**BACK BY POPULAR DEMAND:** Katheryn Resch LMT is back at our office taking appointments for massage therapy. Ask about her spring specials and new techniques; sinus & lymphatic massages, dry brushing, reflexology & hot shells massage.

**THE BENEFITS OF CLEANSING:** With spring upon us everybody knows what that means, it’s time to cleanse. We recommend a colon cleanse every three months for optimal health and elimination. The top benefits of cleansing include; weight loss, skin clarity, improved sleep, immune boost, digestive regularity and removal of toxins.

**CLEAN START # 3993-8 or 3993-6** Clean start supports the natural everyday cleansing of toxic waste from the body. It works without posing any side effects, and improves energy and wellbeing.

Ingredients include; Enviro detox, which detoxifies the liver, kidneys, lungs, intestines and skin. LBSII which relaxes abdominal cramping and spasming, it also relieves pain and inflammation, improves digestion and stimulates urine flow. Aloe Vera which softens stools. Bentonite which absorbs toxins. Malic acid for normal cellular function and fighting fatigue. Potassium citrate which regulates mineral balance. Psyllium hulls which acts as a dietary fiber, lowers LDL cholesterol levels, and inhibits the growth of parasites. Clean start comes in wild berry or apple cinnamon flavors. It includes stevia which gives it a pleasant taste while acting as a natural sweetener.

**LIQUID CLEANSE# 3193-1** Liquid cleanse supports intestinal health, and helps maintain healthy bowel movements, for those who don’t like taking pills.

Ingredients include; aloe Vera, red raspberry and citrus extract which gives it a pleasant taste, Senna, which assists in softening stools, ginger and capsicum, two digestive aids that stimulate the flow of saliva, bile and gastric juices. Cassia, cinnamon and fennel supportive cleansing herbs, barberry, corn silk and dandelion may help remove toxins by supporting the liver, gallbladder and kidneys.

**WHERE DO ALLERGIES COME FROM:** Do allergies come from ragweed, mold, dust, etc? No, these can be irritants but what makes them cause an allergic reaction? First of all, an allergic reaction is defined as an inappropriate reaction, usually overreaction of the immune system.

Many experts in natural health feel that allergic reactions originate from the gut. What does the stomach digestive system have to do with allergies? Well the stomach produces hydrochloric acid HCL to digest food. The pancreas produces sodium bicarbonate NaHCo3 to turn the small intestine alkaline to activate digestive enzymes there.

This is where the problem comes in, most of us, despite what the medical field feels, have lowered production of HCL and this worsens as we age. The amount of NaHCo3 made in the intestine is equal to the amount of HCL made in the stomach. Therefore if HCL is decreased, NaHCo3 is decreased, and digestion is significantly decreased causing poorly digested food particles to form.

These food particles are too big to be absorbed for energy and therefore are stuck. They block and flatten the absorbable cells of the microvilli in the intestines and become putrefied. These particles leak into the surrounding interstitial tissues causing an immune/allergic reaction because they are not supposed to be there. Part of the immune reaction is Histamine release which causes such symptoms as runny nose, watery eyes, sinus drainage, itching and sneezing. We take anti histamines to hide the symptoms but do nothing to fix the underlying cause.

The best treatment for allergies is preventive care. We recommend dietary changes to give the digestive system a break while we supplement with **FOOD ENZYMES# 1836-9** and **PROBIOTIC ELEVEN# 1510-1** to aid digestion and rebuild. We add **LYMPH DRAINAGE# 3171-7** and **KIDNEY DRAINAGE# 3168-4** to help remove all waste and toxins. As the digestive system heals allergies slowly disappear.

**CLEANSING MASSAGES:**  In addition to colon cleansing, we offer cleansing massage services at our office. Sinus massage and lymphatic massage are popular during the spring allergy season. Adding a 15 minute dry brushing service on to your deep tissue massage is another way detoxify.

Sinus massage is an effective way of alleviating sinus pain, sinus and nasal pressure, allergy and headache discomfort. This is done through acupressure, circular massage and tapotement (gentle tapping) with light pressure on sinus points. We use hot steam along with a cleansing blend of aromas (tea tree, peppermint and eucalyptus) essential oils. Hot towels are applied to your face, as well as hot and cold stones to promote blood circulation.

Lymphatic massage is the stimulation of lymph nodes in the body. This can reduce lymphatic blockage which in turn relieves joint pain, arthritis, fatigue, headaches, acne and cellulite. Very light pressure, long flowing strokes towards the heart are techniques used during lymphatic massage. This can help balance the fluids in your body reducing inflammation and swelling.

