



# I-ACT

International Association for Colon Hydrotherapy

Quarterly  
Summer 2018

**GREAT ARTICLES**

**AWARD WINNERS**

**LADIES WHO WIN... DRAWINGS**

**2018 CONVENTION PHOTOS**

**RECEIVERS OF 20 & 25 YEAR PINS**

**2019 CONVENTION ANNOUNCEMENT**

P.O. Box 461285  
San Antonio, TX 78246-1285  
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homeoffice@i-act.org  
www.i-act.org

Colon irrigation devices are prescription devices by federal law. A practitioner licensed by state law to use such prescription devices must authorize the purchase of the colon irrigation device, must use or supervise its use, and must order each colon irrigation for a patient."

Disclaimer:

I-ACT neither endorses, approves, nor supports any products advertised in this Quarterly Newsletter. These advertisements are provided to the membership by each advertiser. Additionally, the readers should assure themselves that the material presented herein is current and applicable at the time it is read. The authors cannot warrant that the material will continue to be accurate. Readers should verify statements before relying on them. No statement herein shall be considered a legal opinion nor a substitute for the advice of an attorney. For the most recent and complete interpretation of laws, please consult an attorney.

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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 “colon 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,

As promised, our 2018 Convention, with the theme “Education with a Heart”, turned out fantastically.

This event was truly a convention that will be remembered as the convention that brought the

heart back to I-ACT.

Those of you that attended, know what I am talking about. There was such a feeling of unity, love and togetherness, that it touched all participants. It was truly an event that helped change all that attended.

Thursday we heard from Joe Klassen, ND. Joe spoke about the value of the micro-biome and the value we provide as colon hydrotherapists.

Thursday evening, we had a special presentation that touched everyone. The “Design Your Destiny” seminar, put on by Dick Hoenninger was life changing. He taught techniques that helped us learn how to create our own environment. It was mind blowing.

Friday, we heard from Dr. Stephen Holt, MD; Ross Pelton, R.Ph., Ph.D., CCN; and Lee Cowden, MD. Dr. Holt spoke about colon hydrotherapy from the physician’s perspective. Dr. Pelton spoke of the value of probiotics to support the microbiome; and Dr. Cowden spoke on the value of colon hydrotherapy in restoring health from an integrative medicine perspective.

Each of these fantastic speakers taught us of the value that colon hydrotherapy services provide to our clients.

Our afternoon breakouts featured Mark Buse and Roxanne Watson. They introduced our Leadership/Mentorship Program; and we heard from Elena Kazakova / Linda Yoonjin. Elena taught us how to streamline our office procedures and Linda taught us the value of the “Belly Button”.

Saturday, we listened to Marisole Teijeros, ND; and Roger Bezanis. Marisole taught us to focus on the three major balancing systems in the body; the

hormonal, immune and nervous systems. Roger taught us the value of becoming “empowered”.

Not only were there fantastic speakers, but we had our exhibit hall completely sold out. That is right, every booth was sold.

When I think back on that convention, I am touched by the feelings I have. What can I say, our Board was completely in sync and everything went off smoothly. The membership could feel the genuine love and trust. It was fantastic. I am so excited and so proud to have been part of our 2018 Convention.

Now it is time to look toward our 2019 Convention. This will be our 30th Anniversary Celebration.

The theme of our 2019 Convention is “The Healing Power of Water”. We have some fun and entertaining events planned. Look on page 20 of this quarterly for our Medieval Times excursion. It will be a lot of fun and very entertaining.

Also, in this quarterly is the registration form for the 2019 Convention. Register early and make sure that you reserve your room at the Embassy Suites.

For our members in the UK and Europe, Don’t forget about the 4th CHIC Congress on Sunday, October 7, 2018, at the Novotel Hotel, Fishergate, York YO10 4FD. Mark and I will be there to represent I-ACT, and we would love to see you there also.

As I-ACT continues to grow, we believe it is important to nurture our international relationships and to continue to build strong interpersonal relationships.

2018 is a great year for I-ACT and our profession.

The Board and I look forward to working for you and with you to make I-ACT even stronger. We are all part of the I-ACT circle of unity, love and support.

In Peace and Unity,

*Beverley Blass*

I-ACT President

# National Board for Colon HydroTherapy NBCHT



11103 San Pedro Ave., Suite 117, San Antonio, TX 78216  
Office: 210-308-8288 • Fax: 210-366-2999  
www.nbcht.org



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

*To:* All Members of NBCHT

*We hope this letter finds you and yours in the best of health and ready for Summer.*

*Many of you just returned from the 2018 Convention and had a great time. I hear there were fantastic speakers and wonderful information. I truly was sad that I had to miss this great convention. I'll be at the next one.*

*We want to thank Gloria Gilbere for the beautiful jewelry. Many of you had the opportunity to purchase some of these "plant based ivory" necklaces, in fact, i have been told that all of the jewelry was sold out. Great Job!!! All the proceeds from the sale of the jewelry went to the NBCHT. Thank You, Gloria.*

*As you know, we have continued to push the NBCHT credentialing exam. We continue to request that all I-ACT members - Intermediate Level and above - take the new NBCHT Exam. We are proud to announce that at this convention, we had the greatest response that we have ever had... we had twenty-two (22) individuals register to take the new credentialing exam. THANK YOU for the tremendous support.*

*If you missed out, you can still take advantage of the reduced rate for the exam. As an NBCHT member, you can take the new NBCHT exam for only \$250.00 (deadline for this reduced rate is midnight, Dec. 31, 2018). We hope you all understand that as a practicing Colon Hydrotherapist, you should be able to pass the new NBCHT exam. The exam that many of you took to get "grand fathered" was the most difficult exam that has been created for Colon Hydrotherapists. 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 has new CEU requirements that are in effect. You need to get 12 CEUs every year. If you have any questions about your CE requirements for this year, please contact the NBCHT Office. (210-308-8288).*

