

Gail Naas, LMT/CT PROFESSIONAL BIOGRAPHY

Gail Naas has been a practicing Colon Hydrotherapist and body therapist since 1991.

Her passion for Colon Hydrotherapy stems from her own dramatic health changes. Removing toxic waste from the large intestine allows all the others systems of the body to function more efficiently. "The positive change that I see in my clients inspires me to continue educating people about colon hydrotherapy."

Gail is currently President-Elect of the *International Association for Colon Hydrotherapy (I-ACT)*, and is the *Chair of the Membership and Marketing & Public Relations Committees of I-ACT*. I-ACT is the foremost credentialing colon hydrotherapy association in the world. She is certified through I-ACT at the most advanced practitioner and instructor levels, as well as through the *National Board of Colon Hydrotherapy*.

An advanced level health practitioner, Gail has trained at the top schools in the world, including: *Seminar Network International and American Institute, School of Wellness and Beauty*. She has completed advanced level trainings and became a teaching assistant at the prestigious Upledger Institute.

Among Gail's many professional accomplishments, she was chosen to be an On-Site Evaluator for the *Accrediting Council for Continuing Education & Training* (for Massage Therapy Schools); evaluating all aspects of a schools' compliance with standards in order for them to receive national accreditation.

In addition to I-ACT, her affiliations have included: *International Association for Healthcare Practitioners; American Massage Therapy Association; Florida State Massage Therapy Association*, where she was Broward County's Chapter Second Vice-President for 6 years; and served on several Committees for the *Florida Board of Massage*.

Gail has been both participant and speaker at numerous health industry seminars, workshops and conferences. She is currently an advanced instructor of body therapies at the *American Institute in Margate, FL*. During her tenure at the *American Institute* she has held positions as Director of Operations, Director of Accreditation & Licensure, Program Director for Colon Hydrotherapy and Director of Career Services. She also trains and mentors select Colon Hydrotherapists.

Gail is excited to include in her therapeutic offerings the Avazzia Biofeedback Electrical Stimulation device, which is FDA approved for Muscular Re-education. Initially invented for Russian cosmonauts to use for healing and pain management in space, Gail's experience with this device is that it does help clients' effectively achieve their health and wellness objectives, quickly.

With this impressive list of experience and qualifications, Gail's first commitment remains the health and well being of each individual client. Her Mission Statement below summarizes her purpose:

Mission Statement:

Through the use of education, nutrition and natural health care, utilizing colon hydrotherapy and biofeedback electrical stimulation technology, my purpose is to assist people to efficiently and effectively attain their optimum level of health.

Licensed Colon Hydrotherapist and LMT– FL License # MA11404

Services:

Colon Hydrotherapy is the gentle infusion of water into the large intestine for the purpose of cleaning it out. It is a safe and effective procedure of removing waste from the large intestine, without the use of drugs or chemicals. Filtered warm water is introduced into the colon with the use of disposable speculums and tubing. The waste is softened and loosened which results in evacuation through natural peristalsis. The process of inserting water and then allowing the water and waste to be evacuated is repeated several times during a session. Client comfort and dignity is always maintained.

Colon Hydrotherapy has shown to be more effective and better tolerated than the standard methods of bowel prep for colonoscopy.

The digestive system is like the roots of a tree. When the roots are strong, the tree is generally strong as well. When the roots are diseased, the whole tree is affected. Nutrition, digestion, absorption, bacterial balance and intestinal permeability all play significant and interdependent roles in the health of the gastrointestinal tract- and the health of the body."

-Author unknown

Biofeedback Electro-Stimulation Technology (BEST tm) is a Neurology Biofeedback device to assist clients with relaxation training and muscle re-education. Similar devices are used for symptomatic relief and management of chronic, intractable pain, and adjunctive treatment in the management of post-surgical and post-traumatic pain. Additionally, she utilizes a Biofeedback Electro-Stimulation Technology (BEST tm) device to assist clients with relaxation training and muscle reeducation. Avazzia Biofeedback Electro-Stimulation Technology™ Devices (B.E.S.T. ™) were developed as simple, easy-to-use, hand-held devices for non-pharmaceutical pain relief.

About BEST™

BEST™ devices produce micro-current electrical impulses, which are transmitted by electrodes in the device through the skin to interface with the body's internal peripheral nervous system for the purpose of therapeutic intervention. BEST™ devices are controlled by a high performance microcomputer chip, into which AVAZZIA embeds proprietary software.

How it Works

System Feedback is the System's (in this case, the body's) response to the stimulus, and the technology's ability to detect, measure, analyze and respond to the body. With each response, the electrical properties of the tissue change. The device detects the change and responds, resulting in the very next signal being modified. This is possible because of the development of modern high-speed microprocessors, which are able to establish a "cybernetic loop" between electronic instrument and living body.