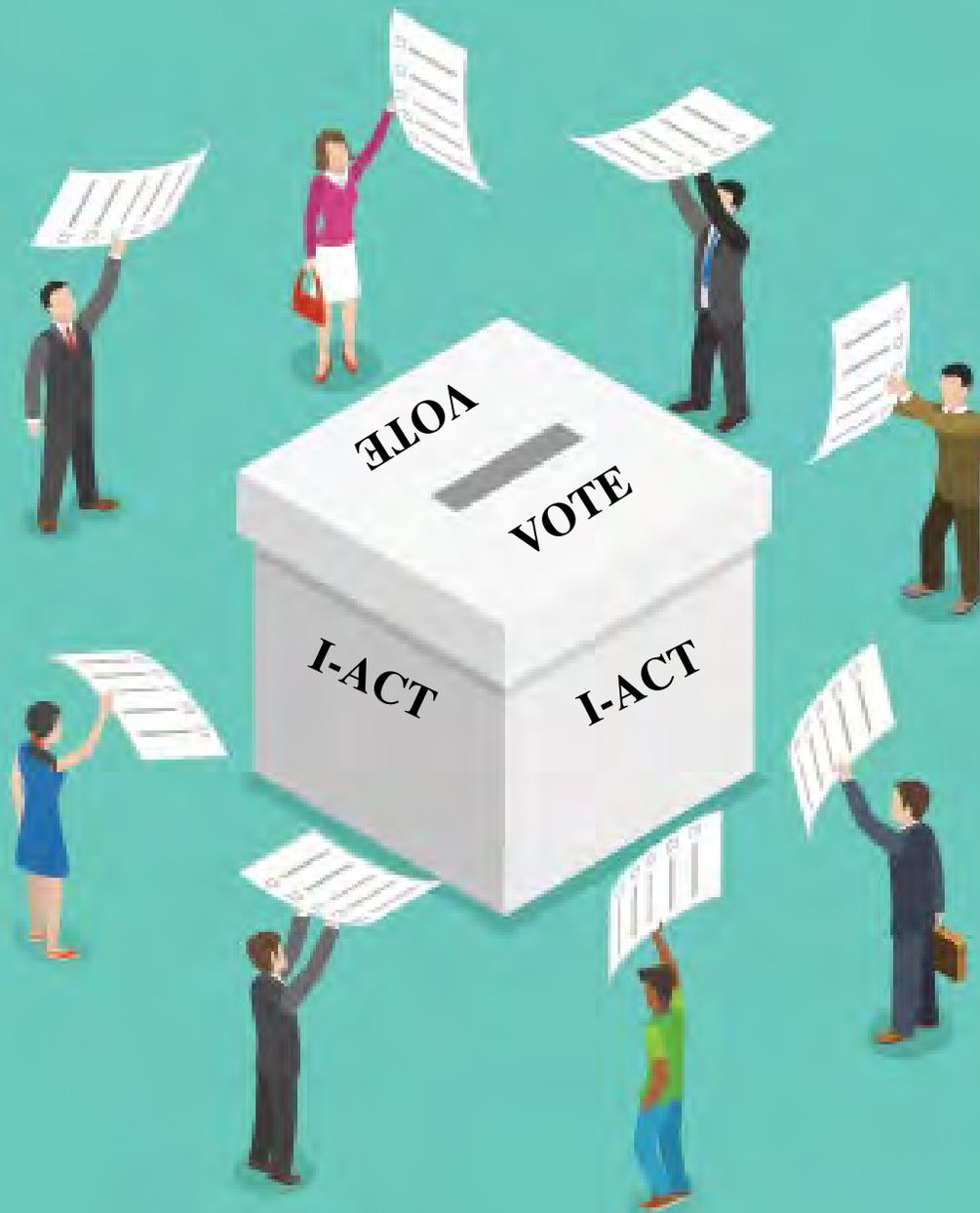
We hope you are staying safe and healthy.

Sincerely,

Bekki Medsker

Bekki Medsker, ND, D.Ch
NBCHT President





It's that time of year again for I-ACT's Election Ballots go out July 30 and must be returned to the CPA and postmarked by August 30, 2021.

Please take a few minutes to read the nomination letters in this issue and remember to VOTE and return your ballot.

BERNADINE BIRDSONG - BOARD MEMBER AT LARGE

Bernadine Birdsong

P O Box 12

Dolomite, AL 35061

June 19, 2021

Dick Hoenninger. PhD

I-ACT Board

11103 San Pedro Suite 117

San Antonio, TX

Greetings I-ACT Board and I-ACT members,

It is with great excitement that I request your vote to become Board Member At Large for I-ACT

I have been a member of I-ACT in good standing since 2002 and an I-ACT Instructor since 2003. I have also been a member of NBCHT since 2003. I hold a PhD in Homeopathy and Biofeedback from the International Medical University of Natural Education. I owned Healing Waters, Inc which uses FDA registered LIBBE devices for more than 18 years and now serve as a consultant for the new Healing Waters Wellness Center and Spa in Birmingham, Alabama.

Being on the Board this past year during the pandemic has allowed me to get a glimpse into the potential and greatness of our organization.

I love this profession and believe that I will be a valuable asset to the Board. I am willing and able to attend the scheduled Board meetings as required. I would love the opportunity to put my skills and love for this profession to work for the betterment of our community.

Thank you for considering me for Board Member At Large for I-ACT.

Sincerely,

Bernadine Birdsong, PhD

I-ACT Instructor



BEVERLY BLASS - BOARD MEMBER AT LARGE

June 13th 2021.

Dear I-ACT Members:

My name is **Beverly Blass**, and I am a candidate for **I-ACT board member at large**. I am honored to accept the nomination because it is an AWESOME time to be an I-ACT member! I have been an active member since 2005, and during that time I have seen the **value of I-ACT** membership in so many positive ways.

As a practicing therapist in West Hartford, CT, I am proud to bring integrative health practices to my clients. I began as a massage therapist growing into colon hydrotherapy in 1984, and when I found I-ACT, I knew I had found a home for like-minded professionals. You might say that's when my passion for the Association began to take root.

I-ACT has been a HUGE part of my life for more than 15 years. The value I have received has supported me in my work, far outweighing my membership investment. I joined the board in 2011, and since that time, my personal and professional growth has been incredible. My leadership and communications skills have grown beyond my wildest expectations, and are invaluable in my life every day.

In 2013, the state of CT had to fight to keep colon hydrotherapy a viable and available service. I became a legislative man in the arena, and that process solidified my deep connection to I-ACT; the Association supported our efforts to remain protected to practice. Because of connection, support and commitment from I-ACT, it has become my lifelong mission to serve I-ACT as long as I can to help move colon hydrotherapy into the main stream of preventative healthcare.

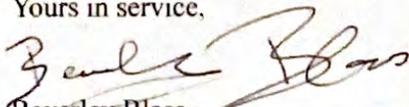
As co-chair of the senior education committee alongside Cathy, I worked with the committee, the I-ACT office and Cengage, our online partner, to create and launch a whole new professional colon hydrotherapy training course that is second to none. This took many dedicated and committed hours and coordination to bring you and future therapists the best curriculum possible. I am excited about the future, and continuing to work on enhancing the rest of the I-ACT curriculum. The goal is to always support members to move forward in their education, so that together we can build a connection for stronger, more accepted, professional standing.

As the international relations chairperson, I have worked with our members to create connections. Working with our sister organization in the United Kingdom, RICTAT, has allowed us to learn from one another, strengthen ties, and build a strong community of support for therapists around the world as well as building lifelong friendships.

I have also been the speaker chairperson for the past eight years. What a joy it has been to bring knowledgeable and informative experts to help you grow as a therapist and in your business. Self-development of the therapist has always been a focus for me, and I'm so honored to see how this has grown into a direction for the Association that is all about YOU!

