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**SATURDAY, 26 NOVEMBER 2022 | #ISSUE 2**

# HENRY SOCIETY JOURNAL

SINCE 2022

**A HIGH SOCIETY FOR MILLENNIAL FEMALE FOUNDERS:**

## THE NEW GENERATION OF BUSINESS LEADERS



## Welcome to the HIGH SOCIETY

Hey Girl Hey! This is your elevated edition. Each issue of Henry Society Journal is designed to incite, educate and inspire future and established female founders. As your monthly newspaper, HSJ features articles from business savvy ladies from all corners of the globe. You will find a mix of inspirational stories

and resources in every issue, as well as interviews with industry leaders and successful entrepreneurs who created their own unique paths to success.

Get comfortable - because one thing we're going to do is inspire you to become your best self at all times. Cheers! You're officially #reallythatgirl.

### FIND US ONLINE

From our High Society newsroom to yours, listen to the playlist we listened to when curating the most influential news source for millennial female founders who look like us. From trap music to classical, just like the entrepreneurial journey, moods change from day to day and so does our playlist. Always remaining aware of the messages we feed our minds with each publication, we want you to have a soundtrack that plays as you flip and read through inspiring articles by these entrepreneurial women who are changing the world. Scan. Play. Vibe.

@HSJmag

## OUR STORY

The mission of the Henry Society Journal is to be one of the worlds leading architects and providers of creative experiences and information, developing the most innovative and fashionable introspective memoirs through the world of entrepreneurship. HSJ seeks to develop the most prolific and exciting content that connects the entrepreneur culture to successful entrepreneurs in numbers so they can peruse their strategies of success in business, entrepreneurship and self. So they too can live with intent!

Founded on integrity, awareness, unity and love. The Henry Society Journal is a professionally curated business news and education company highlighting the

evolving woman in entrepreneurship through storytelling. For the CEOs who are unapologetically committed to their personal growth and success. A place where business owners, entrepreneurs and professionals can connect with others who share the same passion for luxury, travel, art and fashion. Designed for the community of women who fosters one another through education, networking, inspiration and above all else, Girl Power!

From our Henry Society newsroom to yours, listen to the playlist we listened to when curating the most influential news source for millennial female founders who look like us. From trap music to classical, just like the entrepreneurial



journey, moods change from day to day and so does our playlist. Always remaining aware of the messages we feed our minds with each publication, we want you to have a soundtrack that plays as you flip and read though inspiring articles by these entrepreneurial women who are changing the world. Scan. Play. Vibe.



# 15 SECRET LAWS OF HSJ

**\*\* Abundance is your birthright, they hid that in the fine print. It works is what they won't tell you. If you can hold It in your head, you can hold it in your hands. Nothing is new under the sun. Words have real meaning. A wish and a prayer doesn't bring results but belief, effort, and patience always brings results. Speak life, love and positivity into you and watch how you flourish. Remove all disappointment, expectations, fear, negativity in your mind and replace with confidence, belief, consistency, patience, hard work and most importantly love. Don't ever give up on your ideas or dreams because all it takes is one yes! I believe in you, go be great!**