*Thank you for doing your part to help us grow our Association and our Profession.*

*Sincerely,*

*Bekki Medsker*

*Bekki Medsker, ND, D.Ch  
NBCHT President*





*Be a Mentor*



*Become a Mentee*

## *Colonoscopies Upset Your Microbiome & Weaken Your Immune System*

### *Can Probiotics Plus Postbiotic Metabolites Help?*

**By Ross Pelton**

**The Natural Pharmacist [www.naturalpharmacist.net](http://www.naturalpharmacist.net)  
Scientific Director/Essential Formulas**

I want to begin by stating I was incredibly honored to have been one of the keynote speakers at the 2018 I-ACT conference in Las Vegas. I originally wrote this article to advise gastroenterologists on the disruptive effect colonoscopies have on the microbiome and encourage them to relay to their patients the importance of using a premium probiotic both before and following the procedure.

While I greatly appreciate the excellent work that all I-ACT colon hydrotherapists have on promoting positive health outcomes, colon hydrotherapy also disrupts the microbiome and requires a rebalancing of the intestinal microbiota thus making this article informative for both gastroenterologists and colon hydrotherapists.

Maintaining a healthy microbiome is now recognized by science as one of the most critical factors regarding overall health. Fortunately it is also a  that responds well to

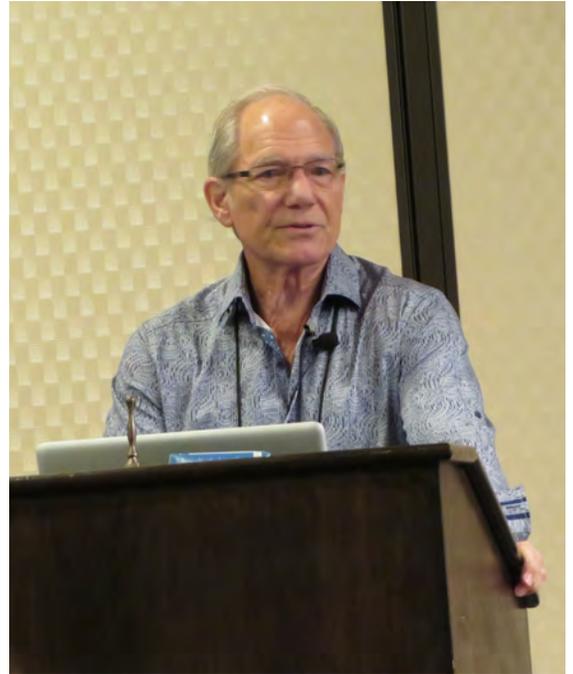
#### Dysbiosis = Immune Dysfunction

A healthy microbiome is generally thought to consist of approximately 85-90% beneficial bacteria and only 10-15% of “bad” bacteria. , Dysbiosis, or a pathogenic microbiome, causes immune dysfunction, which increases the risk of developing a disease. Therefore, whenever the normal microbiome balance is upset or disturbed, quick action should be taken to reestablish the absolute abundance of beneficial probiotic bacteria and postbiotic metabolites.

Until recently, commercial probiotic products were considered to be the best way to reestablish a healthy microbiome. Some microbiome researches are now suggesting that delivering postbiotic metabolites is a faster and more effective method of accomplishing rapid microbiome restoration. Postbiotic metabolites are the term that refers to the wide range of health-regulating compounds that bacteria produce and secrete in the intestinal tract when they digest and ferment the fiber content in the foods we eat.

Colonoscopies are universally recognized as the most accurate test for colorectal cancer, and early detection saves lives. Colorectal cancer is the 2nd leading cause of cancer-related deaths in the U.S., and it is estimated that over 50,000 Americans will die from colorectal cancer in 2018. It is generally recommended that adults aged 50–75, should have a colonoscopy every ten years. Approximately 15 million colonoscopies are performed in the U.S. each year.

Colonoscopies are proven to be a safe procedure when performed by experienced physicians. However, recent studies are reporting that side effects from colonoscopies are more common than previously reported. It is hypothesized that some of these symptoms are related to changes in gut microbiome that result from the procedure used to clean out the bowel in preparation for a colonoscopy.



### Colonoscopies Disrupt Your Microbiome

The most common side effects following a colonoscopy are pain and abdominal swelling or bloating. A study published in 2015 reported that 20% of patients experience pain for 2 or more days following a colonoscopy. In this double-blind, placebo-controlled trial, patients who took probiotics after their colonoscopy had a 30% decrease in the number of post-colonoscopy days of pain.

### Taking Probiotics Before Colonoscopy Help

In another double-blind, placebo-controlled trial, 104 patients with constipation were given probiotics or a placebo daily for two weeks before their pre-colonoscopy bowel prep procedure. Pre-treatment with probiotics resulted in more effective bowel cleansing, improved colonic mucosa visualization during the colonoscopy and reduction of intestinal distress symptoms following the colonoscopy.

### Long-Term Microbiome Disruption Following Colonoscopy Bowel Prep

Polyethylene glycol (PEG) is one of the most commonly used agents to clean out the bowel before a colonoscopy. Fecal samples for microbiome analysis were collected from a group of patients one week before, the day of the colonoscopy after completion of the PEG bowel prep procedure, and again 30-days later. The results revealed that PEG bowel cleansing resulted in long-lasting changes in the microbiome. One month later, the participants in the study were found to have a significant decrease in beneficial strains of Lactobacilli and a substantial increase in Proteobacteria, which can cause diarrhea.

### Post-Colonoscopy Infections 100 x Higher Than Previously Thought

Results of a study published in the May 18, 2018 issue of the medical journal GUT reported that the rates of infections following a colonoscopy that is performed at ambulatory surgery centers (ASCs) were more than 100 times higher than expected.

