

Staying Healthy Naturally

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“Alternative health care”; Everyone has heard many terms to describe a non-standard approach to health care and it includes everything from health food stores selling nutritional supplements to acupuncturists and Medical doctors who use more natural substances. These term came about in an attempt to describe separate approaches so people could differentiate themselves from the

conventional medical world. The single theme that runs through all the “alternative” approaches is prevention. We can only really take two approaches when it comes to our health:

- 1 We can react to the onset of an illness.
- or
- 1 We work to prevent the onset of illness or disease.

Over the years we have come to realize that for many people the level of their compliance is in direct proportion to level of their health desperation. In other words, the sicker we are, the more compliment we are in taking steps to regain our health.

Refreshingly, today people are taking steps to be more preventive instead of reactionary regarding their health care. Over fifty percent of people today seek some

form of “alternative” health care in an attempt to stay healthy. For many however it is hit or miss. Do I go to the acupuncturist and balance my meridians? Do I see a nutritionist and change my diet or take supplements? Should I have blood labs done so a doctor can look at my chemistry? Should I just go to the health food store and buy some vitamins? The how(s) and why(s) can become overwhelming. We have had clients come in with grocery bags full of opened supplements long forgotten for what reason they were taken. Overloading the body with supplements, without a targeted reason, does more harm than good.

The key is knowing what to address and how to keep all the systems of the body functioning with as little environmental and biological stress as possible. There is one system of the body that is responsible for removing metabolic cellular waste and is affected by our diets, our stress level and our environment. Our lymphatic system is the toxic waste dump for the body. Keeping our lymphatic system flowing and functioning so it can clean out our accumulated toxic waste will do more to insure good health than almost any therapy or supplement we can take. If the lymphatic system is thick or blocked then the toxic load is reabsorbed into the body only to circulate again accumulating in the tissue (fibromyalgia) or back into a stagnate lymph system. Having a proper functioning lymphatic system insures that the toxic loads we are exposed to don't accumulate and slowly poison our body.



Our lymphatic system is always working at riding the body of it's metabolic waste; a never ending process. Our body is in a constant cellular turnover. It accumulates the old used up cells as well as the biological waste created by the immune system attacking and killing the invading bacteria and virus'. The lymph system is designated to process all of that. However, today we see that the Lymphatics are so overburdened with environmental toxins and other exposures that thicken the lymph fluid and put a strain on the system beyond it's capacity. This can be seen in clients with headaches, constipation, fatigue as well as in children with swollen tonsils. Tonsils, being one of the control glands of the lymph system, is the “indicator bulb” that the lymph is in need of assistance. If a child has swollen tonsils you can be sure there is an excess of mucus and a thickened and sluggish lymph system.

The best way to ensure a healthy functioning lymphatic system is as simple as three steps.

1. Undergo lymphatic enhancement therapy with the LymphStar Pro. This is an FDA registered device designed to enhance lymphatic fluid circulation non-invasively. This begins the process of moving the stagnate fluid. This body centered therapy is similar to massage performed by skilled professionals.
2. We insure continued circulation and drainage of the lymph through specialized homeopathic products and dry brushing or rebounding is incorporated to enhance the continued circulation and drainage of the toxic load.
3. We educate the client on what foods, substances or behavior that they may be exposed to that is a burden to the lymphatic system.

Once the initial load is reduced keeping this vital system in good working order takes just minutes a day and a LymphStar Pro session once a month. Having professional healthcare support is always important and regardless of the chosen modality, our body chooses the lymphatic system to dump it's accumulated cellular waste and accumulated toxic load. For more information on Lymph-ology please go to

www.biologicalhealth.com.

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True Wellness offers a wide range of holistic and biological therapies and techniques that support the whole person in both mind and body.

Biological medicine is a comprehensive, holistic medical approach that integrates several important healing traditions into its approach. We consider the entire being, not simply the diagnosis or symptoms. Our focus strives to restore optimal health by eliminating burdens to the body.

Services

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