I am passionate about I-ACT and being a professional colon hydrotherapist. Building stability for the board has been my goal since serving as president, and I want to continue to be actively involved bringing my dedication and leadership to the board and the membership. I want to continue to serve you, the members, as long as you are willing to have me. I would be honored by your vote for board member at large and look forward to taking another trip around the sun.

Yours in service,


Beverly Blass

JOANN KUDREWICZ - BOARD MEMBER AT LARGE

Hello! My name is Joann Kudrewicz, and I am running for a seat on the I-ACT Board of Directors.

My background is varied. By the age of 30, I had worked as an Actress, a Certified Personal Trainer, Owner/Operator of a Wholistic Health Center and had completed a certification in Ayurvedic Medicine. Upon completion of this education, I was hired to develop the Alternative Medicine division of a large Corporate Medical organization. Within the six years that I stayed with the company, I was promoted to VP of Operations and Business Development. In this capacity I worked directly with the CEO/President to develop a competitive presence in the New York metropolitan area, with 8 multi-specialty medical practices and over 70 satellite locations. All of this while maintaining the strictest of compliance protocols and quality assurances. These experiences provided me with a high stakes training ground for what is probably my greatest passion – developing programs and building business!

Since that time, I completed my Nursing degree and was subsequently recruited and hired by several similar medical corporations in the NYC region interested to add to their service lines and/or increase revenue. My most recent task in the industry was to expand the reach of the Vascular Centers for New York Presbyterian Hospital/Queens. Within 3 months of hire, I was promoted to the role of Clinical Director of the Surgery Department.

Five years ago, I transitioned from my NYC apartment to my home in the New York Catskill mountains full time, with plans to open a Wholistic Health Center once again but was temporarily derailed when I was recruited to teach Health Care Administration at the local SUNY college. I taught full time for one year to experience the role, and then came back as an adjunct Professor when needed.

In these past five years since, I have gotten I-ACT certified at the instructor level and have opened a very successful Colon Hydrotherapy practice that was built solely through educational seminars, community events, and word of mouth. I introduced Colon Hydrotherapy to this region of New York, so community education and engagement has been a huge component of my success.

In the year prior to the COVID shut down I had been preparing to expand into a 10,000 square foot facility to create a destination location for Colon Hydrotherapy, Spa Services, Spa dining, and an educational center for teaching. I also had been working with a franchise group to develop a model for franchising Colon Hydrotherapy services. I envisioned Colon Hydrotherapy Centers across the country, similar to Massage Envy. The shutdown caused me to take a step back. For now, these plans are on hold.

I believe however, that my personal mission is very aligned with that of the I-ACT BOD in the growth and educational mission as stated – “to heighten the awareness of the colon hydrotherapy profession, ensure continuing and progressive education in the field of Colon Hydrotherapy and implement professionalism beyond reproach.” As an administrator, I also know that it is not the end-user that we serve as much as it is the members that make up our community. My whole career has been about providing my ‘teams’ with the tools and support that they need in order that they might best serve the client or patient with whom they interact. I believe that my skillset and experience make me well suited to participate in this way and I find myself intrinsically motivated and eager to become involved. I would love to be a part of this Board in order to springboard off of the past successes to create an even bigger, more expansive vision for our Industry, and to share in our collective future successes as we uncover more of our own needs and discover new ways to satisfy and serve them.

I thank you for your time and hope that you will consider my candidacy.
Best in Health, Joann Kudrewicz



JENNIFER STANLEY - BOARD MEMBER AT LARGE

7/7/2021

Greetings fellow I-ACT Members,

I am honored to be nominated for the Board Member at Large position.

As the sole owner of From Scratch Wellness, a naturopathic and colon hydrotherapy clinic with offices in Chicago and St. Charles IL., I am passionate about protecting our profession. I had the privilege of lobbying with Dorothy Chandler and our fellow Illinois therapists for protecting the rights of our therapists in the state of Illinois. I have been in practice for 16 years. I am an I-ACT instructor and am NBCHT credentialed.

Prior to becoming a certified Traditional Naturopath, I was a chef for the Four Seasons Hotels. I was diagnosed with fibromyalgia in my late twenties and followed the advice of a naturopath who's protocol included colon hydrotherapy. Although the dietary recommendations were the foundation to my health recovery, it was the addition of colon hydrotherapy that I felt skyrocketed my healing process. Within 9 months all of my symptoms were in remission.

Today, I use my culinary background in my naturopathic practice to create high fiber recipe ebooks to give my clients tools to succeed in achieving a healthy lifestyle. I am passionate about providing quality and forward thinking education for our members through the new CE online platform that the working board of 2020 has so graciously developed. This is an exciting time with the advances that I-ACT has made over 2020 in embracing the use of technology, expanding our certification courses, and increasing online access to education. I look forward to assisting our members in growing their businesses with these changes.

I seek your vote for the office of Board Member at Large.

Thank you for your consideration,

Jen Stanley

Owner, From Scratch Wellness Services
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Saint Charles IL 60174
info@fromscratchwellness.com
www.fromscratchwellness.com



HAMRAWIT TSEGAYE - BOARD MEMBER AT LARGE

Hello fellow therapist, hope you are well and blessed as you are reading this brief introduction.

My name is Hamrawit “Hamri” Tsegaye. Born and raised in Ethiopia, in the beautiful capital city Addis Ababa. I came to the USA at a very young age and completed all my education starting High school all the way to Masters level here in the US.

Married to my wonderful husband Addis, and this is our 13th year together. We currently, for the past 10 years have been living in Louisville, KY.

I have been a member of I-ACT since 2014. I have been a Licensed massage therapist and health educator since 2003. I started this path when I lived in Berkeley, CA. My Master’s degree is in healthcare management focused with long term care and aging.

As most of you can relate (because of the nature of work that we all do), I LOVE and enjoy what I do. All my educational background and work experience, most importantly my passion to our field has equipped me to successfully run a well-established wellness center here in Louisville, KY.

But I am most grateful to be part of AND member of this great organization, I-ACT, that has given me the tools to do what I love to do. In addition, I am grateful to be able to connect with like-minded practitioners in our field to help me grow and learn each step of the way.

In my 7 years of membership with I-ACT, I have seen our organization at its BEST in this last year! This shows that the current Board is really working hard and the result of the team work is amazing. THE BEST IS YET TO COME THOUGH!!

I believe our industry is going the right direction. To keep the current momentum and to move our organization the right direction, we need a team of dedicated board members that are working tirelessly, with passion and integrity.

I am running for the Board at large to be part of this hard-working team! The set of qualifications and skills that I believe I will bring in to the board are as follow:

- I have been a good standing member of I ACT since 2014 and yes this does not seem a very long time, BUT I believe we need to add to the mix a new comer or a fairly new member to the field to join this great team of board members to diversify ideas and new perspectives.
- This year, when I ACT launched the new training curriculum, I completed the new added certification courses for the new designation of I-ACT Professional Colon Hydrotherapist as soon as it was available.
- I am National Board Credentialed since 2018
- I am also a Mentee: I have the privilege and honor to be mentored by one of the best mentor one can hope for. I recognize the benefit of having a mentor and areas that I need support on; it has been a great experience learning from someone who has been in the field a lot longer than I have. It is as important to be a mentee as it is to be a mentor. It is also my hope that I can also be a mentor to share my experience with others.
- In 2020 I also decided to go back to school and I am currently pursuing my degree for Professional Naturopathic Practitioner.
- I have been successfully managing and running a very well-established practice as a solo practitioner for the last 7 years in Louisville, KY.
- To summarize my top qualifications: I am a hard worker, if I set my mind to do or accomplish something, I do so.
- I am a planner and visionary, team worker.
- It is time for me to give back to this great organization and our field and work with wonderful group of professionals to help make our organization the best it can be.