ASCs are outpatient facilities where patients can have minor procedures performed without going into a hospital. ASCs have been around for several decades, but their popularity has increased dramatically in recent years as patients have looked for less expensive and more convenient alternatives to traditional hospital settings.

### 70% of Immune System Resides in GI Tract

Scientists estimate that 70-80% of the body's immune cells are located in the gastrointestinal tract. This part of the immune system is a complicated relationship and interaction between the lymphoid cells that reside in the lining of the GI tract, the bacteria in the intestinal tract and the postbiotic metabolites produced by the intestinal bacteria.

### Don't Avoid Your Colonoscopy

Colonoscopies are essential and often life-saving screening procedures that help physicians detect colorectal cancer early. Consequently, screening colonoscopies decrease the risk of developing as well as dying from colorectal cancer.

The purpose of this article is NOT to frighten or suggest that people should avoid a colonoscopy. Instead, the purpose of this article is to encourage gastroenterologists and the general public to take steps to maintain and/or reestablish a healthy microbiome following a colonoscopy. The studies reviewed in this article indicate that taking probiotics before and following a colonoscopy will help to reduce the incidence of side effects and enhance the immune system to prevent post-colonoscopy infections.

The fastest and most effective method of reestablishing a healthy microbiome is to directly ingest a product that delivers a combination of probiotic bacteria and postbiotic metabolites, such as Dr. Ohhira's Probiotics. Dr. Ohhira's Probiotics Professional Formula has undergone five years of fermentation before the final product is encapsulated. Research conducted in Japan in 2017 reported that Dr. Ohhira's Probiotics contain over 400 postbiotic metabolites. This explains why Dr. Ohhira's Probiotics are so effective at accomplishing Rapid Microbiome Restoration.

Colon Hydrotherapists who are members of I-ACT can call Essential Formulas (800-430-6180) and open a Professional Account, which will enable you to order Dr. Ohhira's Probiotics Professional Formula (and other Essential Formulas products) at wholesale prices.

When you call to order Dr. Ohhira's Probiotics, ask the office to send you a copy of an article titled: "The Dr. Ohhira's Difference." This article explains the uniqueness of Dr. Ohhira's patented fermentation production process, which is what distinguishes Dr. Ohhira's Probiotics from all other probiotics. This article also describes the critical role that postbiotic metabolites play in the regulation and control of a vast amount of human biology and health. Also, I encourage you to have your clients read "The Dr. Ohhira's Difference" article so that they understand the unique and vital benefits that Dr. Ohhira's Probiotics offer.

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**PAID ADVERTISEMENT**



# Colon irrigation safe, effective for chronic constipation

Parekh PJ, et al. J Clin Gastroenterol Hepatol. 2018;doi:10.21767/2575-7733.100034.  
March 29, 2018



High-volume colon irrigation can be an effective and safe alternative to medical therapy for patients with chronic constipation, according to research published in the *Journal of Clinical Gastroenterology and Hepatology*.

**David A. Johnson, MD, MACG, FASGE, FACP**, professor of medicine and chief of gastroenterology at Eastern Virginia Medical School, and colleagues wrote that this therapy shows promise as a possible alternative to traditional options, as existing chronic constipation therapies can be expensive and often do not produce the desired results.

“Severe chronic constipation is an increasingly prevalent condition in the U.S.,” Johnson told *Healio Gastroenterology and Liver Disease*. “This is in part aggravated by the increased use of opioids and the constipating effects, as well other demographic patient features which are causally related. The clinical management of these patients is problematic, and successful pharmacologic therapies have considerable shortfalls for success.”

The researchers studied 175 patients with refractory constipation of varying causes who all underwent colon irrigation using the HyGleaCare device (HyGleaCare Inc.) that is intended for colon cleansing prior to radiological or endoscopic examination.

The primary endpoint was successful passage of stool during irrigation, and the secondary endpoint was patient satisfaction and a favorable side effect profile.

All participating patients reported solid stool during the procedure, as well as definitive removal of fecal obstructing debris compared to traditional therapy.

The most common adverse effects of the procedure included nausea and abdominal cramping, reported by only 9% of patients. No serious or severe adverse events were reported.

The investigators wrote that in addition to the immediate cleansing of the colon, irrigation could alter the microbiome in ways that promote more favorable bacteria and result in long lasting relief. They called for future research to study the long-term effects of the procedure on chronic constipation.

“Results are encouraging, but longer follow-up data are eagerly awaited, in order to better

*Continued on page 10*

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define the true value of this approach as a therapeutic option,” Johnson said – by Alex Young

Disclosures: Johnson reports that he is a consultant to HyGleaCare.

Editor’s note: This article was updated on April 2, with comments from a study author, and on April 3, with Johnson’s financial disclosures.

***Dr. David A Johnson is Professor of Medicine and Chief of Gastroenterology at Eastern VA Medical School Norfolk VA.***

Submitted by  
Rocco Bruno  
Founder and CEO  
Director, Design and Manufacturing  
Director, Lifestream Colon Hydrotherapy Institute  
Certified Natural Health Professional  
I-ACT Instructor Level Certified  
National Board for Colon HydroTherapy Certified

