

PRACTICAL WELLNESS

Information about chemicals and toxins in our lives is presented on the news, in magazines and in newspapers. Daily, it is reported that each of us are bombarded with hundreds of chemicals that disrupt the functioning of our bodies, leading to unwanted weight that won't come off; dis-eases and illnesses that attack our bodies; create difficulty breathing, etc. We live with pollution scares, municipal water with medications in it, unsafe food filled with unpronounceable chemicals, and more. In this article I will answer questions about the effects of chemicals and toxins on our brain and body, our children and pets, and what you can do about it.

HOW DO THESE CHEMICALS INVADE MY BODY?

Chemicals and toxins enter us through the food we eat, the tap water we drink, the products we use in our mouth, hair and skin, the clothes we wear, and the air we breathe. Before 1940, there were no chemicals in our bodies. Today, if our fat cells are tested, between 300 to 600 chemicals are found in our fat cells. In 1993, according to the EPA's "Toxic Release Inventory" there were 1,672,127,735 pounds of toxic chemicals released into the air! To be healthy, it is important to reduce the number of chemicals entering into the body and increase the number leaving the body - a process called detoxification and cleansing.

WHAT ARE THE RESULTS OF CHEMICALS IN MY BODY?

We are living in the most polluted times in the history of the world. Only a few chemicals have been tested for safety, and none have been tested in combination for their effects. Many of the effects of chemicals are subtle and cumulative. Because we are conditioned to believe many of our aches and pains are signs of aging, we accept them as part of life without realizing what we can do about them. We experience the following signs and symptoms of toxicity: impaired immunity, fibromyalgia, arthritis, gout, chronic fatigue, constipation, weight gain or loss, cellulite, skin conditions, such as acne and rashes, hormonal imbalances, candida, lupus, chemicals sensitivities, inflammation, breast congestion, foot and ankle swelling, chronic pain, and much, much more.

Many chemicals cross the blood-brain barrier and damage the glands in the brain, causing them to malfunction. Aluminum, a heavy metal, is implicated in Alzheimers, and yet it is present in conventional antiperspirants and deodorants. Lymphatic nodes are present under the arms, where the aluminum is absorbed and moved throughout the body, including the brain and breasts. A simple method of prevention is to switch to a natural, aluminum-free deodorant.

HOW DOES THE BODY COPE WITH THE TOXINS?

When our bodies begin to accumulate toxins faster than it can eliminate them, health imbalances result. The body attempts to convert toxins into nontoxins or remove the toxins through the body's natural detoxification pathways. However, when the body cannot do either of these effectively, it enters into a condition I call "toxic overload" where the liver begins to store many of these toxins in the liver itself and other body with our pets.

tissues, mainly fat cells. Another way the body reacts is that important body organs, such as the kidneys, liver or pancreas, become weakened. As this occurs, the body becomes more out of balance, leading to more organ weakness. This same process happens with our pets.

WHAT CAN I DO TO PROTECT MYSELF?

Practical solutions involve avoiding smoke-filled air, made easier by the no-smoking laws in Colorado. Second-hand smoke has between 5000 to 6000 contaminants in it! Avoid other pollutants, such as car exhaust, pesticides, paint odors (use low VOC paint), fumes from glue, and conventional hair sprays, cosmetics, soaps, and skin care products. Make the health food store your best friend!

Chlorine and flouride are both poisons added to tap water to kill harmful viruses, bacteria, and protozoa. They are damaging to our livers and taste horrible. Drink reverse-osmosis or spring water, but carry your own water bottle to avoid adding more plastic to our landfills. Have a good filtration system that filters out more than just the chlorine and flouride, and don't forget to filter your bath and shower water.

And my favorite suggestion - eat organic foods. Yes, they may be more expensive, however remember, you are worth it. The organic label means no pesticides, preservatives, toxins, growth hormones, artificial flavor enhancers, etc. have been added to the food. Pesticides, in particular, are made of heavy metals, believed to trigger neurological diseases.

The most important action you can take is to cleanse and detoxify. And for your pets, they appreciate pure, filtered water and organic or natural pet food.

HOW DO I CLEANSE AND DETOXIFY?

Inner Cleansing and detoxification is easy if you are patient and dedicated. At the Wellness Spa on 5th. Avenue, we provide a one-stop all inclusive cleansing experience to meet your needs. We offer the ION detoxifying footbath to remove chemicals from your tissues, joints, muscles and brain. The filtered water starts off clear and turns colors as toxins are safely and painlessly released from your body. Our two Far InfraRed Saunas help your cells release toxins and burn huge numbers of calories. The Bio-electric Lymphatic Therapy wands thin and decongest your lymph fluid so your body can remove it. Since 70 % of your lymph (immune) system is in your abdomen, this helps improve your resistance to illness. Colon Hydrotherapy helps with digestive issues, diarrhea and constipation. Did you know your body wants a full bowel movement after each meal you consume? Colonics can help with that.

WHAT ABOUT CELLULITE REDUCTION?

Cellulite is considered to be a "vanity" issue, but in truth, using our Synergie Vacuum Massage system, it becomes a detoxification process. So many chemicals are stored in lymph fluid and fat cells, using the vacuum massage to gently break up the solidified Cellulite reduction using the Synergie system is so easy. It feels pleasant, similar to a

lymph fluid that makes up cellulite moves chemicals and toxins through the body's natural detoxification pathways to be eliminated.

Cellulite reduction using the Synergie system is so easy. It feels pleasant, similar to a deep massage, and is very effective. I personally dropped 14 overall inches in just two months. I am so thrilled we have this cellulite service to offer to clients who have despaired of ever doing anything about cellulite and fat.

BIO:

Bobbi Thompson, RN, MA, CHT, is the Spa owner. With her husband, Jerry Besing, they created the Wellness Spa on 5th. Avenue (www.wellnesson5th.com) to help clients who are affected by chemicals and toxins and want a full-service Spa to improve their health and wellness. Both Bobbi and Jerry use handouts and impart wellness information, believing people who are informed make better decisions. Call 303-777-2555 x 2 for a free consultation or to schedule an appointment.