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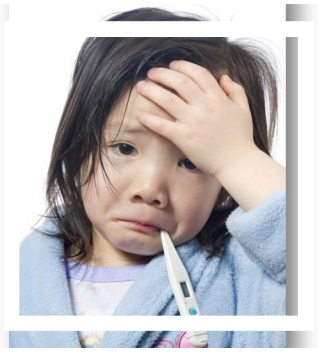

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Cleaning out your pantry

by Allison Ziegler N.D.

With the new season comes the desire to make goals, make changes, live better and feel healthier. An area we can have a significant impact on is what we choose to nourish ourselves with. With the rising amount and availability of processed and convenience foods, our nutrition has veered too far from the nutrient dense, whole foods. As a result, diseases such as diabetes, obesity, heart disease, cancer, autoimmune and mental illnesses are on the rise. Each item of food we choose to eat should serve a single goal of nourishment to our body, allowing the body to live to its healthiest and fullest by providing the very essence for work and play.

Cleaning out the pantry by replacing foods that hinder health with life giving, nutrient rich foods can help you create healthier patterns, feel better and prevent disease.

1. Begin by getting rid of any foods containing:

White and Brown Refined Sugar and High Fructose Corn Syrup

Canadians consume, on average, 110 grams of sugar a day, which is equivalent to 46 teaspoons. Refined sugar has been overly processed, essentially voiding itself of any nutrients. As a result, consuming refined sugar does not provide any nutrient value to the body and is only a source of empty calories. When sugar is consumed, excess amounts are stored in the liver and eventually are returned to the bloodstream as fatty acids, which ultimately end up as fat. In addition to contributing to diabetes and obesity, consumption of refined sugar has been linked to a weakened immune system, yeast infections, hyperactivity, ADHD, mental and emotional disorders and chemical imbalances in the brain.

Sugar is hiding in many different food items; therefore, when trying to get rid of foods that contain processed sugar, label reading is essential. Sugar can be identified as glucose, sucrose, fructose, sucralose, dextrose, maltose, maltodextrin and high fructose corn syrup, to name a few. Some common food items that sugar can be lurking in are cereals, crackers, bread, candy, pasta sauces, salad dressings and condiments.

Trans Fats and Saturated Fats

Trans fats are synthetically derived fats that are identified as hydrogenated and partially hydrogenated oils. Saturated fats are solid at room temperature, such as butter, margarine, red meat, and shortening. Consuming foods high in trans and saturated fats increase inflammation in the body and are the number one leading cause of heart disease. These unhealthy fats can be found not only in butter and oils, but also in chips, cookies, cereals, breads and just about any highly processed food item.

A good rule of thumb to follow is having only olive, grape seed, safflower, flax and sesame oils in your pantry (keep the flax oil in the fridge!). Even though it is a saturated fat, coconut oil is also good to have on hand because it is one of the only oils that can be safely heated at high temperatures.

White flour/Pasta
Food products containing white flour such as pastas, crackers, breads and cereals are simple carbohydrates that adversely affect health. White flour begins as the whole grain; however, through processing it is stripped of its vitamins, minerals, fibre and enzymes, which leaves a product with no nutritional value. As a result, like sugar and high-fructose corn syrup, white flour products elevate blood sugar levels, contributing to diabetes, weight gain, fluctuating energy levels, mood swings and decreased immune system.

Regular Table Salt
Regular table salt is mined from underground salt deposits and more heavily processed to remove minerals and tends to have additives to prevent clumping. Sea salt, on the other hand, is made from evaporated seawater and contains other trace minerals, which offer many health benefits such as thyroid support, muscle and immune health.

Anything That Has More Than 3 Unrecognizable Ingredients
The Rule of 3 is a great way to prevent consuming food items that contain unhealthy ingredients. If you read a label of a food product that has more than 3 ingredients that you do not understand, get rid of or do not purchase it. Get your children involved! They love being detectives and can have a lot of fun with this. Include them while cleaning out and restocking your pantry.

2. Replace the items with healthy options:
Throw Away: White/brown processed sugar; high fructose corn syrup; cookies and snacks sweetened with them, and sweetened peanut butter.
Replace With: Coconut sugar, brown rice syrup, maple syrup, honey and stevia, cookies sweetened with any of this list or evaporated cane juice (Kashi is a good brand), all natural peanut butter or almond butter.

Throw Away: Butter, margarine and shortening and regular potato chips that are high in unhealthy fats.
Replace With: Olive, flax seed, sesame, coconut and grape seed oil, rice chips, vegetable chips and kale chips.