**SELF DISCOVERY SHOULD ALWAYS BE ON YOUR TO DO LIST**

**YOUR VISION WORKS BEST WITH YOUR EYES**

**ASPIRE TO INSPIRE**

**THERE IS POWER IN THE TONGUE**

**ELIMINATE FEAR FROM THOUGHTS**

**ENTREPRENEURS ARE BORN**

**YOU CAN DO ALL THINGS**

**ANYTHING FORCED IS NOT FOR YOU**

**THE HARDEST ONE ON YOUR TEAM IS THE CAPTAIN**

**INTEGRITY (THAT IS ALL)**

**FACTS OVER FEELINGS**

**YOU ARE THE BUSINESS**

**THERE IS JUST AS MUCH ENERGY PUT INTO FAILURE AS THERE IS SUCCESS**

**SUCCESS IS DETERMINED BY MINDSET**

**ALWAYS READ THE FINE PRINT \*\***

## Do you have NTGRTY?

I remember the days of picking up the phone to gossip with my friends. Now I'm picking up the phone to hold interviews with my friends about their brand. I remember the days when we would ride around serving subpoenas in different parts of the city, conversing on the phone all day. Talking about nothing. Yelling at other cars, having more road rage than goals. Now our conversations are about product development, importing and exporting, ordering samples and market trends. The good days have turned into better days. The level up is real. It's so fulfilling to watch your circle work hard and build something from the ground up. It's even better to be apart of it. And not taking credit for any of their success but being apart as in, them sharing their wins with you. Their ideas. Their goals. Their vision. Starting a business isn't for the weak. Sharing your vision is almost equivalent to sharing your PIN number. You just don't do that unless you truly trust a person. And even then you're skeptical. Not because you think they'll take from you but because once you have a vision you don't need anyone with a simple mind to cloud your creativity. I'm thankful for all my friends and family who rock with anything I've ever attempted doing. Whether they believed in it or not. And I will forever be their biggest cheerleader in whatever they do. Because I first handedly know what it feels like to bet on yourself even after you don't win. And continue to bet on yourself even when the odds are against you. It takes a lot of integrity to walk on that unbeaten path. Speaking of integrity, I remember when Mercedes first asked me what integrity meant to me. It caught me off guard but it also made me ponder and think a little bit. It was one of those words you knew what it meant but you have never been asked to define it. Who would have known a nine letter word would create such topic of discussion and be her WHY in business. That word created an inspirational brand and birthed a non-profit not only that the community needs but the world.

**HSJ:** Can I gas you?! Can I gas you?! Today I am having the pleasure of interviewing MJ, the founder and CEO of NTGRTY, an inspirational unisex active streetwear brand. And the Executive Director of San Francisco based non profit, The YouVerse project. Oh and let's not forget creator of Ms.Robbie's pudding bar for all your special occasion dessert needs. I mean she's just out here being a serial entrepreneur and I'm loving every bit of it. Should I go on?

**MJ:** Yes! Please! Gas me! Thank you. Stop. No don't.

**HSJ:** [proceeds with lots of laughter] I'll stop.

*I'm just proud of you and your accomplishments and I want people to know all avenues that you've created from a vision. From one small thought that didn't get crushed by small minds.*

**MJ:** Absolutely. I know what you mean.

**HSJ:** So besides you being a serial entrepreneur and building multiple brands, how did you get into the non profit sector? I know we're starting off a bit all over but I don't want to miss this topic because I just love The YouVerse Project.

**MJ:** Honestly, NTGRTY birthed the YouVerse Project. I discovered so much about myself through entrepreneurship that I felt my way of giving back would be to do just that. Give back. Give back the knowledge that I've been given along the way. I chose to start a non profit for children because a lot of times that's when our dreams and belief in self are shattered. And if I could create an atmosphere where dreamers can dream freely and thrive in an environment for free thinkers, even if it's just one kid, I fulfilled my purpose. It's just so much deeper than that. You know what I mean? I could go on and on but I really just feel like I been through so much in my life but it was all for this moment.

**HSJ:** I know exactly what you mean. Entrepreneurship is a lifestyle. It demands growth, confidence, persistence and belief. We'll get back to the YouVerse Project but take us back to your first leap into entrepreneurship.

**MJ:** It started with Ms. Robbies pudding bar. It didn't start with NTGRTY. I started my pudding bar in honor of my late grandmother who passed away. That was more so something I did on the side of my 9-5. It was a non traditional take on banana pudding. NTGRTY came to me after hearing an interview between Nipsey Huddle and Steph Curry. He had asked what integrity meant and his response was so deep. He said, "integrity is doing the right thing when no one is looking." That really spoke to me. Especially in that moment because I was really implementing that in my life. I thought that would be a dope name for a clothing line. And from there I begin going to work. I've always been into fashion so the creative juices just started flowing. I didn't just want t-shirts. I wanted a whole line up. A whole brand.

**HSJ:** Ok so when you started curating the NTGRTY brand, what did that look like? Was clothing design your back ground? What were you doing up to that point?

**MJ:** I've always had a passion for fashion and design but I wasn't in that field at all. When I was younger I would sketch designs but never pursued fashion. I was a process



server prior to all of this. The pandemic really transformed my life. I began on this journey of self discovery so NTGRTY was more than just a brand. It was a lifestyle. A movement and journey towards a better me. And while working on the brand and marketing that's how YouVerse was birthed. Everything really just formed on its own.

**HSJ:** YES! Entrepreneurship definitely [to me] molds individuals. You're tested on many levels. To see if you'll fold on yourself, try to take short cuts, loose sight of the mission etc. So tell me how did you know this idea/opportunity would be capable of being a brand and not a trend?

