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Health improvement naturally: A work in progress

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I'm working with Bill and Tammy Jenkins at Natural Health Center of the Rockies in an effort to improve my overall health.

I had my third visit last week. The good news is my body is making some improvements (even though I haven't done much to change my diet) and I am able to cut back on the amount of supplements I'm taking.

That's good news because I was starting to feel like I was swallowing the contents of my medicine cabinet every day.

I also tried the Aqua Detox foot bath. You place your feet in a spa tub that is filled with a water and saline solution. An electro magnet device called an array is also placed in the tub.

The system is supposed to stimulate the cells in your body so they attract and use negative ions to rebalance and release toxins through the 4,000 pores in your feet. The process takes 25 minutes and the charge for that is \$35.

During my detox, the water got slimy and turned a nasty-looking brown. I didn't feel any different at the time, but I slept great that night. Since I have a lot of trouble with insomnia, a good night's sleep is always a treat.

It got weird the next day, however, when I went in for a regularly-scheduled pedicure. My feet turned a bright apple green from the ankle down. I've been getting pedicures for five years and never had anything like this happen.

The woman giving me the pedicure said she'd never seen anything like it either, but thought it looked like my body was continuing to detoxify.

By the end of the pedicure, my feet had mostly returned to their normal coloring. All that remained was a green band around each ankle. By Wednesday morning, that had faded so I just had green smudges around the ankle bones. Everything was back to normal Friday morning.

I'm going back to Natural Health Center in a month. My goal is to make some significant dietary changes before my next appointment. I'll keep you posted.

Natural Health Center of the Rockies

· Address: 373 W. Drake Road, Suite 5

· Phone: 225-6900

· Owners: Bill and Tammy Jenkins. Bill, a chiropractor and physical therapist, and Tammy, a registered nurse and clinical nutritionist, offer periodic lectures about Natural Health Center at their office. The sessions are designed to provide information about their services and how a healthier diet is a building block for a healthier life. Their next lecture is scheduled for 7 p.m. April 30 at their office.

Background

·Life Editor Sara Hansen first visited Natural Health Center of the Rockies in mid-March.

·Her initial assessment showed her body fat ratio was higher than it should be and that her body was producing a lot of adrenaline due to stress. Tammy Jenkins at Natural Health Center recommended a supplement to help the adrenal gland.

·At her second visit on March 22, Hansen was again tested and Jenkins recommended more supplements and several dietary changes, including cutting back on carbs, processed foods and sugar.