**AWARDS**

**PRESIDENT'S AWARD  
NBCHT**

**EDGAR GUESS, MD  
BELINDA MASSEY, RN  
GLORIA GILBERE  
TERRI HAWKINS  
BEKKI MEDSKER**

10

i-ACT Quarterly Summer 2018

# AWARDS



INSTRUCTOR of the YEAR  
SUZANNE CHILDRE

COLON HYDROTHERAPIST  
of the YEAR  
ALAN CLEMENCE  
DEANNA ASENCIO



MOST STUDENTS  
TRAINED IN A YEAR

JERI TILLER  
GAIL MARIE PALMS  
SUZANNE CHILDRE  
ROXANNE WATSON  
DONNA DeCAROLIS





# Lucky Ladies!

\$100  
WINNERS  
from  
NBCHT



\$50 WINNERS  
Dinner Stub  
Drawing



\$50  
WINNERS  
from  
Exhibitors  
List  
Drawing



## 50/50 WINNERS

Deborah Nelson  
\$346.25

Donna DeCarolis  
\$207.75

Anna Marie Golan  
\$135.50

*These lovely ladies generously donated  
their winnings back to I-ACT.*

# Excellent Exhibitors



# Our great speakers

Foe Klassen, ND



Dr Stephen Holt



Ross Pelton, PhD



Dr W Lee Cowden



Marisole Teixeira, ND



Roger Bezants



Linda Yoonjin



Dick Hoenninger



Elena Kazakova



DVDs will be available soon

# I-ACT Items for Sale

Post - 2018 Convention Pricing

Speaker DVDs - \$20.00 Each - Complete Set (9) \$160.00

Main Speakers - DVDs (select the DVD you want to order)

\_\_\_ Joe Klassen, ND - "The Relevance of Microbiome in Health and Disease"

\_\_\_ Dick Hoenninger - "Design Your Destiny"

\_\_\_ Stephen Holt, MD - "The Definitive Guide to Colon Hydrotherapy"

\_\_\_ Ross Pelton, RPh - "The Microbiome, The Foundation to Health"

\_\_\_ W. Lee Cowden, MD - "Restoring Health with a 7-Day Rapid Cleanse"

\_\_\_ Mark Buse / Roxanne Watson - "Leadership / Mentorship Program"

\_\_\_ Elena Kazakova - "Arnica Clinic Presents The Data Master" /

Linda Yoonjin - "Gut Healing With the Belly Button"

\_\_\_ Marisole Teijeiro, ND - "Seeing is Believing, Colon Hydrotherapy in Practice"

\_\_\_ Roger Bezanis - "Empowering Women!"

NAME \_\_\_\_\_

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SUB-TOTAL \_\_\_\_\_

SHIPPING \$7.00 US - \$15.00 International \_\_\_\_\_

TOTAL OF ORDER \_\_\_\_\_

PAID BY \_\_\_ CHECK \_\_\_ CC \_\_\_ OTHER

CC# \_\_\_\_\_ DATE \_\_\_\_\_ CID \_\_\_\_\_



**Judy Smith**

**Bonnie Tetro**

**Tom Tiller III**

**Freddy Moreta**

**Karen Brady**

**Karen McKenzie**

**Cindy Van Valen**

**Talya Meldy**

**Sharon Hample**

**Linda Frantz**

**Celia Green**

**Dr. Milton Chandler**

**L. Laura Taylor**

**Brenda Jones**

**Jeffery Karls**

**Shar Swisher**

**Linda Stowe**

**Linda Halmark**

**Donnie Downs**

**Donna Evensen**

**Gregory Bacon**

**Kristina Amelong**

**Pat Yorks**

**Terri Hawkins**

**Tiffany Hawkins-Adams**

**Teresa McConnell**



\* **Brenda Watson**

\* **Ursula Szypryt**

\* **Dennis Pockrs**

**Debra Christian-Foster**

\* **Sally Rickolt**

\* **Jessica Zaccaro**

\* **Darlene Holloway**

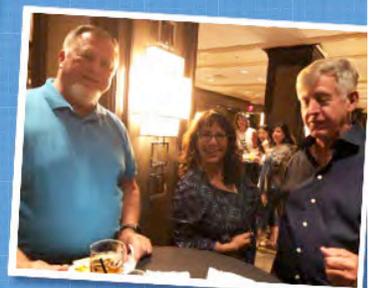
\* **Trisha Rossi**

\* **could not attend**



**Tiffany Jablonsky with Debra Christian**

# FUN @ CONVENTION





Hand painted Duck Egg was a hit!



# Silent Auction



Suzanne Childre was a big winner! Look at all her bags. 😊



# 2019 I-FACT International Convention



## Medieval Times<sup>®</sup>

DINNER & TOURNAMENT

## Kissimmee, Florida



Why should you make your reservations early for the 2019 Convention?

We have 150 tickets to **Medieval Times** for Thursday Evening!!

It's Dinner and a Show (only \$50.00)!

Just have a good time, enjoy the dinner  
and root for your favorite knight's color.

Vegetarian Meals are optional, just let us know in advance.

## Thursday, June 20, 2019

2019 I-ACT Convention Registration Form  
(Vendors must use separate Vendor Registration Form)

Please register me for the 2019 I-ACT Convention  
June 18 - 23, 2019

••• Embassy Suites by Hilton - Orlando Lake Buena Vista South- 4955 Kyngs Heath Road - Kissimmee, FL 34746  
-ph: 407-597-4000 - Group code: (ACT) •••

Mail completed form to: I-ACT • P.O. Box 461285 • San Antonio, TX 78246-1285 (210-366-2888)

•• Please Print Legibly ••

•• Fax to 210-366-2999 or email to [homeoffice@i-act.org](mailto:homeoffice@i-act.org) ••

Name: \_\_\_\_\_  
Please Print - Copy this form if necessary - (only one person per form)

Address: \_\_\_\_\_

City / State / Zip (Postal Code): \_\_\_\_\_

Contact Information: \_\_\_\_\_

(area code) Phone number

E-mail Address

I will be testing for:  Instructor Level

**Registration Costs (USD)**

(Includes meetings, Speaker presentations, and Friday Banquet)  
(additional dinner tickets and other event tickets will be available at the Convention for a fee)

	Early Registration Prior to Jan 1	Standard Registration Prior to May 15	Late Registration After May 15
U.S. Member (or spouse)	<input type="checkbox"/> \$275.00	<input type="checkbox"/> \$350.00	<input type="checkbox"/> \$400.00
International Member (or spouse) (out of USA)	<input type="checkbox"/> \$175.00	<input type="checkbox"/> \$250.00	<input type="checkbox"/> \$300.00