Thank you for giving me the opportunity to run for the board at large. I hope I can be in a position to share my passion as well as grow professionally.

Be well and be Blessed till I see you all in person!

I-ACT Quarterly Summer 2021



ROXANNE WATSON - SECRETARY / TREASURER

I-ACT Membership
PO Box 461285
San Antonio, TX 78246-1285

Greetings I-ACT Membership Committee,

I am honored to address you as a candidate for the office of Secretary/ Treasurer. I have served on the board as a Board member at large for the last 4 years. I feel I am an asset to the Board and to the Membership with the years of experience as a Colon Hydro therapist, Business owner, Instructor and now as a Board Member.

Many of you may already know me as a member in good standing of the association since 1995. I am also an instructor for I-ACT and run an I-ACT recognized school. Others of you may know me through one of my training programs. If you are one of my students, you know how proud I am to be an I-ACT member and instructor. I take this mission in life very seriously and it gives me immense joy to be part of the birthing process for professional Colon Hydrotherapists.

I have enjoy being a part of the Membership/Leadership Committee where we have launched the vital Mentorship program. I am also on the Senior Education Committee and am extremely proud to have be involved in the creation of the long-awaited enhanced training program for New the Professional Colon Hydrotherapy level.

I have been a Colon Hydro-therapist since 1985, when my life was changed forever by the improved health I experienced with several sessions of colonies. You can also call me a “second generation” Colon Hydro-therapist. The first generation before me was my mother Millan Chessman who is an author, lecturer, and advocate for our industry. Two of my children are now “third generation” Colon Hydro-therapists and continue to bring this valuable service to our community. I have raised six children and they have grown into healthy and caring adults. I have been fortunate to work alongside many MDs, NDs, Chiropractors, Osteopaths, Acupuncturists, and other health professionals over the last 36 years. I believe, along with those practitioners, that colon hydro-therapy is a benefit and relief to the people we serve.

I would like to offer I-ACT my years of experience and my desire to usher our industry into a stronger and more fully recognized presence. My hope is that each one of us reaches our full potential as experts in this amazing field.

I seek your vote for the office of Secretary/ Treasurer, and I look forward to working with everyone in our association.

Thank you for your consideration.

Roxanne Watson, Founder
Living Water Rejuvenation Centers
CA Coastal Cleansing Institute

GAIL MARIE PALMS - VICE PRESIDENT

Gail Palms

2452 North Pantano Road

Tucson AZ 85715

July 13, 2021

Re: Letter of intention to run for Vice President

In our profession, the idea of 'implementing professionalism beyond reproach' sets the precedence for our reputation. As a current board leader for the past 8 years, I am confident I can continue to deliver I-ACT's core values.

I have three decades of working in the corporate arena which has taught me dedication and discipline. In my 21 years of being an I-ACT member, I have always maintained my I-ACT certifications at the instructor level and have opened very successful Colon Hydrotherapy practices built solely through educational seminars, community events, and word of mouth. I have a strong passion for the Colon Hydrotherapy industry & my I-ACT members.

I aspire to continue my leadership and would be grateful to be a part of the continued health and growth of our organization. This board has a strong vision to grow the industry to a more advance level. The support, education and networking within I-ACT is what makes our industry unique and rewarding. I would love the opportunity to continue to work on behalf of our members to ensure that we continue to move our profession forward in the right direction. I would be humbled and honored to be your Vice President.

Sincerely,

Gail Marie Palms

66 Clever Ways to Keep Your Road Trip Healthy

From road trip food to on-the-go health hacks, here's all you need to have a safe vacation from city to city.



Summer is the perfect time for a road trip! But do you wonder how you can stay healthy with **all the fast food** and **potential health issues** along the way? Things can go downhill for everyone pretty quickly. Here are 66 clever and easy tips for keeping the trip on track for health and fun.

1. Pack Compact Snacks to Avoid Overeating

Reuse a cleaned creamer bottle or fill up a new tackle box with healthy bites like nuts, seeds, berries, dried fruit, and granola. This way, you'll cut down on multiple snack bags and boxes and won't over-indulge because you can only have a small handful at a time.

2. De-Grime Car Headlights With Toothpaste

Oxidation on your car's headlights can cause them to fog up and can be hazardous for you and other drivers. Make sure your car is seen in any weather by scrubbing down the headlights with a damp rag and a small amount of toothpaste. Wash the toothpaste off with clean water and then dry with a soft paper towel or clean cloth.

Continued on page 16

MEMORIES OF GOOD TIMES



3. Navigate Rest Stops for the Healthiest Options

Skip the hot pretzel stands full of salt and carbs, pass on the cinnamon buns high in sugar and saturated fats, and make healthier snack choices like fresh, cut fruit and pre-made salads. If you're looking to satisfy a salt craving, try beef jerky that's high in protein but low in calories.

4. Use Shoe Organizers to Corral Knickknacks

Maintain your sanity and your car windows visible by packing loose, small items like flip-flops, sunscreen bottles, hand towels, and sun hats neatly folded and in their own pockets in a fabric or plastic shoe organizer.

5. Keep Trash Confined in a Cereal Container

Line a cereal container with a plastic bag to use as a makeshift trash bin. The container makes it easy to brush crumbs, toss used napkins, and keep other litter contained on long rides.

6. Secure Your Cell Phone With a Binder Clip

Depending on your smartphone size, a jumbo or large binder clip (at least 2 inches wide) can help prop up your phone so you can use it as a GPS or reference a map before driving. Wrap the metal clips with non-slip black safety tape or wrap string around the metal so it doesn't scratch your phone. With the handles folded up, add two snug rubber bands around the metal loops. Fasten the clip on your car's air vent and gently slide your phone through the open space between the clasps.

7. Always Pack a Car Emergency Kit

Whether you're on the road for a few hours or a few days, make sure your car's emergency kit is stocked and ready to go. Include essentials such as roadside flares, glow sticks, a can opener, clean work gloves, a flashlight with working batteries, extra batteries, a flat-head screwdriver, jumper cables, rags, pliers, scissors, a tire inflator, wrench, blanket, and paper towels.

8. Organize Your Glove Compartment

Stash important documents like instructions for changing a car tire and your car's manual in your car's glove compartment. Other useful items include an atlas, a cell phone car charger, spare plastic bags, and a packet of tissues.

9. Take Photos Before Your Leave

If you're renting a car, photograph each side of the car before you drive off so you'll have evidence of the car's condition in case you run into any future issues. Take photos of any important documents as well like your passport or driver's license in case the real item gets lost. Have backups on your smartphone or camera and leave photo printouts at home.

10. Clean Car Windows With Flip-Flops

Don't have a squeegee on hand? Repurpose the soles of flip-flops as a window wiper after it rains.

11. Conceal Valuables in Empty Bottles

Empty (and washed out) sunscreen bottles can hold more than just liquid. Stash car keys, pocket change, and even your cell phone inside to fool would-be thieves.

12. Keep Food and Drinks Chilled With Smarter Ice Packs

Fill water balloons with water and freeze before using them as ice packs in a cooler. When the ice melts, the water

What's inside:

- ◆ Summit highlights
- ◆ Presentation takeaways
- ◆ Participant feedback
- ◆ Accomplishments
- ◆ Meet the board
- ◆ Friday connect calls
- ◆ Roadmap to professional colon hydrotherapy
- ◆ Years of service recognition
- ◆ Post-access registration

Special Edition of the *Summer Quarterly*

I-ACT Summit 2021 Replay

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Developing You | Nurturing Yourself

No matter how you stack things up, YOU are at the center of your personal and professional development. The I-ACT Summit 2021 was all about developing YOU! Here are some highlights, key takeaways, and comments to see just how important you are to the equation of practicing colon hydrotherapy in a professional manner.