Dry brushing has many benefits, it banishes cellulite, improves skin tone, along with buffing away the dead skin, it improves circulation and lymphatic drainage, and aids digestion and kidney function. Dry brushing is something you can do to yourself up to twice a day. Make sure the brush is dry, best time to do is before showering in the morning.

You should only brush in the direction towards the heart, making long sweeps. Avoid circular motions, along with back and forth or scrubbing motions. Start at the feet moving up both legs medially, then work from the hands up the arms towards the chest area. On your stomach area direct the brush counter clockwise. Don’t brush too hard, skin should be stimulated, but not red or irritated.

The type of brush you use should have stiff bristles, but not too hard. They should be made of natural not synthetic material. Look for one with an attachable handle to get at those hard to reach spots.

**ION CLEANSE:** An ionic foot bath is a hydro-therapy device that combines the life-giving properties of water with a specialized bio-electric charge, which enhances and amplifies the body’s ability to heal itself. The energized water helps to re-balance your body’s energy meridians by permeating and realigning an individual’s energy field.

Excessive toxins can cause poor nutritional absorption which will, in turn stop the cells from functioning correctly. There are 500,000 different chemicals used to make, clean, coat, wrap and finish the products we use each day. Toxins enter our bodies through the skin, digestive tract, and the air we breathe. Excessive toxins may also cause; bad skin, blemishes, colds, flu, sinus problems, lethargy, fatigue, headaches, chronic pain, breath and body odor, lymphatic problems, swollen joints.

Our bodies need to cleanse themselves of toxins each day. Toxins that the body cannot eliminate are stored in fatty tissue, joints, and the brain. These toxins can clog cell membrane walls which are then unable to absorb enough nutrition to support normal cell functioning. Over time, this leads to reduction totality and a weakened immune and lymphatic system.

We recommend a series of six cleanses one to two times per week, and a two week break. Schedule your ion cleanse today. **May special $20 per cleanse, that’s 50% off normal price. Schedule today!!**

**WEEKEND WARRIOR:** Monday can be a busy day at our office. Perhaps too many people go out on the weekend and work or play hard at something they don’t usually do during the week. Or perhaps it is those once a year chores like putting up or taking down storm windows, raking leaves or digging a new garden.

In the process muscles that are accustomed to sitting in an office chair or on the couch at home, get strained from overuse, or pulled from a momentary twist or turn that they have not encountered for months. The result can be anywhere from mildly sore muscles to intensely painful muscle spasms and even herniated discs in the spine.

Many of these weekend warriors know they can find fast relief at chiropractic offices across the country. That is not too surprising, because just like dentists are trained to be experts in dental problems, chiropractic doctors are trained to be experts in problems of the muscles and skeleton of your body, especially as they relate to your spine. Accordingly many people think of us as back doctors, but chiropractic care affects many other parts of the body with numerous benefits for health as you can see.

Other problems that you might not think relate to the back respond to chiropractic care as well; cervical headaches, tension and migraine headaches, asthma, infantile colic, digestive spasms, sciatic nerve, carpal tunnel, TMJ, ear infections, rotator cuff injuries, hip bursitis, heel spurs, plantar fasciitis, knee pain and tendonitis are all treatable through chiropractic care.

**FREQUENTLY ASKED QUESTIONS:** Question: At what age should chiropractic care begin? Answer: Newborns have received spinal adjustments especially after difficult or traumatic births.

Question: Is it bad to crack your neck or back a lot. Answer: The desire to crack or pop the neck or back is caused by tension from a jammed or fixated vertebra, which causes another part of the spine to compensate by moving too much and popping or clicking a lot. The jammed part should be adjusted by a chiropractor so that the rest of the spinal column will balance and stop being so movable and noisy.

Question: Can spines automatically go back in place? Answer: Yes. There are verified instances of blind people recovering eyesight after a fall, of individuals able to walk again after their wheelchair was thrown and of amnesiacs who remember their past after receiving a trauma-these are examples of accidental adjustments. A visit to the chiropractor is a lot safer. Massage, acupuncture, meditation, various types of body work, as well as a cathartic emotional release can also reduce stress, sometimes permitting the spine to automatically realign. Occasionally, even a good night’s sleep can correct a subluxation.

As always thank you for trusting us with your health care needs.