**MJ:** I knew from jump. I just felt it. It felt so natural. I was in my most natural state. I was becoming the best version of myself. Each day I was working on me and I knew when people would put my clothes on they would feel it. The energy. NTGRTY is ALL ME. It may not be for everyone but I stayed true to myself and my vision. Which is building a better you, finding self and connecting with your inner you.

**HSJ:** I love it. I feel you on so many levels. Without having a background in fashion, what are some pointers you can give those looking to start their own brand?

**MJ:** DO YOUR RESEARCH! Trust the process and don't rush. It's you versus you. Don't skip steps trying to rush to the money or keep up with others. That's how you make costly mistakes. Don't get me wrong you're going to make mistakes, that's how you learn something you've never done before but some things can be avoided. Also, I would say order samples and try them out! Wash them, dry them, wear them, feel them. The worst thing you want to have is poor quality. Don't sell anything you wouldn't wear. And lastly wear your brand. If you don't believe in the brand and support your own brand who will?



**HSJ:** Say it louder for those in the back! We are our first client, brand ambassador, marketer, content creator everything! How do you manage to balance it all?

**MJ:** Honestly, like I said I've been on a self discovery journey. I can do it. I don't operate in fear. I truly believe in myself.

**HSJ:** Yes ma'am! I can feel all that. I believe in you too. I believe in the brand and the mission. I can see and feel the motivation through your Instagram. The quotes are always on point. What is your favorite quote?

**MJ:** "The Highest human act is to inspire." - Nipsey Huddle

**HSJ:** What does success mean to you?

**MJ:** Success to me means not giving up.

**HSJ:** Yes! Isn't it crazy how prior to being in the moment you think success is all about money. But once you began operating you realize each obstacle you over come and keep pushing is the true success. You really just can't give up. What advice would you give to someone who is feeling incapable of starting a business or continuing in the business they have now but aren't getting the results they want?

**MJ:** I know the feeling. Social media will have

you rushing the process and feeling like if you didn't make six figures in the first month you've failed. I would tell anyone who is even thinking about giving up, that there aren't any rules. There's only one of you so there isn't any competition. You're only at war with yourself and if you have self doubt go back to the drawing board and connect with self. Find some books to read and just discover you why. You're why will always keep you grounded. And give. Give out information. Vendors etc. People are so afraid to give thinking that it will affect them but what's for you is for you. No one can do it like you. You give so you can receive.

**HSJ:** It's the growth for me! Look at us. [laughing] Just like the meme. But in all honesty this is amazing. I am so proud of you. Before we wrap things up let's play a quick game of This or That. Starting with Mac and Cheese or Greens?

**MJ:** Mac and Cheese

**HSJ:** Crew neck or hoodie?

**MJ:** Hoodie

**HSJ:** Podcast or Books?

**MJ:** Books

**HSJ:** NTGRTY crocs or jeans?

**MJ:** Crocs! They're our number one seller.



## Turning Female Entrepreneurs into Business Women

The Henry Society Journal community is dedicated to helping you build and grow your dream business. At the heart of our business is a desire to not only provide insightful business current affairs and analysis, but also highlight the lifestyle of successful entrepreneurs who are living their dream life and making money

while doing so. From publishing great content to promote travel and hospitality, to highlighting fashion in all its glory - we aim to be your go-to source for knowledge and inspiration.

As a leader in the digital media space, our insights include interviews with entrepreneurs around the world, proven strategies to help

you grow and succeed in business, step-by-step guides to help you achieve your own success... and so much more. Our editorial staff covers the wide spectrum of business and lifestyle news for those who want to be inspired by entrepreneurial ventures, travel trends, luxury products, and nostalgic experiences.

As much as we love to hear from entrepreneurs who just happen to have inspiring stories, we love to uncover the trends, giving you an inside look at what's on our radar. We also have art intersected in our world; a world where growth is encouraged, entrepreneurship is celebrated and relationships are mended. A place where

every woman wants to be a queen. Where luxury is alive and well, travel is inspirational and nostalgia makes you long for those good ole days.

So if you enjoy art, travel and hospitality, and business news - this is the place you need to be!

### ACCOUNTS PAYABLE:

amounts owing on open account to creditors for goods and services. Analysts look at the relationship of accounts payable to purchase for indications of sound day-to-day financial management. See also **TRADE CREDIT**.