Throw Away: White flour products including pasta and crackers.
Replace With: Spelt, buckwheat or brown rice pasta, rice chips/crackers, brown rice and quinoa.

Throw Away: Regular table salt and products containing high sodium (canned soup, salad dressings and sauces).
Replace With: Sea salt, homemade salad dressings using olive oil and balsamic vinegar or lemon juice.

Keeping the goal in mind that each item of food we choose to eat should serve as a source of nutrients to the body can be helpful when making the lifestyle change to clean out your pantry and restock it with healthy foods. The nutrients gained from our food acts as the foundation for the rest of our health. If we provide our body what it needs to function properly, health and vitality will result!

The HPV vaccine

by Julie Zepp Rutledge N.D.

As a mother of a young girl, now 8 years old and just starting grade 3, I am aware not only from a professional point of view but now also from a personal point of view, of the risks, pressures, information and misinformation that exists "out there" for parents trying to make decisions that are best supportive of their childrens' health and well-being, specifically in the realm of vaccine safety and efficacy. This is a widely controversial topic and for the purposes of this article I will just be weighing in on the HPV vaccine (also known as the Gardasil vaccine). First of all please note that I do not consider myself either a "pro-vaxxer" nor do I consider myself an "anti-vaxxer", rather I would say I am an "it depends-er". The decisions we make, including those relating to our health, tend not to offer cut and dry/ black and white/ yes and no definitive answers. There are always many factors to consider when making any decisions around our health and each individual family must find the answer that sits best with them.
Schools these days are alight with permission forms being sent home, requesting parents to authorize or decline their children's vaccines and boosters. Of particular note is the Gardisil vaccine being recommended for children 9 years and older, both boys and girls. So... is it necessary?

This vaccine was previously just recommended to girls however the population that is being targeted for this vaccine is now including boys. The vaccine is aimed at protecting the child from a sexually transmitted illness caused by certain strains of the Human Papilloma Virus (HPV). HPV refers to a group of viruses in which there are over 150 different strains of the virus. Different strains have an affinity for different areas of the body, are responsible for the development of papillomas, aka "warts", in that area in susceptible individuals. Some strains mostly affect the feet (plantar wart, strains 1, 2&4), others affect the fingers (flat warts, strains 2&7) and still others target mucous membrane tissues (such as the vagina/ cervical canal and anus), these are the "sexually transmitted" strains that can cause genital warts (HPV strains 6&11).

The DNA from number of the strains (16&18) of this virus have been found in cervical cancer cells, thereby creating an association between the infection and cancer, in a small percentage of HPV 16&18 infections that do not clear. If the virus is unattended to by the immune system, an irritation may result from the growth of the virus on the mucous membrane tissue, termed cervical dysplasia (abnormal tissue growth). Areas of the body that have a high rate of turn-over, like the cervix, are more susceptible to damage and long term damage, not properly repaired increases a person's risk of cancer.
It is important to know that worldwide incidence of HPV infection in sexually active individuals is very high and in the vast majority of cases (90%) these infections resolved within 1-2 years, without complications and many individuals not even realizing they are infected, as the body successfully mounts its immune response to the virus.

Originally when this vaccine was first introduced a decade or so ago, there were only four strains (6,11,16,18) of this virus present in the vaccine. Several years later it was discovered if one had been vaccinated with the original 4 strain vaccine, those individuals were left *more* susceptible to more serious infection by other strains and so today (2017), this vaccine contains 9 different strains of the virus - which remains still a tiny percentage of all HPV strains.

One significant drawback of the "more strains, more vaccines" approach is that viruses can rapidly mutate and different strains become more virulent, making using the vaccination approach to fighting viral-induced illnesses an uphill battle. This is an issue not only from a public health perspective as viruses become more and more problematic and difficult to manage, but also from an individual perspective of the recipient of a vaccine that contains so many different versions of a virus. The more different viruses a body is exposed to at any one time can be very overwhelming to the immune system and can increase the potential for the immune system to become faulty and can result in immune deficiency or auto-immunity issues.

Relying on vaccinations to keep us healthy can also give us a false sense of security. We fail to realize that our own bodies are weakening as a result of the vaccines, we neglect emphasizing prevention through healthy diet, immune boosting and infection fighting supplements and foods and in the case of genital HPV infection we may be failing to properly educate our children on the risks associated with irresponsible, early sexual behaviors. We give our power away to organizations promoting vaccinations that are operating with fear tactics, failing to fully inform us of potential risks when asking for our "informed" consent. Increasing our knowledge and eliminating fear-based decision making are two important factors in personal empowerment and health.

