

REMOVE TOXINS AND DETOX

By Debbie Shkuratoff

Jump into the New Year with a fresh start — remove toxins, detoxify and energize. We are all exposed to various sources of chemicals, toxins and pollutants on a daily basis. These toxins enter the body in three ways: through the skin, the lungs and the digestive system. They interfere with your body's ability to function properly. As they accumulate over time due to various environmental exposures, overload and not properly being released; the body's ability to fight off disease and infection increase. This results in a build up of toxins, a stressed system as well as low energy.

With a foot spa, you simply sit in a chair with your feet in warm salt water for a half hour while the Platinum Energy System does the work. The system is specially designed to stimulate the glands in the feet and release the toxins into the water. We have 2,000 eccrine sweat glands in each foot that become the natural door of exit for the toxins through this process. The benefits from this detox treatment are amazing. The toxins that are released in a half-hour session through this process would normally take your body three to six months to naturally download. The benefits are improved circulation, acid/alkaline balance, increased metabolism, improved organ and granular functioning, as well as more energy. This system also assists in detoxifying accumulated heavy metals.

You will notice a decrease in acidity, benefiting organ and cellular functioning, stress reduction, improved sleep, and an overall feeling of well-being. Every body and health situation is different as to determine the appropriate amount of sessions for each individual.

What a relaxing way to detox and improve your health at the same time.
Debbie Shkuratoff is the owner and practitioner of Reiki Wellness and The Zen Room.

Valleyview Centre,
#39, #41 & #42
Cobble Hill, BC V0R 1L0

Call: 250.743.1733 or 250. 743.8122