### MEET THE FOUNDER



### "NO, FOR REAL. IT WORKS."

You can call me Rae. Just Rae. I'm so excited you decided to join me. If only you knew how much it means to have someone get your vision and want to be apart of it. You'll be able to find raw and uncut notes from me within each issue. This is the journal aspect to High Society Journal. Where I share some personal stories, journal entries, thoughts, expressions, or whatever is on my mind. I always felt like my ideas were so unorthodox- So beyond the traditional thinking that I've been misunderstood for so long. Even by myself; who I'm not afraid to say I'm just getting to know. High Society Journal wasn't just curated for my love of business or fashion but to create a safe space where I could I really combine all my ideas in one space while educating and inspiring a world of women.

As a millennial female founder myself, I also can connect to those who are often over looked in the business world. Whether it's the color of our skin, our gender or just a non traditional business venture, too many times have we been X'd out before we are even given a chance. But if you don't know, women own 36% of small businesses world wide and generate 1.9 trillion dollars in revenue. And if that isn't inspiring enough, black women open up 260 new businesses every day while Hispanic owned businesses has grown by 72% in the past 10 years. This isn't solely about race but talk to us nice! The girls are getting to the bag. And we are doing it as wife's, single mothers, minorities, survivors, statistics, you name it! With class, expertise and determination. Regardless of the distractions you too can become #reallythatgirl. Dreams aren't dreams, they are the blueprint to your reality. Stop sleeping on yourself and make it happen. I believe in you. Chat with you soon.

Love, Rae

*Rae*  
*mc*

## "Your Gift Will Make Room For You"

Journal entry #195  
May 26, 2022

### How digital illustrator Destiny Darcel gift made room for her with with no drawing experience.

Interview day. And of course I'm tested to see if I bend or break. First impressions are everything and already things aren't going my way. The kids activities were canceled during my scheduled interview time which means there's background noise. And lots of it. There's banging and screaming and fussing over toys. A house of three toddlers running around looking for mommy to tell who isn't sharing. Who needs a snack and who needs me. As I hide in the closet trying to navigate everything before my interview with Destiny Darcel; the super talented and beautiful digital illustrator who's work I've admired from a far for some time now. I realize I'm in the closet. On the floor, terrible lighting and to add the cherry on top, zoom isn't allowing me to record our interview! How am I suppose to remember all this. The interview starts in 3,2,1....

Scrambling, turning my camera off and asking Destiny to hold before I even introduce myself instantly breaks me out into a hot flash! I dash out the closet into the madness of toys, crying and noise galore! All while trying to dodge each kid so they won't see me. I take my sons phone to record at least the auto. As I run out his room back to my hiding spot, his face is priceless. Wondering if he should run too or is there a reason why I took it. My hands are trembling and palms are sweating as I swipe back and forth, searching for the voice memo app. What took about one minute maybe even two seems like five each second I can't locate the app. Finally! I press the red button. It starts to record. I look over at zoom take and deep breath and jump right into it.

**HSJ:** Hey, ok I'm back. Sorry about that. I'm having some problems with my zoom so I won't be able to record the live interview with video only the audio.

**Destiny:** Hi, it's ok. You're fine, no worries at all

**HSJ:** Thank you so much for making time for this interview. So I'm Rae, editor-in-chief of Henry Society Journal. Which is a modern monthly newspaper for women in business who look like us. And I really want to talk about you and your success. Your journey to entrepreneurship and how you evolved up to this point. Let's jump right into it! How did you get started?

**Destiny:** It began during COVID. I was working at Apple and in grad school for user experience design. When COVID hit I lost all motivation for school and completely stopped doing classes. Online school wasn't working for me. I was still employed with Apple although COVID took a toll on business. They had us doing little odd jobs like features of the phone and little diagrams and what not. I've always been good in photoshop but it's not the same as drawing. I began making collages of myself on my Finsta, posting things that were aesthetically cute to me. But I wasn't drawing yet. And one day I was scrolling and saw an illustration and thought how cute. I wanted to edit the photo to make it look more like me. I screenshot it and uploaded it onto photoshop. Made a few edits, I posted it and tagged the original artist. At the time I wasn't thinking anything of it. People are inspired by others work all the time. I gave her, her credit. Everything was off to a good start. But I was wrong. She reported the photo as copyright infringement! I was so shocked! And upset because it wasn't that deep. So out of spite and revenge, I asked my dad to buy me an iPad. The goal at first was just to level up on her. I got the iPad pencil and started my journey. I started drawing and figured out my style.