**Please sign me up for the Medieval Times - Dinner Show** (only 150 tickets available register early)

Medieval Times Ticket (for Convention Participants only)  \$50

••• Call the I-ACT Office to set up Payment Arrangements •••

**Registration Costs NON I-ACT Member (USD)**

Non-Member  \$400.00  \$475.00  \$550.00

**Meal Selection** (FRIDAY BANQUET)

(If no selection is circled, the Banquet meal (chicken) will be ordered)

Please select one:  Vegan  Banquet Chicken  Banquet Fish  No Meal

**Payment Options (Check one)**

Check  Cash  Credit Card (circle one: MC/Visa/Discover/American Express)

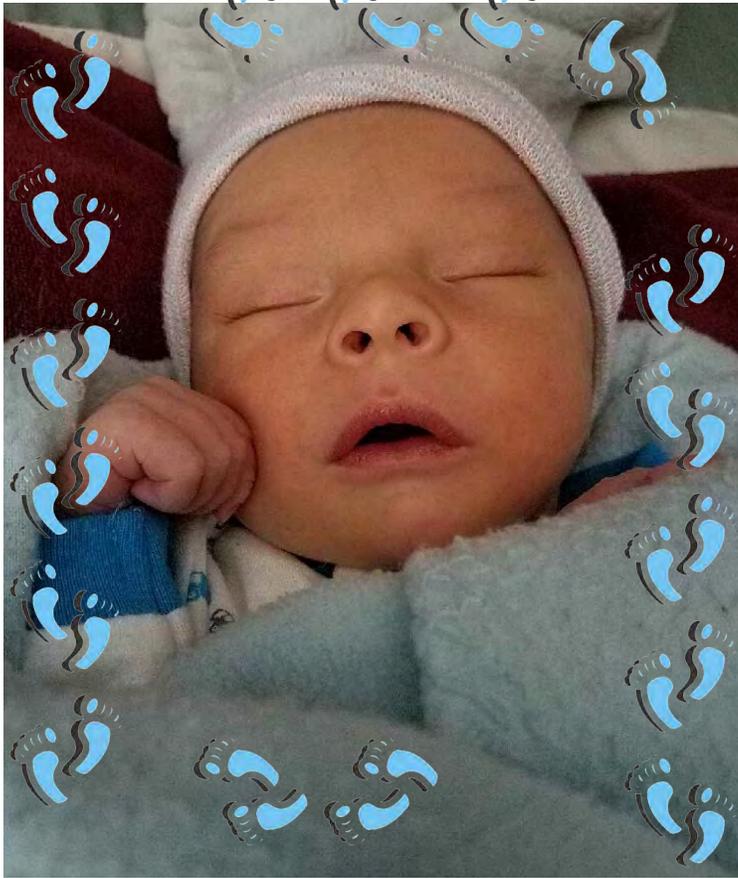
CC Number \_\_\_\_\_ Expire Date \_\_\_\_\_ Security code \_\_\_\_\_ 3 or 4 digits

Signature \_\_\_\_\_

--- Absolutely NO exhibiting or selling of products without vendor fee. ---

**Refund Policy: ALL REQUESTS FOR REFUND MUST BE MADE IN WRITING.**  
Refunds of Convention Registration Fees may be made until June 7, 2019 (less a \$50.00 processing fee);  
after June 7, 2019, NO Request for Refunds will be honored.

# Celebrations



**PARENTS:**  
I-ACT Office Manager  
Kristi Rice & husband Brian

**Name** Collin Thomas Rice .....

**Weight** 7 lbs, 4 oz .....

21.85 inches

**Date** June 19, 2018 .....

**Time** 7:47 CDT .....

San Antonio, Texas



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Cathy Windland  
to  
Dr Ferry Agasar  
April 13, 2018



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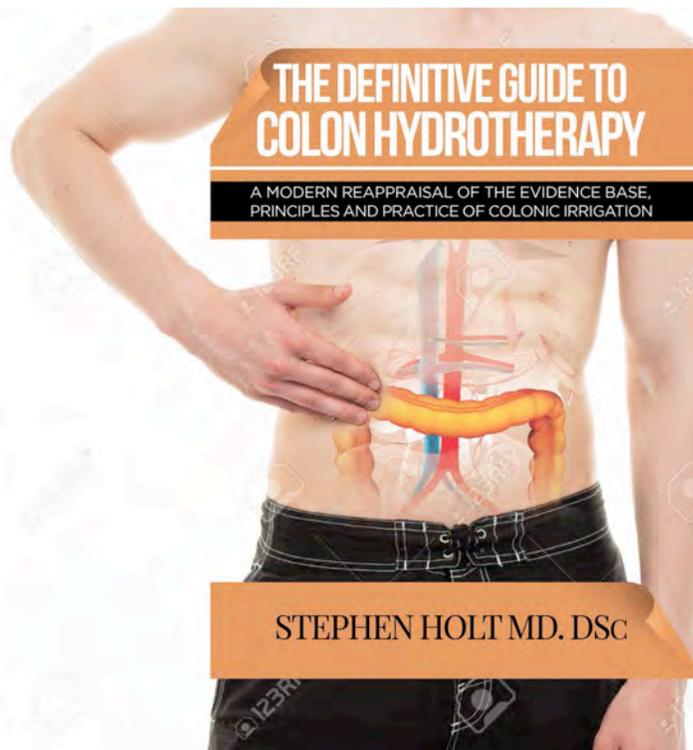


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# How Dr. Kellogg's world-renowned health spa made him a wellness titan

by Dr. Howard Markel

Health Aug 18, 2017 ◀



*John Harvey Kellogg*  
and healing thanks to the charismatic ministering of its director.

