

Sleep Disorder

We live in a world where toxins are everywhere - in food, water and products we use. Toxins, chemicals and heavy metals in your blood and cells trigger sleep disorders, allergies, acne, fatigue, and swollen joints, feet, and ankles. Because toxins are so prevalent, our liver becomes overwhelmed with eliminating them. Toxins also cross the blood-brain barrier, affecting the balance of our brains.

Detoxifying your liver and lymphatic system reduces sleep disorders and more! Both systems provide natural detoxification and elimination for your body, but easily become congested. This is called "toxic overload", a condition where your body cannot eliminate its 100 toxicity.

Inner cleansing and detoxification benefit your body. The detox footbath pulls toxins from the liver, gallbladder, joints and cells. Bio-electric lymphatic therapy thins lymphatic fluid so the accumulated waste can be eliminated. Colon Hydrotherapy reduces the body's chemical load via the intestines. The InfraRed Sauna helps cells open and release toxins.

Call the Wellness Spa on 5th. Avenue at 303-777-2555 to schedule your cleansing and detoxification program to feel better and regain your wellness.