**HSJ:** Have you always considered yourself an artist?

**Destiny:** No not at all. I didn't know I knew how to draw. I felt challenged and I don't back down from a challenge. Fueled by something else originally, birthed my passion. In hindsight,



I understand why she reacted the way she did. As an artist I completely get it now. But at the time that's not how I felt and she was the villain in my story. But I'm thankful for that moment. It was a vulnerable time because I thought about what people would say about my art. But that incident gave me the fuel to post my work. Also, it was perfect timing because it was around BLM and a lot of my drawings were surrounded by the BLM movement and that really built up my following. My community was formed and started booming!

**HSJ:** What's your profession technically?  
**Destiny:** Digital illustrator.

**HSJ:** How do you explain what you do to people?

**Destiny:** It's still difficult to explain. People ask what I do and I just say I'm an artist. We're such a small community but I'm an digital artist. And if you know about this community you know about all of us. However, landing brand partnerships like with Old Navy and BET that solidified things and made it a lot easier to explain that yes I get paid to make this black art!

**HSJ:** Speaking of brand partnerships, how did you land Old Navy and BET?

**Destiny:** For BET, I thought it was originally a scam. They messaged me on Etsy. It was not BET directly because they outsource with a third party. But reluctantly I followed up and I asked them what they needed? That was my first and I learned a lot such as my worth, what I should or could charge.

And Old navy fell into my lap. They emailed straight up like how much would you charge for black History month shirts. We had a zoom, they told us their vibes but loosely to give us creative space. It was three artist total and we all created 3 very different art. It was a quick process. I made two variations and they picked one. I flew to San Francisco, for the photoshoot. I thought I was That So Raven!

**HSJ:** Who inspires you?

**Destiny:** It's gotta be myself! Because it changes overtime. In college it was this person or that person but now that I have built a business from the ground up it really is me. It's me! It's something so difficult. I never pictured this for myself. It's so hard to be consistent and build a community. To quit your job, start a business and take that leap of faith.

**HSJ:** What did your leap of faith look like?

**Destiny:** It was excellent! I moved to ATL after college. I transferred from the Apple store in Kentucky to ATL Apple. It was a drastic difference. It was very black and very supportive. My manager Kyle pushed me. Not to quit but to go for it and if it doesn't work out don't worry about it. He left the door open for me to come back. Next I talked to my mom. She said to save 6 months rent and do it. My mom offered help me mail out my orders and whatever



I needed. September 1 was my goal to save and quit and I reached my goals on time. But I did have a back up plan and help. My mom sends out the orders. My support system held my hand.

**HSJ:** How do you face adversity?

**Destiny:** I cry first! Then I call my mother. There's been a lot expensive mistakes. That's what gets you. But you have to make them. You have to loose money to learn. It's not an option! Those expensive mistakes are lessons. I'm from Kentucky and Kentucky is Kentucky. In the beginning I had companies who would refuse to print my art because my prints didn't align with them. Real crazy obstacles. But you fine tune them. You can't be scared to make them but they are scary but I still make them even till this day. Consistency and disciple is extremely hard but that's what separates us from the rest. The drawing isn't hard. The consistency is what's hard.

**HSJ:** What can you tell individuals that are afraid to start because the market is "over-saturated"?

**Destiny:** People buy from people. There's only one of you. The market can never be overstated. You're one of one.

**HSJ:** Define success.

**Destiny:** Success means freedom of movement. Period. Before I started anything, grad school was depressing. I use to tell my mom I want freedom to do and be. Go where I want, buy what I want. I want to look how I want to look. I want to do what I want to do.

**HSJ:** Do you remember your first sell?

**Destiny:** I don't remember the first sell because I am digital but I remember my first time mailing off prints. My first five prints I had to mail off. It was awful. I put them in the mailer, in wrapping paper but I hadn't put the names on them. I was headed to the post office and almost hit a car. The orders went flying and got all mixed up because I didn't write the information on the package. Everyone got the wrong order! They all contacted me about receiving the wrong order, I couldn't believe it!

**HSJ:** What's your favorite quote?

**Destiny:** It's on one of my illustrations: "Your gift will make room for you."

**HSJ:** Do you have a favorite podcast?

**Destiny:** No, I don't care too much for podcasts. But if so it has to be about true crime. I want to solve the case! Who did it?! Who is the suspect?!