In 1888, the powerful Michigan Central Railway erected a Romanesque train station in a remote hamlet in southwestern Michigan called Battle Creek. It was built to accommodate the multitude of health-seeking pilgrims flocking from all over the United States and Europe to “take the cure” at the town’s luxurious Battle Creek Sanitarium, which, although founded in 1866, officially opened its doors as the Western Health Reform Institute on Sept. 5, 1867.

Passing under the station’s arches of rough-hewn gray granite and Lake Superior brick, between 1870 and well into the Great Depression, were such luminaries as John D. Rockefeller Jr, fleeing from the disastrous events in his family’s coal mines at Ludlow, Colorado; Thomas Edison and Henry Ford, whenever they were in need of a tune-up or recharge from the stresses of industrial gigantism; Amelia Earhart, before her important flights; Warren G. Harding, before embarking on his presidential run; and Booker T. Washington and Sojourner Truth, nursing wounds fresh from fighting the war against racism.

The Battle Creek Sanitarium became a world-renowned destination of health

Unlike the warm mineral baths at Wiesbaden or the saintly waters at Lourdes, the Battle Creek Sanitarium (affectionately known as “the San”) possessed no natural physical charms for restoring health. Instead, it became a world-renowned destination of health and healing thanks to the charismatic ministering of its director, John Harvey Kellogg, MD. A medical celebrity, best-selling author, magazine editor, skilled surgeon, public health expert, popular speaker and Seventh-day Adventist Christian missionary, Kellogg was a most impressive man. At 5 feet 4 inches tall, rotund yet athletic, and dressed entirely in white, the bespectacled, pointy-bearded physician proclaimed that God had chosen him to make the world a healthier place.

During his storied career, hundreds of thousands of persons with serious illnesses ranging from cancer and cardiac disease to gastric ulcers and debilitating digestive disorders demanded Kellogg’s treatments, which combined modern medicine, surgery and bacteriology with an eclectic blend of hydropathy, vegetarianism, electrotherapeutics, exercise and spiritual uplift.

Every day, hundreds of sickly passengers stepped off the train platforms for a long line of coaches operated by liveried horsemen. Welcoming them at the stately portico of the San was a veritable army of more than a thousand health soldiers. Included in this number were dozens of attentive physicians and hundreds of nurses, masseuses, bakers, waiters, cooks, bellhops, orderlies and attendants—all under the command of the good Doctor Kellogg, who examined every patient and prescribed to each an individualized treatment plan guaranteed to save the body, mind, and soul.

Once there, they sat and learned at the master’s feet about the myriad ways they could improve their diets, bodily functions and mental well-being. Cynical journalists mocked Kellogg’s followers as “Battle Freaks.” Such jibes hardly mattered. Whether he was lecturing in his tinny, flat Midwestern accent to standing room-only audiences,

treating patients in his clinic and operating room, or communicating in exuberant prose to millions of readers, Kellogg was without question one of the most famous physicians in the United States.

The San's luxurious lobby, richly adorned with thick Persian rugs, brightly lit crystal-and-brass chandeliers, and the finest walnut and oak furniture, was the size of a football field. Attached to this welcoming hall was a lush indoor palm garden with 20-foot banana trees providing fresh fruit daily for its visitors. Throughout the facility were 5 acres of indestructible marble flooring in which, bragged the colorful advertising brochures, "germs and vermin can never find a lodging."

Looming above the main entrance was a 15-story tower housing more than 1200 well-appointed bedrooms, dozens of hygienically perfect operating suites, and a modern clinic for medical examinations. Alongside this building was a massive power plant that provided the raw energy required for the Sanitarium's insatiable central heating and cooling, refrigeration, cooking, maintenance, laundry, bathing, electric and lighting needs. The son of a broom manufacturer, Kellogg was obsessed with bodily cleanliness, both external and internal.

In a separate but connected structure were eight white-tiled indoor pools and hundreds of baths that would have made the ancient Romans jealous. Down the hall from the bathrooms was Kellogg's sanctum sanctorum, the enema room, stuffed with gleaming "enema machines" that could pointedly deliver 15 quarts of water per minute into a human colon. Kellogg ordered his patients to produce 4 or more bowel movements a day, just like the healthy apes he had once observed while on a safari in Africa. The son of a broom manufacturer, Kellogg was obsessed with bodily cleanliness, both external and internal. If the water enemas were not enough, he ordered his patients to consume a pint of yogurt each day, followed by a yogurt enema.

Dr. John Harvey Kellogg, Director of the Health Sanitarium at Miami, Florida and at Battle Creek, Michigan is shown in this photograph. \*\*\*\*

High colonics aside, Kellogg understood the importance of rest and relaxation for his patients and treated them to the finest entertainments and diversions. He constructed a theater and lecture hall to present morality plays, lantern slide shows and health dialogues; he staffed his ballrooms with a full-time orchestra and choir for nightly dances and musicales; elsewhere on the vast campus were stables housing teams of horses, carriages and sleighs; an army of bicycles at the ready for rides through the San's labyrinth of wooded trails; a deer park; and manicured fields for all kinds of sporting games.

Throughout his career, Kellogg warned that consuming meat was the gastronomic equivalent of a death wish. A vegetarian long before the term was coined, Kellogg developed his dietetic theories in protest against that era's standard fare of fatty, salted meats and fried foods.

Every meal served in Kellogg's fabled dining room consisted of his own culinary creations: a version of peanut butter, nut-based meat substitutes, vegetable- and whole grain-based dishes, a "coffee substitute" made with molasses and toasted grains, and — his most famous contribution to the dining table — Corn Flakes. He commanded that every bite of these meals be chewed at least 40 times so that one's saliva was thoroughly mixed with the food, thus initiating a healthy process of digestion and preventing overtaxing the stomach and bowels. He also required his patients to drink eight or more glasses of water each day. Many of his well-intentioned patients simply could not commit to such a dietary regimen, hence the flourishing business at a little joint down the road called the Red Onion Tavern, where the incurables inhaled Cuban cigars, chewed sirloin steaks drowned in gravy and onions, and drank tumblers of malt whisky before running back to the San to make the 11 PM curfew.

