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## HEALTH

A CONVERSATION WITH SHANNON CONKLIN

# A Center for Holistic Wellness

BY KATHRYN G. MENU

**Opening up Organic Edge, a holistic wellness center, in Water Mill in June of 2020 of all years must have been challenging with COVID-19. What made you decide to push forward with plans to open the center and nine months (this comes out in March, FYI) later, what has the response been?**

Our grand opening was actually scheduled for March 15, 2020. Ha! When I was finally able to open in June I had no idea what that would look like. This time there would be no big grand opening event, no contact; and I couldn't even reassure my clients with a smile now that my face was hidden behind a mask. COVID-19 made me more motivated than ever to bring health and wellness to the East End and as a new business that opened during a pandemic, I am so grateful to have the interest and support that has flowed in. So far, everyone has left Organic Edge happier and feeling better than they were when they came in and my obsession with doing this work keeps growing.

**Organic Edge offers therapies like colon hydrotherapy and targeted cryotherapy. Can you tell us a bit about those treatments and their benefits?**

Colon Hydrotherapy or colonics is a safe, gentle and effective way to remove waste from the colon without drugs. The waste is loosened by a gentle infusion of filtered and temperature regulated water, resulting in elimination. Elimination is something that no one wants to talk about but is vital to our overall health. Many medical professionals believe that our health starts in our gut and I would have to agree.

Cryotherapy is any treatment that involves the



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use of freezing or near-freezing temperatures. Our targeted cryotherapy device is specifically for fat reduction and/or skin tightening on the face or body. We use different handles, creams, temperatures, and LED lights to tailor the session to the client's goals and sculpt the area being treated.

All of the treatments offered at Organic Edge are meant to provide our clients just that, an edge. Therapies to bring our bodies back into its natural state of balance. The body you desire naturally, your organic edge.

**The Wellness Pod has us more than a little intrigued. Can you tell us a little bit about that therapy?**

Our Infrared Wellness Pod is a multi-sensory sauna system featuring full spectrum infrared light

and vibratory lymphatic drainage massage. The inside of the pod is lined with tourmaline, jade and germanium and it has pink Himalayan salt infused air. It's the holy grail assisting in cell purification, weight loss, skin purification, cardiovascular health, stress reduction and pain management. You can find me in the pod after hours most days.

**You have been involved in wellness services and holistic health for well over a decade now. How do you see the healthcare landscape evolving where holistic health practices are becoming more mainstream? Has COVID-19 changed any perceptions?**

It's been really exciting to see the gap between conventional and holistic medicine become smaller and smaller. I have great relationships with medical doctors that refer patients to me for colon hydrotherapy. Ten years ago, it was only functional medicine doctors referring patients for colonics. I'm a glass half full kind of girl and while COVID-19 has been tragic, the bridge between conventional and holistic medicine at this time has been really encouraging to see. I saw many COVID-19 protocols from Western medicine doctors that included supplementation and natural remedies. I've also seen strictly holistic practitioners be grateful for the role antibiotics played in COVID-19 recovery. I think clients are looking for that sweet spot in between where they can have the best of both worlds for optimal health. If nothing else, I think health has become the new focus and priority. We cannot control our outside environment but there is a lot we can do to optimize our internal one.

*Organic Edge is located at 2 Montauk Highway, Suite 2 in Water Mill. For more information, visit [yourorganicedge.com](http://yourorganicedge.com).*