**HSJ:** No to podcast, But what about books? Recommendations? We have a new love for reading.

**Destiny:** I love to read! I love reading fictional stories. I want you to take me there and paint the picture. I love the fantasy especially a series. One of my favorites is, Game of Thrones the book because I can't watch people in pain. The books are excellent and very well written. The only nonfiction book I like is 'Outliers.'

Is about mega rich people in history and how they became the mega rich. Is all about divine timing and luck.

**HSJ:** Do you have a mentor?

**Destiny:** Not currently but I did in college. I give them credit for me now. Things align as they should and I had an advisor push me to do a graphic design internship at the Martin Luther King center in college. And that director pushed me further to do a marketing internship for a New York start up and that really put me in my creative side. I learned photoshop which is difficult and I learned all on my own with any classes. Those advisors lined me up to get to this point.

**HSJ:** Share one of your guilty pleasures?

**Destiny:** Airhead bites. Blue, white and red are my favorites. And watching a whole lot of Sister Sister.

**HSJ:** Online businesses don't always put much focus into customer service. But building community is a must. How do you feel or relate to your community?

**Destiny:** I love when my followers call me sis because yes sis we are sisters! We are a family! But that's how followers become repeated customers.

**HSJ:** Something that you would tell yourself in the moment?

**Destiny:** Mmmh... I would tell myself to be intentional about choosing yourself sooner. Because I'm just now feeling this. It's a very liberating and emotional feeling. Choose you sooner because it's YOU!

**HSJ:** To wrap this up, I am personally apart of your community and I want to thank you for being brave enough to bet on yourself. But before I let you go, I have to ask, what's your favorite city girl song? Yes I, we know you're a City Girl fan!

**Destiny:** Yes ima City Girl! I am the self proclaimed third member. But 'Act Up' is my favorite song.

**HSJ:** I appreciate your time. And don't stop. Keep going. There's a message in every life encounter and you definitely dropped some gems. You never know who is watching. Who you are inspiring. You're very talented and from the outside looking in I truly appreciate your dedication to your craft. Your humbleness and gracious energy will take you far!

@destinydarcel | @babydarcel  
www.destinydarcel.com

### Proverbs 18:16

is a powerful statement that reveals the answer: "A man's gift makes room for him" (NKJV). What you were designed to be known for is your gift. God has put a gift or talent in every person that the world will make room for. It is this gift that will enable you to fulfill your vision.



# Give Me a C-O-L-O-N-I-C

## Cheer for poop with hydrotherapist Candice Williams of A Cleanse Within Hydrotherapy Clinic

Journal entry #247  
June 16, 2022

I could remember it like it was yesterday. Our assignment was to create an elevator pitch for our entrepreneur class and recite it to our classmates for feedback. I was lucky enough to be in the class with Candice Williams, owner of Cleanse within Hydrotherapy Clinic in Marin, California. Her elevator pitch was quick, straight forward, informative, had personality, made me want to learn more and book a colonic all within 2 minutes. But the part that stood out the most was when she self proclaimed herself as the poop cheerleader! I thought it was genius and catchy. And if you couldn't remember any of the information provided or her background one thing you would remember is that she's the poop cheerleader. Being a fan of shark tank there's always something clever you remember about a pitch or there's something you hear in a pitch that makes you want to dig deeper into a business. And in that moment I knew she was going to go far and be remembered! But what exactly was a colonic and was I ready for a little back door healing? It was only one way to find out. The first step would be getting an interview with Candice, the second would be in her words, "buttering up the bullseye," and actually getting a colonic. First let's dive into the interview:

**HSJ:** Hey, Candice. How are you? I'm so excited for this interview because I've been itching for more information about this topic and you're the perfect person for this field. So open and thorough.

**Candice:** Absolutely. I love my job and I want to educate as many people as I can. Especially our people.

**HSJ:** Right. There's so much information surrounding colonics but first let's rewind a bit. What is a colonic?

**Candice:** Colon Hydrotherapy aka colonics is the method of removing waste from the large intestine gently using water. That's the simple answer but there's more to it.

**HSJ:** So how did you get into this field? Did you always want to do this? What's the back story?

**Candice:** I started going myself for hydrotherapy sessions because I had digestive issues. I started asking a lot of questions during my session and learned that a lot of our health issue start in our gut. And our culture not all of us but most of us eat really unhealthy and rich foods. In addition to all the preservatives that is in our foods. We don't know what all that is so we must cleanse our bodies. Disease starts from what we eat. When I first started getting colonics I lost like 20 pounds. I couldn't believe it. Long story short one thing lead to another, I got certified and began my journey.