Regular PAP tests are critical in sexually active women, namely those with new or multiple sexual partners, or whose partners are not monogamous, as these are the single most important factor in preventing cervical cancer and detecting early cell changes.

Not only are they instrumental in the early detection and treatment of abnormal cell changes, their use over vaccines is far more rational, less expensive and less potentially harmful.
Men are also susceptible to genital warts and can benefit from regular genital examinations, however the incidence of them creating long term potentially malignant cell changes is much lower. In men there may be an increased risk of anal cancer, however this risk is exceedingly low and the total annual worldwide incidence of anal cancer is 300 cases.

It is important to realize that our bodies and our immune systems have natural inherently brilliant mechanisms for responding to viruses and when we support and strengthen these systems through a healthy diet, good hygiene practices, supportive immune therapies, and through prudent detection we can overcome any viral illnesses we may be confronted with. In fact in a healthy person, the HPV virus is a self-limiting pathogen and our body will take care of it without issues.
The same can be said for the healing of "dysplastic" cells. When our immune systems are functioning well, our body has an ability to identify and repair, or in certain cases identify and destroy, those cells of our body that no longer look like "self". It is only when our bodies are overwhelmed or out of balance do we run the risk of having these abnormal cells proliferate and take over. In order to help decrease your and your children's risk of HPV infection, it is essential to consider the following:
- risk for HPV infection and potential complications (eg. CIN) increases with cigarette smoke, having unprotected sex, sex with multiple partners, decreased immune function, use of oral contraceptives. These higher risk populations may see increased benefit from the vaccine.
- vitamin and mineral deficiencies, low immune function, improper liver function all play a role in increasing risk.for viral infection and long term complications, so a healthy balanced diet that eliminates processed foods, sugar, food additives and highly inflammatory foods like wheat, and regular cleanses, fresh air and exercise all reduce your risk of viral related illness.
- Vitamins A, C, D and folic acid are highly beneficial to help cell stability; zinc is an important immune boosting and anti-viral mineral and all of these are great adjuncts to the diet.
- the Brassica family (cauliflower, cabbage, brussel sprouts, chard, broccoli, kale) contain an essential nutrient called Indole-3-Carbinol (I3C) that supports the liver. These vegetables are filled with anti-cancer compounds and anti-oxidants and studies have proven their ability to reverse cervical dysplasia and cervical cancer. Consuming these foods on a regular basis is wonderful for prevention and taking I3C or DIM as a dietary supplement is amazing for treatment of abnormal cell types.
- anti-viral herbs like goldenseal, oregon grape are extremely beneficial for treatment of all viral infections
- Shitake mushroom has been shown to effectively treat HPV infection, specifically the active hexose correlated compound, or AHCC.

In conclusion there are a multitude of highly effective natural strategies you and your family can employ should you choose to forego the HPV vaccine. Consult with your naturopathic doctor to discuss options!

Supplements for Students: Supporting Your Body & Mind While in School

Kaylee Woolhether, *Health Starts Today.*

Hello my friends! With September upon us we welcome Fall, and, for many of us, the return to school. University, college, trade school, online classes… whatever it may be, school and all the learning, studying, and growth that comes along with it can be quite taxing on our body, brain, and our mental health.

In January 2016, I went back to school, taking full time studies, for the first time in nearly 5 years. I went into my classes with total positivity. I had always been a good student, I knew I could do this. Yet, as the months wore on, my body and mind began to suffer the consequences of the high stress situation. I wondered if my mental health could sustain this… Could my brain possibly hold this much information?

Until one magical day, a favorite teacher of mine (also a naturopathic doctor) suggested that I find the right supplements to support myself. I knew he was right. Throughout my studies, I tried and tested different vitamins, supplements, and herbs until I discovered exactly what worked for me. Using these supplements as support, on top of a clean diet, I felt sharper and better equipped, and my anxiety decreased drastically!

Now, I'd like to equip you with my list of top supplements for students!

Remember, the number one thing you can do to support yourself throughout school is a clean, healthy diet that works for you (hint- your brain on sugar is not conducive to learning!). On top of that, these supplements can help support the body and mind throughout the school year, keeping you on the ball and a whole lot calmer.

