

The Missing Piece

What we don't know can hurt us. Now more than ever, we need to educate ourselves about how our bodies work (or in too many cases, don't). Illnesses and chronic fatigue are more widespread than ever. Many of us have turned to natural therapies to replace or supplement traditional medicine. There is so much to learn, so much we don't know. And how is it that we can take herbs, vitamins, and enzymes, yet still be plagued by the very issues that push us to become more health conscience? Why don't we get better?

The answer my dear [Watson] is "alimentary." It is a fallacy that what is put in the mouth at one end of the alimentary canal nourishes us and completely releases all waste products at canal's other end. This is the ideal, but seldom the real scenario. Pure food and natural supplements cannot restore health if they are not absorbed. And the modern liver and colon that must filter out environmental toxins, food additives, and drug by-products, in addition to extracting nutrients, and eliminating waste, are operating under tremendous stress.

If the bag on the vacuum cleaner is not emptied, eventually the vacuum cannot do its job. It is plugged in and the motor is running. And it's still rolling across the floor. But there is dust spewing out and it smells hot and nasty. And so it is with us. Our impaction begins producing their own toxins. Our blood supply picks up these poisons and our tissues become saturated with impurities. No wonder we ache all over and feel tired. We accept indigestion, bloating, gas, constipation, and diarrhea as minor inconveniences, not recognizing them as signs of a slow process of auto-intoxication. After all, we are plugged in and still rolling across the floor. Right?

Wrong, says Dr. Karl VanArsdale of Vibrant Health Institute. Oxidative Colon HydroTherapy is the heart of his Naturopathic practice. To achieve health and optimal fitness we must first rid the body of accumulated waste. Dr. Karl and staff add medical grade oxygen to the hydrotherapy process. And many things happen. The bubbling oxygen breaks up encrusted mucus and fecal matter more rapidly than traditional Hydro. Parasites, viruses, and bacteria that thrive on carbon dioxide are killed and washed away along with their evil by-products. The entire body (liver, vascular and all organ systems) is revitalized by the fresh flow of oxygen. The increase in oxygen speeds up the body's burn rate and that, combined with the elimination of stored waste, often results in a significant weight loss. (Autopsies of Elvis Presley and John Wayne yielded colons with over 20 lbs of impacted waste. Enough said).

Many have reported increased energy and a sense of well-being after their initial series of treatments. Freeing the colon of excess wastes restores the body's natural ability to absorb nutrients, and once again mobilizes energy for fitness training and healing. Dr. Karl advises his clients to schedule 3 treatments initially. He explains colon releases its contents in layers, layers built up over many years. Therefore, it will take multiple treatments to clean the neglected organ and begin to restore its natural function. Dr. Karl is often gratified, though no longer surprised, when people report a vast array of healings they attribute to Colon HydroTherapy. He is not surprised as Dr. Karl himself was once so ill he was headed for hospice; it was Oxidative HydroTherapy that literally saved his life. Dr. Karl found it to be the missing piece in the puzzle of health.

We are very fortunate to have Vibrant Health Institute in Tucson. Although Oxidative Hydrotherapy is widespread in Europe, there are few who practice it in the U.S. Dr. Karl is a skilled and compassionate healer working on the cutting edge of advanced alternative medicine.

Now that you are aware of a key reason for falling short of your optimal fitness goals give yourself the gift of greater health and restored vitality at Vibrant Health Institute.

From an article by health writer, Terry Herwick.