**HSJ:** Wow. Ok, not to make this a racial topic, but what made you want to open your own clinic being a black woman knowing how uneducated our community pertaining to this topic?

**Candice:** Well, for one I want our people to know this isn't a vulgar, painful process. Two, I feel it's my mission to educate as many people as I can. There's a misconception about the procedure but that's why I take pride in informing everyone where I go. It's more than just promoting my business. I really hope to make a difference. I want all of us to feel better. I want all of us to live longer and healthier lives. We have so much stored waste in our colons that needs to be out of our bodies. From undigested medicine we've taken to food that's clogged.

**HSJ:** Wait! Medicine can be undigested? I have so many questions but explain the process. Because the vision I have in my head I'm sure is exaggerated.

**Candice:** The process is simple. There's a big misconception of colonics. But it takes about an hour and 4 sessions are recommended because we do have five distinct parts of the colon: it is composed of the cecum, ascending colon, transverse colon, descending colon and sigmoid colon. The process begins with the machine filling our stomachs up with water. Once our stomachs are full we begin the release process. We'll do that for about an hour. Fill and release. After your done you'll sit in the infrared sauna for 30 minutes. This step is amazing. You're detoxing from the inside out. That's the difference between infrared sauna and a regular sauna.

**HSJ:** Does it hurt? I think that's what people think about.

**Candice:** No, it's not painful. Now don't get me wrong it can be uncomfortable. We're use



to things going out not coming in. Plus our stomachs are being filled with water so it can cause light cramping. The process is like a fill and release. Fill our stomach with water, give our bellies a little push then release. And as the water is being released it's also cleaning and hydrating all of our other organs in addition to releasing the waste out. I know this topic isn't something people want to hear or even something people want to do but it's necessary. I promise you you'll feel so much better after.

**HSJ:** What are the size of the tubes that we have to insert?

**Candice:** The enema nozzle is about the width of my pinky and you only need to insert about 2" The poop that we release on a regular basis is bigger than that. And just a side note, if you poop and it look like balls that's a tell tell sign to get a colonic. Why? Because it has taken on the shape of your colon. Meaning it's been in there for some time.

**HSJ:** What does a colonic feel like?

**Candice:** You will feel movement through your abdomen during the procedure but no different than if you were at home. The main difference is you're on a hydrotherapy bed with 102 degree water being filled in your belly. Which can be quite relaxing for most people.

**HSJ:** What's one reason you always tell potential clients to receive a colonic?

**Candice:** You instantly shed pounds! Listen, bite the bullet and butter up the bullseye. It won't hurt and it's healthy. 13-30 pounds of poop can be stored in our colons. And after one sessions you can lose at least 3-5 pounds.

**HSJ:** I love it! Butter up the bullseye! Now that we have a better understanding of colonics, can you tell us more about your entrepreneurial journey thus far? Starting with what is it like being the first black woman-owned hydrotherapy clinic in Mill Valley? Mill Valley is one of the most affluent and best places to live in California.

**Candice:** Absolutely. Well I definitely owe God all the glory. I'm also thankful for Renaissance women's business entrepreneurship program.

They helped a lot. San Francisco has a lot of programs for small business owners right now and I'm taking advantage of everything! I actually missed out on additional assistance from San Francisco by opening up in Mill Valley. I was actually working for a lady at a hydrotherapy spa in Mill Valley prior and many of my clients followed me to MY new home. I love Mill Valley. It's a great fit for my market.

**HSJ:** Great! So you didn't launch to an empty room. That's exciting to have dedicated clients follow you. Did that create friction with the woman you worked for? Especially with her knowing you were leaving and she could be losing clients aka revenue?

**Candice:** Did it! That's a whole story within itself. But it was all a learning experience. It taught me grit, dedication and believing in myself. When you grow and make clients they become like family. So I informed many of them I was leaving and they decided to follow. So as much as it may appear I took clients I didn't. They left when I left.

**HSJ:** That shows a lot about you and the bonds you built with your clients. You mentioned that you were certified, will you or do you plan on teaching courses/trainings?

**Candice:** I can see myself in the long term doing that. But right now I'm still building myself and my business to where I want it to be. It's a lot and sometimes I get overwhelmed.

**HSJ:** That's completely understandable. And the journey is always better than the destination. You still have time to pass the baton. Before I let you go, can you define success from your point of view?

