

Spa Treatments

Radiant Heat Sauna Airbrush Tans Body Wrap

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Enjoy spa experiences as part of your fitness routine!

GET RID OF HARMFUL TOXINS!

Body Wraps & Radiant Heat Sauna

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal.

Today our toxic exposure is at an all time high and toxins are one of the primary causes of degenerative diseases in people today like Fibromyalgia, Rheumatoid Arthritis, Kidney Problems, Autism and Muscular Dystrophy.

Toxins come from: Our foods are sprayed with pesticides, our water has chlorine and fluoride the air we breathe is polluted, our cleaning supplies, soaps, shampoos and detergents are loaded with chemicals and many have sodium laurel sulfate and is know to cause cancer. Our mercury fillings, lead, arsenic, aluminum, vaccinations that are given to us by the doctors and then he have

our household adhesives, paints and other home products like plastic used in the microwave, tobacco, drugs and more all contribute to more toxins in our bodies that lead to disease, allergies, mental incapacitation with side effects like swelling, rashes, insomnia, headaches, fatigue and pain.

"The EPA reports that in 2002 24,379 US facilities released 4.7 billion pounds of toxins into the atmosphere. 72 million pounds were known carcinogens. Depending on your size you inhale 3,000 to 8,000 gallons of air each day."

Toxins that enter the body turn to acid which leads to acidosis and disease.

Beginning Symptoms of Acidosis include:

fatigue, headaches, bloating, acne, constipation, food allergies, panic attacks, slow circulation and joint pain.

Intermediate symptoms of acidosis include:

asthma, bronchitis, insomnia, psoriasis, fungus, depression, cold sores.

Advanced symptoms of acidosis include:

cancer, fibromyalgia, weight gain, multiple sclerosis, arthritis, diabetes, lupus, leukemia, heart disease and migraines.

According to Dr. Robert O. Young's book, "Sick and Tired", the New Biology , most simply stated, is that the over-acidification of the body is the single underlying cause of all disease. Dr. Young has found that when the body is in healthy alkaline balance, germs are unable to get a foothold.