Remember that every body is different, and I do suggest speaking to your healthcare provider before beginning a new supplement regime. These are the supplements that worked for me:

B vitamins play tons of roles in the body. Major roles include energy production and regulation, mood regulation and stability, and offsetting the negative effects of stress. Having a sufficient level of B vitamins improves mental clarity and memory retention, and supports brain health. When you are studying, your brain fires through B vitamins quickly, increasing the need to replace them in the body.

Best food sources: dark leafy greens, broccoli, black beans, legumes, asparagus.

Supplement brands & dosage: I used AOR Advanced B Complex. A trusted brand will have the accurate level of each B vitamin to take per day. Note that B vitamins can cause some stomach upset if taken on an empty stomach, so always take your B vits with food!

Fish oils, particularly EPA and DHA, are a healthy fat which support cognitive health and brain function. Consider this- more than half the brain is made up of fat (nearly 30% DHA), so feeding our brains fat for fuel makes sense! Not only that, EPA and DHA have a positive effect on your mood, and have been shown to reduce depression. As a bonus- these fish oils are well studied for their anti-inflammatory effect, which improves overall body health.
Best food sources: …Fish!! All fish, with SMASH fish having the highest levels. Salmon, mackerel, anchovies, sardines, herring.
Supplement brands & dosage: Look for a ratio of 2:1 EPA to DHA. I use professional brand NFH Trident Sap 66:33, which is a blend of 660 mg EPA and 330 mg DHA per capsule (2 a day). Best retail brands include Nordic Naturals (best) and Ascenta NutraSea High-Potency (most cost-effective).

Herbal Adrenal Support (Adaptogens): Assignments, tests, deadlines, etc. = stress. I could tell you to "minimize stresses" in your life, but let's be honest- that isn't always an option. Although, the way we look at stress and the way we deal with stress makes a difference on how stress affects our body and mental health. So finding ways to deal, such as meditation, exercise, or whatever works for you, are particularly important. However, if you haven't quite found the tools to deal with stress, or if you're doing all the things and still feel overwhelmed, why not level up and give your body some extra support?
Enter adaptogens, a category of herbs which help our systems adapt to stress. They act as an adrenal tonic to support our adrenal system, helping us feel less stressed and overall more calm. My favorite adaptogens are siberian ginseng, licorice root, ashwagandha, and holy basil.
Nervine tonics pair nicely with adaptogens, as they strengthen, feed, and restore the nervous system. Examples include oat seed, St. John's wort, and blue vervain. Note that certain herbs will counteract with certain conditions and medications, so you will have to do your research and speak to a healthcare provider to find a blend that will work best for your body!
Best food sources: If you'd prefer to add dried, powdered herbs (such as ashwagandha) to your smoothie in the morning, this is definitely an option. However, most adaptogens are fat soluble so they will function most optimally as a tincture (a liquid form which is added to water and drank cold).
Supplement brands & dosage: I used Adrenal Tincture from Finlandia Pharmacy (in Vancouver), which is a blend of oat seed, gotu kola, siberian ginseng, licorice root, blue vervain, and ashwaganda. Strest by St. Francis is a great tincture as well, containing rhodiola, holy basil, ashwagandha, eleuthero, milky oat seed and schisandra. Another blend I like (although not a tincture and it contains some non-herbal supplements) is Stress Formula by Veeva.

If you find you have a weaker immune system (get sick frequently), you may consider taking vitamin C or other immune supporters (such as echinacea or mushroom extracts) during school as well. When the body is under stress, it prioritizes dealing with the perceived stress over other bodily functions, such as fighting off viruses and bacteria.
There you have it! Those are my top supplements for students.

This article is meant for adults, these supplements are not necessarily recommended for children. Regardless of age, always consult your doctor or healthcare provider before taking any new supplements.

Demystifying Fever

By Marika Geis N.D.

There’s nothing quite like waking up to a screaming child at 3 am and discovering that they have a fever.

Half asleep, the worry creeps in; there’s no cough, no sniffles, no apparent discomfort, only the disconcerting cries of your child and what feels like a forehead about to burst into flames. Conventional wisdom and parental instinct often compel parents to fight their child’s fever. Who can blame them? Your child is suffering and is looking to you to for help. Naturally, reducing the fever is the surest way to ease their discomfort and persistent crying. Here’s the thing though, the fever is not the disease. In fact, your child’s fever is confirmation that they have a healthy and robust immune system. Defined loosely as a form of inflammation, fever makes it less likely for harmful viruses and bacteria to develop into serious infections. It’s quite simple really: bacteria and viruses have a hard time replicating in warm environments. A beautiful example is chicken pox. Here, lesions will take longer to crust over if a fever is reduced prematurely. Besides making your body inhospitable to potentially harmful microbes, fever has several other roles that encourage healing. It stimulates cell growth, stimulates thyroid function, increases circulation, increases filtration by the liver and kidney and increases the production of immunoglobulins or antibodies.

