

Carla Greenspan Roter Wants You to Get Your Sh@t Together (Literally)

R.P.N. Releases a First of its Kind Dietary Guidebook "The Gentle Colonoscopy Prep" to Help Prepare for Important Screening

March is Colon Cancer Awareness Month.

Colon cancer is a reality. The stats are high. In 2012, 23 300 Canadians were diagnosed with colon cancer; about 35% will die from it (Colon Cancer Canada). Colonoscopies are one of the main procedures used for early detection, yet it's something most of us absolutely dread and don't even want to talk about: the terrifying notion of someone investigating our 'plumbing'.

Carla Greenspan Roter, Registered Practical Nurse for over 40 years, and a specialist in colon hydrotherapy for 25, was constantly hearing how afraid clients were to get a colonoscopy.

This motivated Carla to conduct extensive research within her clinic and developed a dietary protocol to help clients prepare for their colonoscopies. Working in conjunction with doctor's protocols, Carla's dietary prep became a successful addition to colonoscopy preparation. The results have been astounding based on client testimonials from around the world and doctor response.

"My goal is to pass on this knowledge and help people around the world have a smoother, pain free and much more relaxed colonoscopy", she says.

Carla wrote *The Gentle Colonoscopy Prep* in an effort to make her easy-to-follow gentle dietary formula available to more people. It is a never-before-written, one-of-a-kind guidebook to help individuals better prepare for their colonoscopies while following their doctors' protocol.

For more information or to purchase the electronic form of the booklet, visit Carla Greenspan Roter's website at: <http://www.thegentlecolonoscopy.com>.

Carla Greenspan Roter
Web: www.thegentlecolonoscopy.com
E-mail: carlaroter@gmail.com
Tel: 416-707-6897