

# Pure Sound: Gong Bath Review

## Meet Julie Evans

Julie is a postlady and was first introduced to the gongs by her husband. Julie has been diagnosed with Ulcerative Colitis, an inflammatory condition which can be extremely painful. **Julie says that the sound supports her with her condition because “It helps me relax and unwind “.**

*I go once a month to the gong baths for relaxation and meditation for my whole body and mind, to help reduce my stress levels; having Ulcerative Colitis can be very stressful at times when I am experiencing flare ups.*

*During the sound sessions I have experienced watery eyes and changing colours, pain in my large intestine (as the sound passes through), tingling in both arms and legs and fallen fast asleep in a few sessions. **Attending the sessions has been a great help. I feel much more relaxed after a Gong bath. They have also been self healing for my Colitis and reduced my stress levels. It's the most natural, relaxing and effective therapy to heal your body and mind.***

