

SUPPLEMENT YOUR HEALTH JOURNEY

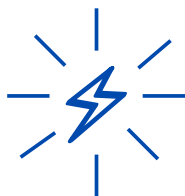


IMMUNITY

Nourish your body and support immune health year-round

ENERGY

Restore energy with supplements designed to help increase stamina and fight fatigue



ESSENTIALS

Essential daily supplements to support a healthy and well-balanced life.

HORMONES

Help rebalance and manage the unwelcome symptoms of hormonal imbalances.



SERVICES OFFERED

Nutritional Assessments:

Nutritional therapy uses a wide array of tools for a comprehensive nutritional assessment to graph an individual's areas of strength and weakness (or "imbalances") of the six foundations of nutritional therapy. Weaknesses or imbalances in these foundations lead to a host of health problems. The six nutritional therapy foundations are Diet, Digestion, Blood Sugar Regulation, Essential Fatty Acids, Minerals and Hydration. We use diet of properly prepared, nutrient dense whole foods, and balance of the proper macro and micro nutrients to help you feel your best.

Functional Lab Testing:

Gut Health, Food and Chemical Sensitivity Test, Blood Chemistry, Adrenal, Male Hormones, Cycling Females, Perimenopause and Postmenopausal Hormones.

IonCleanse Detox Foot Baths:

Works by biocompatible electrical frequencies entering the water. The IonCleanse process ionizes the water by splitting H₂O into OH and H⁺ ions. These ions attract and neutralize oppositely charged toxins.

Positively charged particles include: heavy metals, histamine, pesticides, and exotoxins.

Negatively charged particles include: Glyphosate, Endotoxins, Mycotoxins, and Candida/Yeast.

After a session clients feel calm, relaxed and focused.

Near Infrared Sauna with Red Light Therapy

The Near Infrared Sauna is combined with Red Light Therapy, so you can double the health benefits all while saving time.

Red Light Therapy is an easy way to add healthy light into your day. Healthy natural light is essential for our health and cellular function, just like nutrients from food, water and sleep.