Highlights: Positive encouragement & forward thinking action

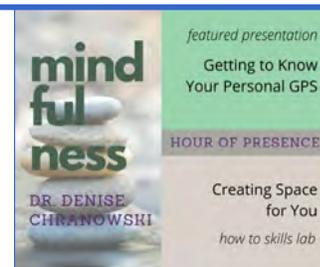
Key takeaways: The Association and our profession are in a new paradigm, and YOU are part of that equation. We are leading the industry in a new direction that encompasses well-rounded educational and training standards, higher standards and ethics, and forward motion to being taken as the serious professionals we aspire to be. There's never been a better time to stand up and be counted as a certified I-ACT colon hydrotherapist!

Comments: "Amazing presentation!" "Glad to hear where we are headed." "Thanks for all you are doing for our profession!"

Highlights: Mindfulness is all about being present in the moment

Key takeaways: Your body wants to be calm and at peace, but the world does not promote that kind of lifestyle. Journal, meditate, be intentional to step away from your devices and tap into your God-given GPS for health and wellness. Spend time getting to know yourself and really connecting with your inner being.

Comments: "Dr. Denise was so insightful and inspiring. I want to attend her mindfulness retreat and learn more." "I'm going to take the device boundary challenge and get off social media." "I can't wait to subscribe to *a dose from dr. denise* and get more from her."



Highlights: I am loveable and I can come back from burnout stronger than before

Key takeaways: No matter what you have been through, no matter how you feel, you can find your way to loving yourself and enrich your relationships in the process. You can rekindle your passion for helping others and spark success in your business to be thriving rather than simply surviving. Burnout can happen at any time and you may not even know it, so remember to check in with yourself to be sure you love yourself and know your purpose.

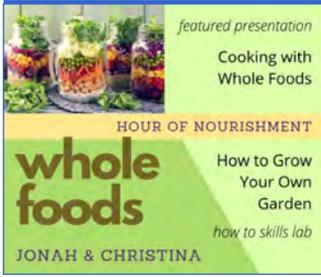
Comments: "Thank you for having the courage to share your personal journey and how you turned it into something beautiful and life-giving for yourself and others."

Highlights: Cleansing and fasting for health and wellness can be an important part of your self-care practices - and your clients' too!

Key takeaways: No matter what your age, you can do it! The best anti-aging practice is fasting to keep the inside clean and functioning optimally; it helps keep the outside shining too! Daily movement, healthy diet and positive attitude can all make a world of difference for anyone. If you're serious about health, cleansing should be on your list of things to know and do.

Comments: "What energy! I hope to have that much energy at 81." "If it works for her, maybe I should give it a try." "Thanks for the information; so much to learn."





Highlights: You can take control of your food by growing your own, even if you live in the city.

Key takeaways: You don't need a farm to grow healthy, delicious foods that you want to eat. It just takes a little love and planning and attention. And best of all, you can use it to make the comfort foods you love - without any of the preservatives or GMOs that cause so many digestive issues. Food doesn't have to be the enemy, you just have to learn how to embrace what you want.

Comments: "What a fabulous presentation - I wanted to eat what they were making!" "I never knew I could grow great foods in a small space." "Can I get the recipes for what they made, please?"

Highlights: No matter what you're journey is, embrace it and find yourself. Above all, remember to breathe and cultivate your relationship with yourself and your client.

Key takeaways: Know thyself before you try to help others; it's not a cliché. You have to find yourself even if you don't know you are missing. Take time to go deep within and really get to know who you are and want to be; you might just find someone you really truly love.

Comments: "Thank you for sharing your story. You gave me courage to work on myself." "What an inspiration!" "You have such a wonderful way of explaining how to work with clients on new levels." "I want to learn more!"



Learning & Growing Your Business



Highlights: Identify your ideal client and make an emotional connection for success

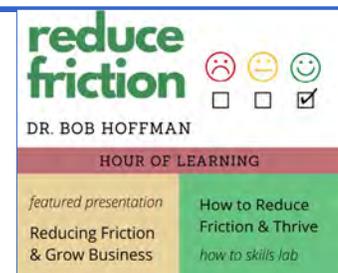
Key takeaways: No matter what stage of business you are in, no matter how many clients you have, no matter what strategies you have tried in the past, you can always make a course correction and find all the clients you desire to have as much income as you need. When nothing else is working, you can find a new strategy and grow right where you are planted.

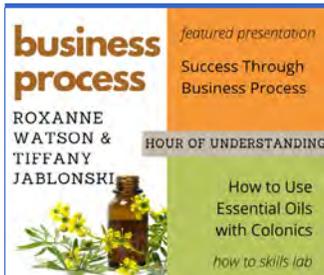
Comments: "Thank you for sharing your knowledge and wisdom." "Can you coach me?" "I can't wait to look at my business in a new light." "Thanks for offering a free meditation; I'll be in touch."

Highlights: Friction keeps your business from growing, but finding the solutions to become friction-less can open up the growth opportunities exponentially

Key takeaways: Friction is anything that keeps you and your business from moving forward. When you realize that friction is holding you back and find a solution that makes it easier to deal with you and your business, you will begin to see how much more abundant your life will be. You are the director of the friction you allow, so look for big-picture solutions that make you look like a hero.

Comments: "Thank you for sharing such a wonderful topic I never knew I needed to look for." "How can I learn more with you?" "Your talk made me realize I need to address a customer service issue to open up my business to new growth. Thank you!"





Highlights: Creating business processes helps you run your business with ease. Incorporating essential oils into your practice is easier than you think.

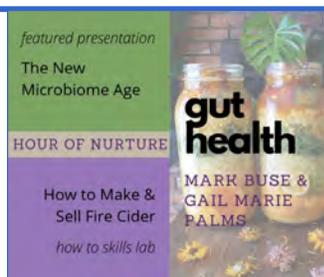
Key takeaways: Business processes don't have to be complicated. Once you set them up, they streamline your business to run smoothly so. Using essential oils with colonics makes all kinds of sense and gives you another way to help clients heal themselves naturally. So at the end of the day, processes and complimentary modalities give you more time with your clients and bring in more money. A win-win no matter how you look at it!

Comments: "I always thought processes were time consuming, but you made it seem attainable for my business." "Can essential oils really be that easy? Thanks for the tips." "I want to learn more!"

Highlights: Understanding the microbiome and digestive aids is a must!

Key takeaways: The microbiome is more understandable than you initially think, and when you learn how to grow a healthy microbiome it makes so much sense to all of our training as colon hydrotherapists. And when you add to that knowledge a simple tonic that can help your clients maintain their gut health every day, it's a wonderful solution. Learn, educate and grow your business in so many ways.

Comments: "Wonderful information; thanks for sharing!" "I'm excited to learn more about the microbiome; when's the next class?" "I never knew I could make fire cider and actually sell it." "I want the recipe so I can make my own."



Highlights: Setting goals that matter and attracting what you want with intention is an important part of growing yourself and your business

Key takeaways: Goals without meaning are just dreams. Set your goals to be actionable and measureable, then work to make them reality, and you will see your business grow exponentially. Have fun with your goal setting by creating a vision board. It puts your intentions into the universe and abundance can flow to you.

Comments: "I always thought goal setting was just an exercise to kill time. Boy was I wrong." "I'm going to review my goals for the year and make sure they are measureable so I can be a success." "I want to be part of the vision class, please." "Vision boards are so much fun; thanks for explaining."

Highlights: The Association is in good shape and getting better every day; the future is now!

Key takeaways: I-ACT is growing. The new Professional Colon Hydrotherapy Training Course is going phenomenally well. Continuing education is available so be part of the learning process. The candidate selections are numerous; be sure to cast your vote next month! Sixty percent of the membership has been here for more than five years with more than 8% over 10 years; congratulations!! The I-ACT board will continue to move the profession to the next level, so watch for what's to come!

