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Health improvement naturally: A work in progress

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For the past two months, I've been working to improve my overall health. It's harder than it sounds.

I started visiting Natural Health Center of the Rockies and have since been on a regimen of organic vitamins and supplements. I do feel better and more importantly, as someone who struggles with chronic insomnia, I'm sleeping better.

I started off taking supplements to help my adrenal glands, which were over producing. After two months, I'm off those supplements and I seem to be handling my stress better.

At my most recent visit, my digestive system seemed to be out of whack, so now I'm trying supplements to help with that.

Hmm. Maybe it's because I've been trying to eat better and have been adding more fruits and vegetables and cutting back on carbs. Perhaps my system doesn't know what to do when it's given good food.

My goal, ultimately, is to just be on the organic vitamins. For a while, I was taking about 16 pills a day. Now I'm down to four, so at least I'm making progress.

My other goal - increase my physical activity and do more strength training.

Getting rid of toxins

During my visit last month, I tried the Aqua Detox. Shortly after that, I got a call from Deborah Meeks, owner of Different Strokes, a center that promotes health through air, water and touch.

She invited me to come in and try her services, which included an ioncleanse (a foot bath that helps your body release toxins like the Aqua Detox) an oxygen treatment and a light and sound treatment to reduce stress.

You do all of them at once. You soak your feet in water that has a special array set into it. The array is connected to a computerized system that introduces hydrogen ions into the water to be absorbed by the blood stream. These hydrogen ions attach to free radicals, parasites, heavy metals and other toxins. By osmosis, as the blood circulates through your feet, the array attracts them into the water. In the end, the water changes color. Mine was a murky brown with a few black flecks.

While my feet were soaking, I was inhaling grapefruit-scented oxygen. The extra oxygen also helps your body get rid of toxins. And in my case, that light fruit scent was relaxing. Meeks said using oxygen this way can help reduce symptoms of MS and erase the effects of a hangover.

As all this was going on, I was sitting in a massage chair wearing headphones and special glasses that delivered sounds and flashing lights that were designed to help me relax. Meeks offers several options for the light and sound therapy including others for relaxing and one to boost creativity and fight writer's block.

The light and sound work together to shift the brain out of its usual thought patterns. "You have to trust and let go. It shifts you to a different state of mind," Meeks said.

Although the footbath, the massaging chair and the oxygen were relaxing, my brain didn't shift because it was too busy trying to figure out what was going on with the light and sound.

Maybe it's because I have a hard time relinquishing control or maybe it's because I'm incurably curious. Meeks suggest that if I try it again, I should be able to relax since it won't be a novelty. I may just have to check it out.

Natural Health Center of the Rockies
Different Strokes
Background

Address: 373 W. Drake Road, Suite 5

Phone: 225-6900

Owners: Bill and Tammy Jenkins. Bill is a chiropractor and physical therapist and Tammy is a registered nurse and clinical nutritionist.

Address: 3307 S. College Ave.

Phone: 207-9700

Owner: Deborah J. Meeks, BS, CMT

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

·On her third visit, she tried the Aqua Detox system, which is designed to stimulate the cells in the body so they attract and use negative ions to rebalance and release toxins through the 4,000 pores in the feet.

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