In keeping with his philosophy of wellness and disease prevention — or, as he called it, "biological living" — Kellogg insisted on daily, vigorous exercise; plenty of fresh air; and complete abstinence from sex, alcohol, caffeine and tobacco. One of Kellogg's most popular books, "Tobaccoism," published in 1922, is considered by many medical historians to be the first popular text alerting Americans to the dangers of tobacco smoking.

Although journalists, novelists and screenwriters have often lampooned his life and somewhat unconventional theories, John Harvey Kellogg helped give the nation a thorough cleansing from the grime and sickness that characterized the Gilded Age and the Progressive Era. Eccentric, perhaps; but just as his Michigan peers Henry Ford and Thomas Edison ruled over their vast empires of automobiles and electricity, Dr. Kellogg was the industrial king of wellness.

*Dr. Howard Markel writes a monthly column for the PBS NewsHour, highlighting the anniversary of a momentous event that continues to shape modern medicine. He is the director of the Center for the History of Medicine and the George E. Wantz Distinguished Professor of the History of Medicine at the University of Michigan.*



*A patient receiving a Swedish massage at the Kellogg's Battle Creek Sanitarium, Battle Creek, Michigan, 1930. Photo by Underwood Archives/Getty Images*

Thanks to Gloria Gilbere for bringing all the beautiful Ecuadorian jewelry for the NBCHT fund raiser at the convention. Everyone loved it. And thanks to the National Board members for selling the jewelry to benefit the NBCHT.



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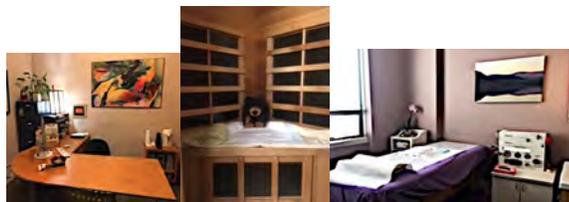


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I-ACT Quarterly Summer 2018



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**Large speculum kit**

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## Increase the effectiveness of colon hydrotherapy!

Far Infrared light energy stimulates the release of toxins throughout the body by emulsifying fat and increasing micro-circulation. The Relax Sauna has been shown to be one the most effective & efficient saunas for detoxing heavy metals & plastics, as it increases core temperature and mobilizes the lymphatic system.

### Why do health professionals prefer the Relax Sauna to all other saunas?

- It is used very effectively with your clothes on for 5-10 minute treatments
- Only takes 30 seconds to warm up & and have a full sweat in 20 minutes
- The highest quality far infrared ray of any sauna (95-99% far infrared ray)
- FDA approved medical device technology for use in the health care industry

## Many colon hydrotherapists use the Relax Sauna in their home & office and sell them to their clients!

### THE SKY EYE MEDICAL LAMP

*The CATS Meow for Colon Hydrotherapists*

The Sky Eye Medical Lamp (approved by the FDA as a medical Device) is used in many medical practices and clinics. It is extremely effective in wound healing, and in diminishing Diabetic Ulcers. It is remarkably fast at decreasing inflammation.

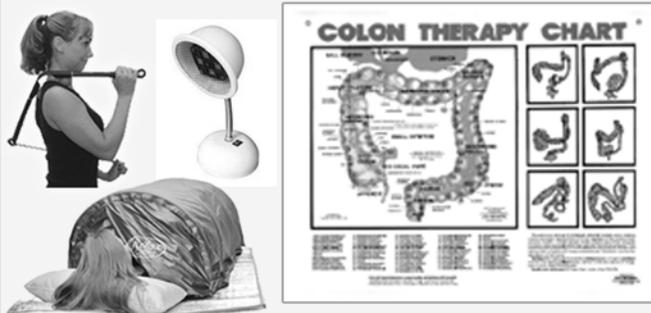


A Colon Hydrotherapist came up to us at a conference, and was glowing about how well the Relax Sky Eye Radiator worked when she gave a colonic. She used the Relax Sky Eye Radiator on the client's abdomen as the client received a colonic. She confided it worked more effectively in getting a better release than even having them get into the Relax Sauna for 5-10 minutes before a Colonic session. (This of course, was also effective.)

### We recommend:

- 1) Put your client in the Relax Sauna for 5-10 minutes (with their clothes on) before they have a colon hydrotherapy session.
- 2) After or before the colonic, offer a 20-25 minute profuse detox sweat in the Relax Sauna to your client as an additional service for \$40 - \$60.

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# STAY HEALTHY IN THE HEAT

Hot weather is here. Extreme heat can be dangerous. In 2011, thousands of workers in the United States got sick from exposure to excessive heat on the job, and more than 60 workers died. **These illnesses and deaths can be prevented by taking some simple precautions.**

## BEAT THE HEAT: THREE SIMPLE STEPS

When working outside during hot weather, remember these three things:

- **WATER:** You need plenty of water throughout the day—every 15 minutes. Don't wait until you feel thirsty.
- **REST:** Rest breaks help your body recover.
- **SHADE:** Resting in the shade or in air-conditioning helps you cool down.



## HEAT-RELATED ILLNESS: KNOW THE SIGNS

It's important to know the signs of heat-related illness—acting quickly can prevent more serious medical conditions and may even save lives.

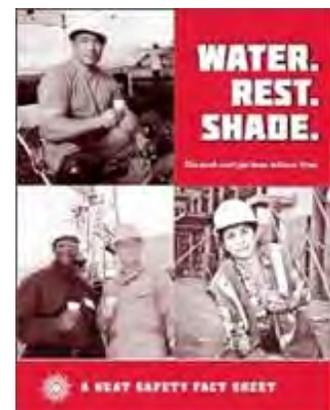
- **Heat Stroke** is the most serious heat-related illness and requires immediate medical attention. Symptoms include: confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. **CALL 911** if a coworker shows signs of heat stroke.
- **Heat Exhaustion** is also a serious illness. Symptoms include: headache, nausea, dizziness, weakness, thirst and heavy sweating. **Heat fatigue**, and **heat rash** are less serious, but they are still signs of too much heat exposure.



