

DIVING DEEPER WITH

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Detoxing

As we enter into the fall, it is a good time to consider doing a detox.

Most people understand that pets need to be de-wormed yearly, but never consider de-worming themselves.

Let's dive in and discuss ways we can cleanse our bodies so they are able to work optimally!

Want to relax and enjoy detoxifying benefits at the same time? We offer dual ionic foot soakers. So grab a friend and come in together to experience this detox! Or check out our mini split spa packages for a detox foot soak paired with a massage. You'll want to make sure you're hydrated. Ideally, we recommend you bring a book or just sit back and relax. (For optimal detoxification, no phones or devices during this treatment as it interferes with the ions.)

Some of the benefits include a boost in natural energy levels, improved sleep quality, boosts the immune system, relieves muscle pain and swelling. A suggested program is to do a foot soak once a week for a month or to do 3 soaks within a week to really flush the system. Our Optimum detox foot baths are the most powerful on the market. They generate a higher voltage of negative ions and operate at higher amps. This allows the unit to generate more negative ions up to 35 times higher than competitors units. The copper tub then generates even higher conductivity enhancing the movement of electrons

The color of the water indicating which areas of the body are detoxing is a myth. Although interesting to see changes, the bigger indicator of detoxing are bubbles, foam, an oily film on the water's surface as well as 'sludgy' looking water. If you see this type of a response, congratulations of releasing a lot of toxic waste!



Ionic Detoxing Foot Soaks

Raindrop Massage

This hour-long session is a favorite! A variety of warming essential oils are used during this treatment and they help to boost the immune system overall while encouraging the exit of harmful pathogens. Definitely a must-do every spring and fall for cleansing the body!

Naturopathic Session

You can always schedule a naturopathic consult specific to doing a cleanse. Keep in mind, we always want to first make sure the body is strong enough to do a cleanse. Secondly, we want to make sure our channels of elimination are open, so when we kill off parasites, they are able to exit the body properly.

Detoxing Baths

Consider something gentle, like putting epsom salts into your bath water (this allows better mineral absorption). Or adding apple cider vinegar (allows a general heavy metal detox).



Dual Deluxe Ionic Foot Soaks

Wild
SALE

25% OFF SEPT
BOOKINGS