Comments: "Amazing job!" "So professionally done." "Love the format!" "I want to learn more!" "I loved every minute and can't wait for the replay!" "Great job! Thank you for putting this together."



Nurture Yourself | Nurture Your Business

Here's what we accomplished 2019-21

Every two years, our Association holds elections to elect five individuals to the board while three officers remain on the board to provide stability and leadership that keeps the organization moving forward. The president moves to president emeritus while the president elect becomes president and the vice president becomes president elect. The election then rounds out the board with a vice president (who now becomes part of the future rotation), a secretary/treasurer, and three at large members. When the current board was installed in September 2019, no one knew the challenges the world would face during their term in office.

In spite of world events, this board kept it together and continued to do the work necessary to move the profession forward. Yes, your board put in countless hours to see new standards implemented in order for each member to be counted among the best of the best! Here are just some of the things this amazing group of individuals has accomplished:

1. Implemented new, enhanced curriculum and raised the bar for certification
2. Enhanced the SOP, including an office procedure checklist
3. Established Friday Connect Calls to support and encourage members during uncertain times
4. Evaluated instructor candidates via video conferencing for the first time ever
5. Created the new train the trainer format for the annual education meeting
6. Expanded the mentorship/leadership program to serve more members
7. Promoted marketing compliance and its importance for all therapists
8. Revamped Friday Connect Calls to include more learning opportunities
9. Produced new train the trainer webinars for expanded education for instructors
10. Developed CE preferred provider program for instructors
11. Envisioned, created and implemented this online summit – a first for the organization!

Yes, this amazing board absolutely turned the water-logged ground into nutrient rich soil to begin new and sustainable growth for the future! Thank you, and congratulations!

State of the Association

- 2019-2021 board direction
 - ❖ Increase membership
 - ❖ Build awareness
 - ❖ Create open communications
 - ❖ Advocate for members
 - ❖ Ensure cohesive operations & forward motion



Nurturing | Exciting | Educational | Fast-paced | Developing |

State of the Association

- Accomplishments
 - ❖ New curriculum
 - ❖ Enhanced SOP
 - ❖ New connections
 - ❖ New evaluations
 - ❖ Expanded mentorship/leadership opportunities
 - ❖ Marketing compliance
 - ❖ New train the trainer
 - ❖ New CE program opportunities



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Thank you to our board of directors!!



I am honored to lead this board and our Association as we grow to new heights. I am grateful for the service of our staff, because we couldn't do this without them. I am humbled to serve with such amazing individuals who teach me and help me look better than I feel. But most of all, I am proud to count each of these individuals as my friends and colleagues.

The I-ACT membership may not see the work that is done day in and day out, but you can sure see the results and feel the effects of what these amazing individuals do for YOU!

Tiffany

Thank you to the I-ACT office!!

When it comes to the day-to-day operations of the Association, the board could not do all that it does without the silent support of our office staff.

Over the years, we have come to appreciate each of our staff members in many ways. We are grateful for Kristi's quiet support of the board, her lovely smile at conventions, and her overall willingness to support our profession. We are honored that Donna has supported Dick in his position for so many years and in so many ways, and value the contributions she has made to the Association.



When it comes to Dick, we are so grateful for and honored by his commitment to the Association as he continues to evolve with the board to move the profession forward. He has been our guide and teacher, the voice inside our heads to keep us on track, and the historian to help us remember the past and blend it into the future for the betterment of all concerned.

*Tiffany, Cathy, Mark, Gail Marie, Roxanne,
Beverley, Joyee & Bernadine*

New Learning Opportunities

Progressive education has always been at I-ACT's core. The new education and training program has been several years in the making, but it is definitely worth the wait as it is second to none and puts our therapists in line with our professional peers.

The new program is called the **Professional Colon Hydrotherapy Training Program**, and it provides an excellent foundation for anyone entering the profession. Here's what's new:

- ◆ The new course combined the foundation and intermediate levels and went from 100 hours to 265 hours! A more well-rounded foundation for sure!!
- ◆ The new course provides 200 hours of online learning modules and 65 hours of in-person training. It's an amazing partnership with Cengage and focuses our instructors on colon hydrotherapy instruction.
- ◆ The new course offers three separate and additional certifications in nutrition, small business operations, and small business marketing.
- ◆ The new course uses the NBCHT credentialing exam for I-ACT certification. Students are both I-ACT certified AND national board credentialed upon successful completion of the exam!
- ◆ The new course designation is certified **I-ACT professional colon hydrotherapist!** Just hearing that sounds more professional!!

To learn more about enhancing your current I-ACT certification to the new designation, we encourage you to contact a certified I-ACT instructor to learn more. It's a great way to increase your knowledge and understanding of all things relating to digestive health.

New Curriculum

Roadmap to Certified Colon Hydrotherapy <i>a quick reference guide</i>	Certified Colon Hydrotherapist	Certified Foundation Level	Certified Intermediate, Advanced or Instructor Level	Device Training or Current Therapist (level of experience in past 12 months)	Other Licensed Healthcare Practitioners (MD, RN, PA, etc.)
Colon Hydrotherapy History/ Theory/Practice	✓			✓	✓
I-ACT Standard Operating Procedures	✓	✓ (review)	✓ (review)	✓	✓
Anatomy & Physiology	✓	✓ [★]	✓ [★]	✓ [★]	✓ [★]
Microbiology	✓	✓	✓	✓	✓ [★]
Intestinal Health - Function vs Dysfunction	✓			✓	✓
Nutrition [★]	✓	✓	✓	✓	✓ [★]
Drug Interactions	✓	✓	✓	✓	✓
Business Ethics [★]	✓	✓	✓	✓	✓ [★]
Complementary Modalities	✓			✓ [★]	✓ [★]
NBCHT Credentialing Exam	✓	✓	✓ [★]	✓	✓
In-person Training/Practicum	[1-15 hrs, P-50 hrs]	✓ [15 hrs]	✓ [★]	✓ [20 hrs]	✓ [50 hrs]

★ Course includes additional certification.
 ★ Credit may be given for a.s.p., microbiology, nutrition, business ethics, and complementary modalities; transcript must be provided.
 ★ Must be post 2008.
 ★ Videos of session preparation, client interaction, and sanitation must be provided in lieu of in-person practicum for current intermediate, advanced or instructor level therapists; video must be one continuous shoot and not edited in any way.

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New Connections

Connect for
coffee, tea & conversation
with I-ACT
positive, supportive, forward thinking, encouraging.

I-ACT
never alone - always together

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One of the best things about being an I-ACT member is the connections we make. Last year, we began the Friday connect calls out of necessity. Now they have turned into an opportunity to learn about different topics related to the practice of colon hydrotherapy and care of the therapist. We meet via zoom two Fridays per month, and every single meeting is about positive encouragement and support.

Visit the I-ACT web site members only section to learn more about upcoming dates and topics. We look forward to seeing you for coffee, tea and conversation soon!

Thank you for your years of service!