If you or a coworker has symptoms of heat-related illness, **tell your supervisor right away**. If you can, move the person to a shaded area loosen his/her clothing, give him/her water (a little at a time), and cool him/her down with ice packs or cool water.

**OSHA can help.** Visit [www.osha.gov](http://www.osha.gov) for worker fact sheets, worksite posters, and other resources on preventing heat-related illness, in both English and Spanish. If you have questions, call OSHA. It's confidential. Call 1-800-321-OSHA (6742) or visit [www.osha.gov](http://www.osha.gov) to learn more about staying healthy in the heat.

Illustration credits: Cal/OSHA.





# BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable



## WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



Children

## WHO:



Older adults

More males than females are affected



Outside workers



People with disabilities

## WHERE:



Houses with little to no AC



Construction worksites



Cars

## HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

## HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Excessive heat event in next 36 hours Major

## DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

**Sunburn** can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

**\$30 BILLION** estimated total cost of the 2012 US drought and heatwave.



For more information on ways to beat the heat please visit: <http://www.cdc.gov/disasters/extremeheat>



Centers for Disease Control and Prevention  
Office of Public Health Preparedness and Response

## Professional liability insurance.

Allied Professional Insurance will write professional liability insurance for I-ACT members. You must be a current member and keep your membership current to be eligible for the insurance. Contact the I-ACT office (210-366-2888) for the application form, or go to the I-ACT web site - Members Only Section - and download the application from the web site.

Doctors' Insurance Agency also writes professional liability insurance for colon hydrotherapists. Email them at: info@doctorsagency.com. They are located at 6 Hamilton Landing, Suite 170, Novato, CA 94949. Phone 415-506-3030.

Another company, CM&F may write liability insurance for colon hydrotherapists (**they have dropped numerous therapists, but some are getting insurance.** - call 800-221-4904, or go online to cmfgroup.com. It will be listed as "Enterostomal Therapist." They will put a rider in the policy stating colon hydrotherapy if you request; however, it is not required - this depends on the underwriter of the insurance.

In Canada, try Lloyds of London - check with your local Lloyds of London agent. In the UK, try Balens Insurance Brokers at 01684 893006.

In the Netherlands, try: Mark Hypotheken & Pensioenen B.V., Therese van Reeuwijk  
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Check around and choose the best policy for you. As other options become available, we will let you know. If you hear of anything let us know.

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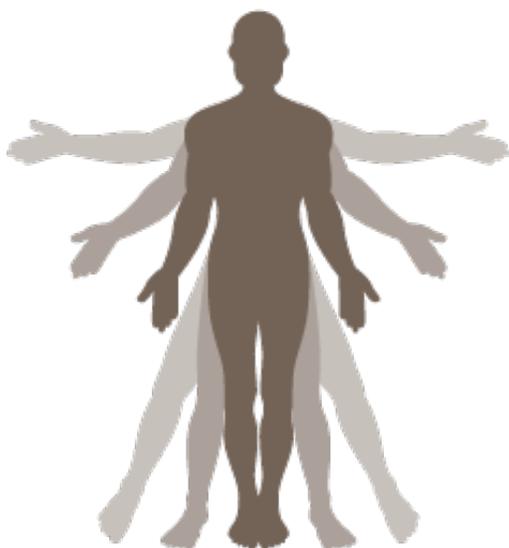


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Promotes Your Industry

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## Information on Approved A&P Courses



Your students may take an A&P course through their local community college or university. If they have taken an Anatomy & Physiology course for massage, from a state licensed school that provided at least 45 hours of classroom time, that course will also count.

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.

### The Instructor must Contact:

**Sandra Tarkleson: Cengage Learning at, 5 Maxwell Dr., Clifton Park, NY 12065 (p) 518-348-2406.**

**or email: [sandra.tarkleson@cengage.com](mailto:sandra.tarkleson@cengage.com) Valid in the USA.**

**Corexcel: Course Number: CXW0035**

**Course Fee: \$318.00**

**Point of Contact: Kysha Mowbray, (888) 658-6641, [learn@corexcel.com](mailto:learn@corexcel.com)**

## 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](mailto: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](http://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.

Following is a list of our new members for the period April 1, 2018 through June 30, 2018.  
 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
Ms. Eman	Bashir	Arlington	TX	USA
Vanessa	Goldeen	Scottsdale	AZ	USA
Dana	Mas	Bellevue	WA	USA
Pilar	Elia	Montclair	CA	USA
John	Rowinski	Valencia	CA	USA
Paola	Sanchez	Mesa	AZ	USA
Susan	Schork	Port Republic	NJ	USA
Sharon	Staple	West Palm Beach	FL	USA
Antonio	Dale	Mobile	AL	USA
Shelly	Ferguson	Montgomery	TX	USA
Gretchen	Peil	Arcata	CA	USA
Joann	Kudrewicz	Delhi	NY	USA
Deliana	Brown	Phoenix	AZ	USA
Tricia	Potter	Missoula	MT	USA
Makenzie	Clevinger	Yucca Valley	CA	USA
Niesha	Montgomery	Gulfport	MS	USA
Me'Kell	Randall	Conyers	GA	USA
Kim	Voithofer	Reading	PA	USA
Britney	Jackson	Alexandria	VA	USA
Berta	Vargas	Bronx	NY	USA
Edgar	Guerrero	Bronx	NY	USA
Zanne	Blu	Monrovia	CA	USA
Mireya	Raigoza	Sylmar	CA	USA
Jannica	Klingborg	Los Angeles	CA	USA