In children aged 3 to 36 months of age, viral infection is the most common cause of fever and can last up to three days. It’s also important to know that the level of a fever does not necessarily correspond to the severity of the illness. A child with a mild cold can have a fever of 104.5 F (40.5) while a child with a serious illness can have a fever of 100F (38.0C). There are a few other reasons for fever, however. Teething, dehydration, insect stings, allergic reactions, overdressing and reactions to some medications can all produce a fever and should therefore be ruled out before deciding on a course of action.

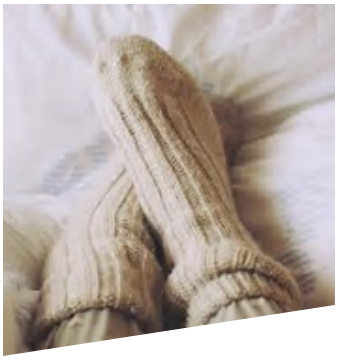
But what about the number one fear of parents of a child with a fever, febrile seizures? Parents can take comfort in the fact that fevers rarely cause seizures. They do not seem to be related to the height of the fever or the rates at which it rises, but rather an idiosyncratic predisposition of certain children (about 4%). ½ of children who experience a febrile seizure will go on to have another one. About 1/3 of those will go on to have a third. They are more common in boys and most will occur from 6 months to 4 years peaking between 17-22 months. Although terrifying to watch, there is no evidence that having a febrile seizure causes any permanent harm or that having this type of seizure will lead to epilepsy or other seizure disorders.

That said, if your child does experience a febrile seizure they should be evaluated to rule out any underlying condition. A seizure should not last more than 15 minutes.
A few guidelines are provided for you as we head into this next wave of cold and flu season.
• Consider the big picture: how sick does your child seem? How is their feeding pattern, ability to be consoled, level of irritability, responsiveness, level of activity, appearance (pale or flushed, dry or perspiring?)
• Fever is defined as a rectal temperature of over 38 (100.4), oral temperature over 37.5 C(99.5) and axillary (armpit) temperature of 37.2 (99)
• Rectal temperature is considered the most accurate and is preferable for children aged 5 years and under. After that oral temperature is recommended.
• A temperature ranging from 101.5-102.5 F (38.6- 39.2) is considered bacteriostatic, i.e. that it stops cell growth.
• Temperatures over 104 F (40) are bacteriocidal, i.e. that it kills bacteria
• VERY high temperatures of 105 F (40.5) can result in cell death
• Tepid water baths may be helpful but never ice or alcohol baths due to their discomfort and potential toxicity
• Mint tea and cold socks have saved my kids more than one occasion
• Teething rarely elicits a fever of more than 38.4 or 101.2

You should seek medical attention immediately if your child is:

- lethargic
- unusually sleepy – difficult to wake up
- in pain, cries when touched or moved
- extremely irritable, inconsolable or whimpering
- if he complains of a headache and stiff neck
- having difficulty breathing
- Appears confused or looses consciousness, or
- Has purple spots on skin
- Child is drooling profusely and unable to swallow anything
- A convulsion has occurred

In general, low grade fevers 102 F (38.9) rarely need treatment, however your child may be very uncomfortable and unable to rest. With a fever of more than 103 F (39.4) your child will look and feel quite ill. Here, you may want to moderate the fever and not suppress it. Make sure your child is well hydrated particularly if they have diarrhea or are vomiting, even if it's only a teaspoon every few minutes. If, after you've brought down the fever, your child looks and feels noticeably better it's a good indication that the fever was responsible for your child's discomfort. A child with a serious bacterial infection will continue to look unwell.
Each parent has their own threshold for deciding when and how to intervene. At the end of the day it's important to remember to treat your child and not the thermometer. There are times when allopathic intervention is needed, but in the vast majority of cases supportive measures are all that is required: a cuddle, quiet distraction, rocking them to sleep and making sure they are hydrated and well-nourished can help them get over a fever faster. As a parent, sometimes the hardest thing to do is to do nothing except watch and behold the wonder of how our children's bodies can learn to be well….all on their own.



Hydrotherapy Homecare: Wet-Warming Socks

By Laura Stark N.D.

