

## HOW HELPING YOUR BODY HELPS YOU!

Are you able to interpret the messages your body sends you? Do you ignore those messages, or perhaps, you don't know what they mean.

Chronic fatigue, cellulite, aches and pains, skin eruptions and rashes, constipation, swollen ankles, allergies, chemical reactions, PMS, ridges or lines on your nails, rapid weight gain, swollen or painful lymph nodes, frequent headaches, fibromyalgia, weak immune system, premature aging, foggy thinking - all of these are signals from your body that something is happening and your body wants something to be different.

But what do these messages mean? Stop for a moment and think about the profusion of chemicals and toxins present in our daily lives that weren't there even 20 years ago. There is a huge body of research and opinions emerging that says the rapid increase in serious disease from arthritis to cancer, obesity, premature aging appears to be triggered by individual reactions to the "toxic overload" each of us is carrying. Some people are so burdened by toxins, they become overly reactive and overly sensitive to their environment, unable to tolerate being around soap, fragrances, asphalt, cigarette smoke, cleaning products, fabrics, and certain foods.

Our bodies are designed to cleanse and detox chemicals and toxins through the body's various natural detox pathways. When those pathways become overwhelmed and overloaded, they begin to shut down and are unable to process out the toxicity. In self defense, your liver, responsible to clean toxins out of your bloodstream, begins to store chemicals in fat cells throughout the body.

When our fat cells are tested, there are between 200 and 800 chemicals found in them. These chemicals are even present in the Antarctic in fetuses, newborns and mothers milk. That indicates there are very few areas on the planet that remain unpolluted and safe.

So what do these messages from the body mean and what can be done for our bodies? Your body is begging for natural internal cleansing and detoxification to relieve it's burden of chemicals and toxins.

There are many different ways to accomplish this. There are cleanses available for purchase. Beware, however, that your body may not like all of the ingredients involved. Test yourself first for safety.

There are noninvasive and easy ways to cleanse and detoxify. With an immune system that seems compromised, with frequent colds and illnesses, swollen glands and ankle swelling, your body is asking you for lymphatic drainage. The Bio-electric lymphatic drainage instrument, with it's ability to penetrate two to three inches into the tissues, is more effective and painless than using massage. The instrument's wands thin lymph fluid and loosen toxicity so a detoxifying footbath or colon hydrotherapy following a lymph session is perfect to remove the toxins before they can be reabsorbed.

If you have arthritis, fibromyalgia or gout, or just feel achey, the ION detox footbath is perfect to remove the toxins and chemicals involved in those processes. Safe and noninvasive, the ION footbath removes heavy metals, pesticides, chlorine, old tobacco residue stuck in the liver, and many other chemicals. Use the Far InfraRed Sauna first and dramatically increase what is removed in the ION footbath. Sign up for a colonic and observe copious amounts of chemicals flowing out of you for 20 to 30 minutes.

Do you know if you're constipated? Your body desires one bowel movement after each meal (not snack) per day. That usually averages three per day. The average American's bowel habit is one bowel movement every two to three days. Even with only one movement per day, we are short about 70,000 bowel movements in a lifetime. Where does all of that waste matter go? The colon is a five to seven foot muscular tube that can stretch six to ten inches in diameter. That's where it goes! And it's sitting there, causing "autointoxication" a condition where the body is poisoning itself. Even many physicians believe disease begins in the colon. Perhaps it's time to come in for a colon hydrotherapy session. It's private, sanitary, and your body loves it!

Even Synergie Cellulite Reduction is a detoxification procedure, since it breaks up congested lymph fluid so the body can flush it out. Cleansing and detoxification today is so easy, there's no longer a reason to delay healing your body.

Bobbi Thompson, RN, MA, is a holistic nurse and colon therapist. She and her husband Jerry Besing, lymphatic and cellulite reduction practitioner, own the Wellness Spa on 5th. Avenue. They are available for consultation and sessions by appointment. Call today at 303-777-2555 x 2 or view the website: [www.wellnesson5th.com](http://www.wellnesson5th.com) for further information.