**Candice:** Success to me is actually starting and not giving up. I've been through so many things in my life that I could have given up years ago. I could have accepted what life tried to say was all I was worth but here I am. A business woman. I would have never imagined I would own my own business. No matter how many obstacles I'm faced with in this process I just keep going. Slow process is better than no process.

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## Luxurious and Holistic Retreats Around the World

Luxurious and holistic retreats involve rejuvenating and revitalizing activities that help you build healthy habits and attain your wellness goals.

From the point of interacting with strangers, soaking in the aromatic water, and throwing yourself into some of the yoga shapes in the beautiful surrounding, retreats can easily erase

agitating mental problems.

Fighting with anxiety issues for a long time lowers your self-esteem, decreases productivity, and makes you the person you don't ever wish to be. Therefore, you need the wellness retreats to refresh, de-stress, disconnect and lose weight.

Here are some of the places you can visit for healthy, luxurious, and holistic retreats;

### PRITIKIN LONGEVITY CENTER

📍 Miami

The Pritikin Longevity Center is set on 650-acre of private land with five golf courses, pools, and tennis facilities. Each client can interact with a psychologist, exercise physiologist, and endocrinologist to create a personalized health plan for their stay.

In addition, through the exercise courses, stress management seminars, and one-on-one advice and counseling done by various health specialists, each day is well dedicated to helping you achieve wellness goals. The fees charged at Pritikin Longevity Center include exquisite meals and snacks.

<https://www.pritikin.com/>

### ANANDA SPA

📍 Narendra Nagar Tehri, India

Ananda SPA resort is located at the 100-acre Maharaja's Palace Estate in the Himalayan foothills. It offers spectacular views of the Gangers River, Sal forest, and the spiritual Rishikesh town.

It's the world's renowned retreat destination because it integrates Yoga, Vedanta, and traditional Ayurveda with the international fitness, wellness experience, and healthy cuisines to help you restore balance and harmonies to your energy.

Some of the programs you can enjoy at Ananda SPA include Yogic Detox, Dhyan Meditation, Stress Management, Weight Management, and Ayurveda Rejuvenation.

[www.anandaspa.com](http://www.anandaspa.com)

### BUSHMANS KLOOF

📍 Clanwilliam, South Africa

A two-night natural health retreat at Bushmans Kloof features a massage, mini facials, meals, and activities such as rock art trips, hiking, fly fishing, and archery.

Sandstone formations, vast grasslands, and ancient bush art sites aged over 10,000 years are available in the retreat and wilderness reserve.

<https://bushmanskloof.co.za/>

### SHA WELLNESS CLINIC

📍 Alicante, Spain

The SHA Wellness Clinic provides the SHA Discovery program, a four-day program designed to improve health outcomes and reduce stress.

Medical examination, dietary counseling, traditional Chinese treatment session, custom-tailored facial treatment, personal training session, massage, aquatic therapy session, and access to a sauna, Turkish baths, and thermal waters are all included in the SHA Discovery program.

All meals are prepared according to specific diet requests, and visitors can participate in cooking, fitness, and other health activities. The magnificent SHA Wellness clinic is on the Mediterranean Sea's coast.

<https://shawellnessclinic.com/en>

### COMO SHAMBHALA ESTATE

📍 Ubud, Bali, Indonesia

Guests staying at the COMO Shambhala Estate for three nights or more can participate in a wellness program as part of their stay. Traditional cleaning and exercise programs, as well as Ayurveda and Oriental medicine programs, are available.

The Ayurveda program starts by consulting an Ayurveda doctor, who will design a personalized program that may include detox, body treatments, and private yoga.

Three daily meals, activities, and assistant services are also included in the retreat package of COMO Shambhala Estate.

[www.comohotels.com/en/comoshambhalaestate](http://www.comohotels.com/en/comoshambhalaestate)

### BRENNERS PARK-HOTEL & SPA

📍 Baden-Baden, Germany

The detox program of Brenners Park-Hotel & Spa includes medical checkups, fitness classes, three mud wraps, customized cuisine, reflexology foot massage, and group exercise sessions. You'll also get access to a personal detox coach available to you during the week.

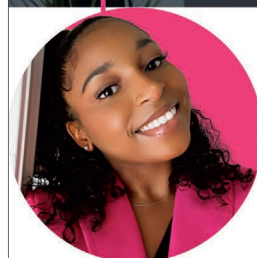
<https://www.oetkercollection.com/hotels/brenners-park-hotel-spa/>

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