In August, the Saskatchewan Association of Naturopathic Practitioners hosted the first ever Healing Skies Conference at little lake Manitou providing continuing education for naturopathic doctors. It was a conference like no other I had ever experienced. We started every morning with a session in the cold mineral rich waters of lake Manitou before an in-depth talk with one of the elders in our profession sharing the insights and wisdom from their decades of experience. One of my favourite takeaways from the weekend was the reminder of the power of the simple back-to-nature therapies of naturopathic medicine that simply stimulate the patient's own vital force in the direction of healing.

The typical modern naturopathic treatment plan often includes some dietary advice, supportive supplements, and maybe something fancy like IV therapy to achieve quick results, but our elders had a simpler style that achieved amazing results with what a modern ND graduate may consider less powerful remedies. If you saw a naturopathic doctor three of more decades ago your treatment plan would likely include custom dietary recommendations to reduce stress on your body, a constitutional homeopathic remedy to break the current disease pattern and initiate healing, a hydrotherapy regime to boost the body's vital force, and perhaps a custom herbal tincture to relieve some particular troublesome symptoms.

This type of approach was used to treat (and cure!) anything from an acute cold, to chronic digestive concerns, to cancer! I think the most critical piece of this kind of treatment plan (stimulating the vital force) is one that we modern naturopaths may not focus on enough with our patients. I suppose it has fallen out of favour since it's difficult to make an evidence-based claim about, sometimes difficult to convince a patient that all their capacity to heal is already within them, and difficult to motivate a patient to take as much time and care for themselves as hydrotherapy often requires. But frankly, it's worth all those efforts and more!

So, I want to share with you one of my favourite (because it's easy, gentle and oh so effective) hydrotherapy techniques: wet warming socks. This technique makes use of cold wet socks to draw congestion from the head while you sleep. It should be your first line go to for a head cold or sinus congestion due to allergies, ear ache, fever, headaches and migraines, a busy mind that won't let you settle down to sleep, or simply for the circulation enhancing effects throughout the body and because it helps you to sleep so soundly! All you need is a pair of thin cotton socks plus a pair of big wool socks to go overtop.

Here's how you do it:

1) Once you're all ready for bed, thoroughly wet your thin cotton socks in cold water (yes, as cold as you can get them) then wring them out until they do not drip. For a more stimulating treatment you can then pop these wet socks in the freezer for a few minutes!
2) Hop into bed and have all your socks with you. Put on those cold/frozen socks and cover them up with the dry wool ones on top.
3) Now cozy into bed and reap the benefits!

Your feet will only feel the cold for a very short time as your body instantly responds by increasing the blood flow to your feet in order to warm them up. As the cold wet socks warm up, water evaporates through the wool socks creating a slight cooling effect which provides continued stimulation for the body to enhance blood flow to the feet (and away from the head). This continues through the night until the socks are dry.

I've used this technique nearly every night throughout my pregnancy to strengthen my circulation to prevent swollen ankles and to help me sleep more deeply. So far, I'm the only pregnant lady I know who doesn't need to get up in the night to pee and I've been able to quickly nip two instances of swollen ankles in the bud. Plus, these socks got me through my super snotty pregnancy head cold when I couldn't reach for my go-to herbs that are too potent for developing babe.

Our other favorite old-school naturopathic tools:

Dr. Geis recommends Castor Oil Packs - Apply a thick layer of castor oil over the affected area (an injury site, the liver, digestive organs, the uterus), cover with a piece of flannel or cotton cloth, apply heat. Benefits include supporting detoxification, improving lymphatic circulation, reducing inflammation.

Dr. Zepp's fave is cold water therapy - Using cold water through cold water immersion baths, cold showers or Julie's preferred method of exposure: swimming in cold lakes and pools! Exposure can be from minutes to an hour, the key is not to expose yourself to the point of shivering, if you shiver you have gone too cold for too long! Cold water exposure allows one's own body to improve its circulation, thyroid health, metabolism, energy levels, immune function and overall vitality.

Dr. Ziegler is a big fan of dry skin brushing followed by alternating contrast showers. Pick up a natural bristle dry brush from the health food store. Gently brush over your bare dry skin from finger/ toe tips towards the heart. Follow this with a shower in which you alternate the water temperature between hot and cold, usually 3 cycles and ending with cold. This system is great for stimulating lymph flow, cleansing the skin and is used for puffy tissues, tired legs, cellulite, skin problems and general circulatory and detoxification support.

Thank you for taking time to read our newsletter and invest in YOU!