Here are the members who were recognized for 5 years, 10 years, 20 years, and 25+ years of membership. We also honor the in-betweeners whose names do not appear, but are loved just the same. :)

Five years: Kara Ferguson | Melissa Kann | Emily Boor | Jodi Gilbert | Hope Marino | Carolyn Berry | Gordana Smith | Jean Boutin | Insook Chung | Richelle Garman | Llolyn Pobran | Dr. NewVelvet Washington | Ryan Burns | Lexi DudenHoeffler | Heidi Fang | Antoinette Crawley | Gilbert Calderon | Patience McCarthy | La'Shonda Courtney | Chantel Witherspoon | Ajaz Bashir | Norma Venables | Barbara Pless | Sandra Woitas | Angela Savage | Nancy Sosa | Samantha Soto | Shari Durfey | Zhong Rong | Guan Boris | Marlee Trowbridge | Ada Yoder | Rowena Cheung | Zandrea Rayford | Jaila Wyche | Breanne Fishburn | Kelly Baker | Shani Muscat | Lawrence Stefanow | Donita Whitaker | Angela Tombarge | Neda Smith | Laura Dollarhide | Orit Ben-Yaakov | Regenia Muhammad | Nitia Rhodes | Sofiya Pylova | Eama Andrews | Qadirah Bey | Molly Conover | Adam Jackson | Zhenhuo Liu | Joni Miyagi | Irene Larivière | Nadia Zinchenko | Tisha Santillana | Johanna Maniu-Oldenburger | Ericka Siebelink | **Ten years:** Michele Sparrow | Laura Hernandez | Debra Blackett | Cathy Agasar | Hannah May | Kimberly Randiev | Karen Harris | Robin Bair | Michele Ceron | Jennifer Harris | Melissa Detroy | Mary Leuthner | Christina Long | Martin Braunstein | Tammy Flint | Denise Torres | Tamika Dillon | Lisa Harris | Mariana Cuello | Herlinda Peterson | Kristin Robbins | Bruce Collingwood | Lisa Avila | Crystal Moss | Emily Brossette | Kathy Vines | Ioanna Driva | Carolyn Burnett | Dr. J. Farooqui | Jollie Chua | Deborah Clark | Lissa McGraw | Lyndon Born | Sacha Sommer | Katy Copping | **Twenty years:** Anita Krajnik | Melodie Adinolfi | Elizabeth Pockrus | Paula Schlue | C. Candy Allen | Melissa Hodgson | Ana Muñoz | Bobbi Thompson | Rosa Yeung | Colleen Reilly | Elaine Snoke | Patricia Heredia | Kathleen Finn | Elanit Cohen Zada | Teri Hart | Maureen Hays | Ann Meier | Alice Herrin | Donna Otey | Cindy Sellers | Clara Zakirova | Margie Ford | Edelia Reyes | Linda Jarvis | Vinaya Battaglia | Doris Brayboy | **Twenty-five+ years:** Jeri Tiller | William Tiller | Joyce Long | Berthamaria Loustaunau | Charlotte Layne | Alan Clemence | Suzanne Childre | Jayne De Felice | Deborah Hayes | Brenda Watson | Dennis Pockrus | Debra Christian-Foster | Sally Rickolt | Darlene Holloway | Cathy Shea | Rosemarie Siciliano | Gail Naas | A. R. "Dick" Hoenninger | Connie Thrush | Ezhra Martin | Millan Chessman | Sheila Shea | Grace Melby | Natalie Boss | Roxanne Watson | Dr. Alexander Yuan | Ninaya Strandberg | Cherie Kolbo | Russell Kolbo | Nora Sierra | Diane Simmons | France Robert | Patricia Gosling | Anne Aymakoglu | Lucy Miller | Suzanne Gray | Shanez Gunatilaka | Carylann Bautz | Patti Hartman | Lynda Law | Lucie Manzinni | Nirmal Watson | Pamela McDermott | Nancy Van Laarhoven

Don't Miss Out!

Didn't get to participate in the online summit LIVE? No worries. You can now register for post-event access. Visit the I-ACT web site to register and get started learning today!

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EDUCATION | DEVELOPMENT



will stay in the balloon, making your cooler easy to cleanout. Don't have balloons? You can freeze wet sponges in re-sealable plastic bags for a similar effect.

13. Relieve Mosquito Bites With Deodorant

Stuck in the car with a mosquito? Shoo it out the window and quell any itchy bites with roll-on deodorant. The aluminum chloride can relieve the pain and suppress any swelling.

14. Prevent Stains With Cupcake Liners

Paper or foil cupcake or muffin tin liners can catch crumbs, dust, stray hair, and drips in cup holders or when poked through the bottom of a wooden ice pop stick.

15. Place Shoes in Shower Caps

Car mats can seem like magnets for dirt and grime. Keep them clean for longer by packing dirty or muddy sneakers and boots in plastic shower caps.

16. Recycle a Shower Caddy

Keep car fluids and oils together in the trunk with an old shower caddy or use a new one to keep everyone's snacks and meals together in the backseat.

17. Pack Crudités in a Half-Empty Nut Butter Jar

Don't toss out the last spoonfuls of peanut butter. Add sliced celery sticks and carrots into the container for an easy, portable snack that's healthy and tasty too.

18. Squeeze in an Exercise Break

When you stop for a bathroom break, take 15 minutes to do quick jumping jacks or take a short jog to help offset all of the sitting you're doing in the car.

19. Lower the Volume Down

Keep your radio at a reasonable volume to protect your hearing and prevent distractions from driving.

20. Pack Better-For-You Snacks

Sitting in a car can lower your daily calorie burn by 400 calories. Opt for low-calorie snacks like plain popcorn instead of greasy potato chips when you pack your lunch and follow these easy 100-calorie snack ideas.

21. Choose Healthier Fast Food

If fast food is your only option, make sure to follow this handy guide so you can make the most of your order without overdoing it on calories.

22. Write Down Phone Numbers

Jot down the phone numbers for relatives, family friends, your mechanic, cell phone carrier, and car insurance company and keep them in a safe place like the glove compartment. They'll be useful in case your cell phone gets lost, loses power, or your car breaks down.

23. Wash Your Hands

Be sure to wash your hands each time you stop, especially before eating and after using the restroom.

24. Prepare for Carsickness

Keep an extra change of clothes, baby wipes, towels, and disposable (e.g. plastic grocery bags or paper lunch bags) on hand in case of carsickness. You can also look for motion sickness medicine or wrist bands at your local pharmacy for more serious bouts of illness.

25. Don't Drive When You're Tired

Drowsy driving can lead to serious accidents. If you are the driver and you start to feel tired, find a safe place to pull over and rest up. If you're a passenger, talk to the driver to make sure he or she is awake and alert. Take driving breaks and switch drivers if the road trip is a long one.

26. Keep Water in Cup Holders

Stash water in cup holders and in the trunk to keep everyone in the car well hydrated.

27. Protect Your Eyes

Bring and wear protective eyewear, like sunglasses, to reduce pesky dashboard glare and protect your eyes from harmful UV rays.

28. Wear Sunscreen

Pack and wear sunscreen, even when you plan on being in the car or the weather is cloudy. Though you aren't directly outside, drivers and passengers can still get harmful UV exposure through car windows.

29. Check all Car Lights

A day before you head out, check all of the lights on the exterior of your vehicle. It's an easy ticket to avoid.

30. Roll Clothes and Pack in Plastic Bags

Save space in your suitcase, backpack, or car by packing rolled shirts and pants in plastic bags. Before you seal the bags, push out any extra air.

31. Pack Baby Powder

After a long beach day, rub baby powder on your feet and skin to remove any excess sand.

32. Ease a Sunburn With Aspirin

Crush an aspirin into a powder and mix it with water to make a sunburn-relieving paste.

33. Place Plastic Wrap Over Cup Lids and Toiletry Bottles

Prevent leaks and spills with a layer of plastic wrap before you screw bottle caps on tightly or snap on the water bottle lid.

34. Write Down All Addresses

Making multiple stops? Write the addresses for each stop and your final destination down for your GPS and keep it handy so you don't have to search for it in transit.

35. Pack a Spare Tire

Examine your spare tire or pack a new tire with a jack and lug wrench before you set out on any road trip.

36. Have Your Car Inspected Before Your Trip

Take your car into the shop for a full inspection before a trip. It's worth the effort, time, and ease of mind so you can relax and truly enjoy your vacation.

37. When in Doubt, Pick Packaged Foods

If you've run out of healthy snacks and the only option is the gas station convenience store, the best snacks might be the packaged ones. Prepared cold foods need to be kept at 41°F or colder and hot foods need to be between 135 to 140°F but if the options look dubious, go for packaged nuts and seeds to tide you over till your next meal.

38. Carry Cleaning Products

Traveling can increase your exposure to a variety of bacteria and germs. Keep a small bottle of hand sanitizer or sanitizing wipes on hand for any unexpected, sticky situations.

39. Make Your Own Energy Bars

All you need are five ingredients to make these energizing fruit and nut bars. Keep extra bars chilled in the cooler and reach for them during a traffic jam or in between meals.

40. Before You Travel, Eat Protein

Fuel up before you head out and eat a balanced meal of protein and starches. Avoid refined carbohydrates in pasta and sandwiches which can make you sleepy and undercooked or raw red meat, which can carry the toxoplasma parasite, and even lead to intermittent explosive disorders like road rage.

41. Don't Forget Fiber

Pack fiber-rich snacks like fruits, nuts, and whole grains to stay satiated and keep your digestive tract healthy on the road.

42. Get a Good Night's Rest

Before getting behind the wheel, make sure you get ample rest, typically around 7-9 hours of sleep the night before to stay refreshed, alert, and energized.

43. Schedule Breaks

Pull into a rest stop and take a break every 1-2 hours. Get out and stretch your body to boost blood circulation and reduce your risk for blood clots and restock any depleted foods, drinks, and supplies.

44. Try a Roadside Stand

Don't underestimate your average roadside stand. You might be surprised to learn that some are like mini farmers' markets – complete with the freshest seasonal produce. Make the stop even more interesting and pick up a new-to-you fruit to try.

45. Pack Extra Toilet Paper

Store an extra roll or pack of toilet paper or tissues in the car for times when the public restrooms aren't fully stocked.

46. Download Audiobooks or Playlists for Offline Listening

When you're traveling through dead zones or mountain passes, offline audiobooks and playlists will keep you awake and entertained. Download them at home before you head out so you can queue them up in the car.

47. Add Seat Belt Padding

You can pack a traditional pillow but if it takes up too much space, simply cut out a long rectangle of plush fabric, like chenille, from an old sweater to use as a seat belt cushion. Fold the rectangle in thirds and stitch the sides together. Leave one end open and add stuffing inside. Finish stitching and wrap the fabric around your seatbelt with hook-and-loop fasteners or removable tape. The padding can easily double as a pillow or neck cushion.

48. Prepare Conversation Starters

If you're traveling with young children, cut down on screen time by preparing fun conversation topics in advance. This strategy can also help break the ice if you're traveling with acquaintances.

49. Watch the Trucks

Truck drivers typically communicate with each other via two-way radios and alert each other of any traffic jams, delays, or slow-downs. Pay attention to the trucks on your route to see if you can maneuver your way through the best route.

50. Ask Locals for Tips

If you have to stop and dine, ask a local for their favorite place to eat. Odds are you'll end up somewhere with better food than the drive-through window.

51. Ask Delivery Services for Directions

Need to figure out a detour? Made a wrong turn? Pull into a fast-food restaurant or any restaurant that offers delivery to ask for the best directions. The locals who drive and cycle around the area will know which roads to avoid and which roads can take you to your destination faster.

52. Do Neck Stretches to Relieve Tension

When you're stressed out, it's time to take a break. Alleviate neck pain and strain by standing up and stretching properly.

53. Stay Hydrated With Infused Water

Not a fan of plain water? Pack your water bottle with infused waters. You can customize it with your favorite fresh fruit and herbs like mint and basil.

54. Check Conditions Before You Go

Just like you would check the status of your flight before you head to the airport, look up the road conditions, traffic situations, and weather forecast for your upcoming drive. If you know your trip will be delayed, you can prepare additional provisions to keep the whole family occupied and satisfied.

55. Eat Chia Seeds

If you're not in the mood for a big breakfast, you can still eat smart by soaking chia seeds and adding them to a bowl of oatmeal or a smoothie to keep cravings in check and stay full till lunchtime.

56. Check All Car Add-Ons

Set aside some time before traveling to check that all car seats, luggage or bike racks, or any other additional equipment inside and outside your car are securely fastened and in good condition. It's one more way to ensure your peace of mind throughout the trip.

57. Take Advantage of “Me” Time

Traveling solo? In addition to audiobooks and playlists, sing all the words to your favorite song, or catch up on the latest from your favorite podcasts. These simple tactics can make long drives seem less daunting.

58. Pack Healthier Chips

Satisfy your craving for crunchy chips by making your own and packing spicy kale chips, plantain chips, spinach chips, squash chips, sweet potato chips, or zucchini chips.

59. Stock Your Cooler With Smoothies

Perfect as a meal replacement or as a snack, smoothies are a delicious and healthy part of any diet. Blend up your favorite smoothies and keep them chilled in your car cooler for on-the-go refreshment.

60. Remember Your Medications

Clothes? Check. Wallet and keys? Check. But what about your vitamins and medications? Even if you're not a regular regimen, bring along any essential and “good-to-have” medications like over-the-counter pain relievers like aspirin and ibuprofen, mild laxatives, decongestants, antacids, antihistamines, and antidiarrheal medicines. Carry a wallet card with any vital medical information and a list of emergency contacts.

61. Pack Insect Repellent

Keep mosquitoes and other insects like ticks at bay with spray repellents with DEET or natural alternatives. Follow my bug repellent guide to pick the best options for you and your family.

62. Pack a First-Aid Kit

Whether it's a small blister or a big gash, be prepared with a fully-stocked first-aid kit in a waterproof pouch or hard plastic container. Keep a reference card, bandages, gauzes, antiseptic, tweezers, scissors, cotton balls and swabs, aloe gel, thermometer, and sanitizing wipes in your basic kit and customize it according to you and your family members' needs.

63. Take Those Bathroom Breaks

Take frequent restroom stops to avoid causing a urinary tract infection. Unexpected traffic and accidents may change your schedule and plan so go when you can, especially when you're sipping on a water bottle to stay hydrated.

64. Sit Up Front If You Get Motion Sickness

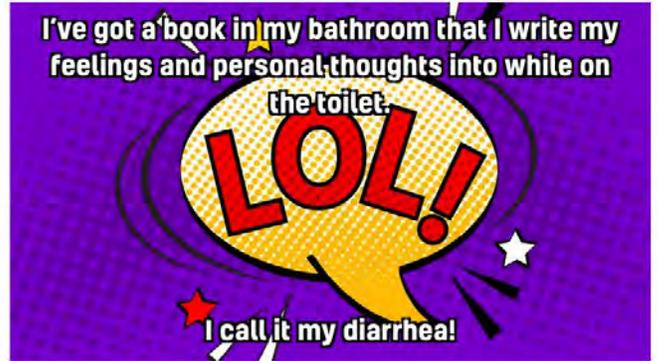
Get carsick often? You'll experience the least motion when you sit in the front passenger seat. Sitting in the front also lets you focus on something far away so you can recover more easily.

65. Drive During the Day

Driving between midnight and 7 a.m. can be more hazardous. Even if you're not a drowsy driver, another driver might be tired and less alert, increasing everyone's risk on the road. If you can, drive after 7 a.m. to reduce your risk for an accident.

66. Pull Over for a Phone Call

Never text while driving and if you have to make a phone call or pick one up, try to exit or pull over first before answering. Keep your driving as distraction-free as possible to ensure everyone's safety on the road.



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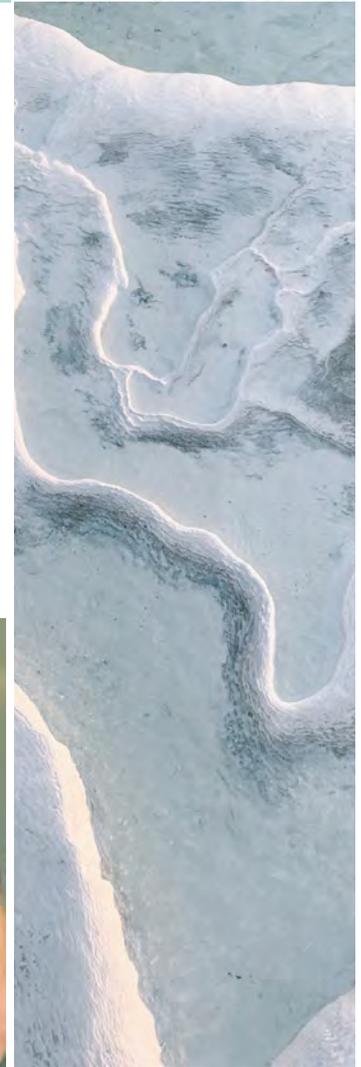
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There are two courses that may be used for the A&P pre-requisites.

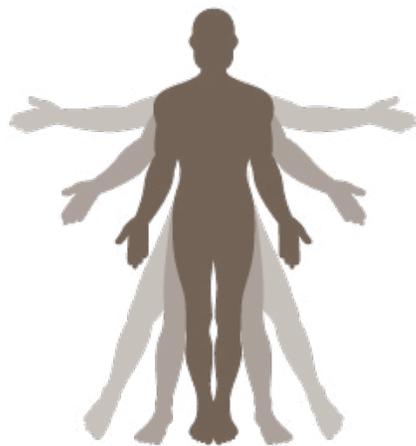
Your student may take the Delmar course through **CENGAGE** Learning, *ONLY* if you as the instructor or school register with Delmar and set up the program. It goes through you; students *MAY NOT* call Delmar directly, it doesn't work that way.

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Melanie Kessler: Cengage Learning at, 5 Maxwell Dr., Clifton Park, NY 12065 (p) (518) 348-2476. Use the link below to get started.

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or email: Melanie.Kessler@cengage.com - Valid in the USA.



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Information for Those Seeking a Job

Looking for a Career Opportunity?

Go to the I-ACT web site and then go to the members only section. Inside you will find numerous job opportunities.

If you are looking to be employed, you may email us and we will list your name as someone looking for employment.

If you are seeking someone to employ, send us an email with your information and we will post your opening in our E-Blasts.

Also check our "Help Needed" section, in the Members Only Section of our web site

<http://www.i-act.org/iactmember/membersjobsearch.html>



I-ACT is GREEN!!!

As of the Winter 2013 Quarterly, I-ACT has gone "green." Your quarterly will be emailed to you.

If you would like to have the quarterly sent to you via regular mail, you MUST let us know so we can put you on a list. Just send us an email: homeoffice@i-act.org and let us know you want/need your future quarterlies via mail.

By receiving an email version of the Quarterly, you help the Association be cost effective and good stewards of the budget.



I-ACT sends out E-Blasts to notify its members of Regional Meetings and other important issues. If you are not receiving these E-Blasts, please email the I-ACT Office and give your current e-mail address. We will immediately put your email address on our E-Blast list.

Members Only Section of the I-ACT Web Site

If you have not been to our web site, please go to www.i-act.org. Go to the members only section - contact the office for your Members Only password. In that location, you can find the I-ACT Member Logo, and additional member information. In the future, those on our E-Blast list will be sent the current password, so make sure that you are on our E-Blast list to ensure that you receive the password for our I-ACT Member site.



I-ACT Quarterly Summer 2021

Following is a list of our new members for the period April 1, 2021 through June 30, 2021.
We are glad to have you as members. Remember, at I-ACT you are important to us!

First Name	Last Name	Home City	Home State	Country
Julia	Caldwell	Phoenix	AZ	USA
Kayla	Smith	Phoenix	AZ	USA
Cari	Hill	Peoria	IL	USA
Tynisha	Howard	Oakland	CA	
Aubrey	Boone	Lubbock	TX	USA
Alicia	Brickley	Myrtle Beach	SC	USA
Julia	Murray	Macon	GA	USA
Vanessa	Buzo	Stockton	CA	USA
Luke	Loggins	Santa Barbara	CA	USA
Mary	Turnan	Monterey	CA	USA
Barbara	Martin	Lake Worth Beach	FL	USA
Andrew	Greer	Lakewood	CO	USA
Katherine	Wright	Denver	CO	USA
Amanda	Shaffo	Thornton	CO	USA
Jessica	McGuire	Ben Lomond	CA	USA
Judith	Kelly	Lee's Summit	MO	USA
Olga	Habdass	Scottsdale	AZ	USA
Maegan	Dean	Arcata	CA	USA
Rosario	DeSimone	Larkspur	CA	USA
Corrie	Jackson	Far Rockaway	NY	USA
Vanessa	Richardson	Stonecrest	GA	USA
Carline	St. Vil	Boca Raton	FL	USA
Zipporah	Freeman-Baith	Providence	VA	USA
Kiera	King	Anchorage	AK	USA
Keith	Langley	Woodbury	MN	USA
Kelly	Conklin	Bohemia	NY	USA
Tatiana	Bell	Auburn	WA	USA
Vicky	Fidone	Las Vegas	NV	USA
Violeta	Iturralde-Medrano	Los Alamos	NM	USA
Tatiana	Collins	Roswell	GA	USA
Miranda	Brownfield	Monroe	LA	USA
Bridget	Hahn	Broomfield	CO	USA
Erika	Mendez	Corpus Christi	TX	USA
Donna	Scott-Shrack	Inver Grove Htgs	MN	USA
Anabelle	Aguite	El Cajon	CA	USA
Patricia	Gibson	Prince Frederick	MD	USA
Millicent	Andrus	San Antonio	TX	USA
Crystal	Craigen	Jamaica	NY	USA
Andrea	Reynoso	Tempe	AZ	USA
Janice	Joerges	Glen Ellyn	IL	USA
Candace	VonBuren	Big Sky	MT	USA
Lucy	Vaughan	Doonan	QLD	Australia
Juliet	May	Cromwell		New Zealand
Raquel	Lemire	Portland	OR	USA
Shameka	Hamilton	Fayetteville	GA	USA
Charese	Richards	Evans	GA	USA
Maria	Serrano	Carpinteria	CA	USA
Sandra	Rodriguez	Bloomington	CA	USA
Julia	Evans	Santa Barbara	CA	USA
April	DeSouza	La Verkin	UT	USA
Jacqueline	Hendricks	Atlanta	GA	USA
DeShaunta	Lane	Antioch	TN	USA
Ilona	Clyne	Belleville	IL	USA
Jessica	Abitz	Richfield	MN	USA
Jesse	Murphy	Duluth	MN	USA
Litra	Simms	Glen Burnie	MD	USA
Towanda	Moses	Glen Burnie	MD	USA
Nichole	Clemmer	Clarksville	TN	USA
Elia	Martinez	New York	NY	USA
Luz	Lopez	New York	NY	USA
Yezmia	Berry	Griffin	GA	USA
Mary	Dressler	Pahoa	HI	USA
Ruth	Flores	New York	NY	USA
Stephanie	Young	Fayetteville	GA	USA
Cristina	Clark	La Jolla	CA	USA
Donavan	Terranova	Holladay	UT	USA
Kelsey	Duncan	Ventura	CA	USA
Brieauna	Gray	Rosena Ranch	CA	USA
Marla	Petit-Newton	Murrieta	CA	USA
Carol	Greene	New Melford	CT	USA
Nicole	Brooks	North Ridgeville	OH	USA
Sean	Dawson	Brookfield	CT	USA
Lori	Duke	Burley	ID	USA
Cherlynek	Hogan	Douglasville	GA	USA
Charmaine	Williams	McDonough	GA	USA
Andrea	Lewis	Chandler	AZ	USA



Welcome New Members

I-ACT Quarterly Summer 2021

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