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New juices capture the essence of the pomegranate

(ARA) - One of the trendiest and most popular juice drinks comes from a fruit that many people don't know much about – the pomegranate. Since 2003, pomegranates, which are best described as between an orange and a grapefruit in size with a thick reddish skin and many seeds, have become a key ingredient in more than 12 beverages available to consumers today.

Why are they becoming so popular? Because they are rich in vitamins and nutrients. One pomegranate delivers 40 percent of an adult's daily vitamin C requirement, is a good source of folic acid, and packs a powerful punch of antioxidants.

"Throughout history, this richly colored and delicious fruit has been revered as a symbol of fertility, royalty, hope and abundance," says Dr. Tieraona Low Dog, family physician and director of botanical studies, University of Arizona School of Medicine in Tucson.

Natural juice companies have created 100 percent pomegranate juice drinks along with blends to give consumers options when deciding how to enjoy pomegranate juice.

"They contain the goodness of pomegranate and wild berry extract, both with anthocyanins – components that have antioxidant properties," says Dr. Low Dog. Blending pomegranate juice and wild berry extract – which is a blend of chokeberry, elderberry, blueberry and black currant – results in a natural harmony of anthocyanins, with antioxidant benefits.

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Colonics: a healthy alternative

Do you believe that it is possible to achieve a disease-free life where you can experience happiness, joy and vibrant energy? Do you want to be in more control of your physical well being? Do you want to maintain your ideal weight, sleep better and be more at peace? If this is a positive option for you, then you are probably the type of person who may benefit from colon cleansing.

How does colon hydrotherapy work?

Colon hydrotherapy is a safe and effective form of colon cleansing. The basic concept behind the practice of colon hydrotherapy is a water irrigation process which rids the body of heavy toxins. Hydrotherapy is a preferred treatment over laxatives or chemical cleansing as it promotes the body's natural elimination process. Colon hydrotherapy assists your body in eliminating toxins from its cells, blood, lymph glands and organs. Many clients report feeling lighter, healthier and more energetic, while also claiming they experience greater mental clarity.

Why do we need to detoxify?

The goal of colon cleansing is to experience a heightened sense of well being on the physical, emotional, spiritual and psychological level. Proper digestion, assimilation of nutrients, and good elimination create a strong foundation for optimal health. Routine colon cleansing assists in eliminating old, compacted and undigested fecal matter, parasites and mucoid plaque from the bowel.

Lypossage: An alternative to liposuction

The battle of bulge is something many of us deal with – especially as we age. But as we start to notice figure imbalances like cellulite and extra rounding on our thighs and abdomens, we're not all willing to try liposuction. Luckily, there's a natural alternative to surgery: Lypossage.

How does it work?

Created by Charles W. Wiltsie III, a nationally recognized massage therapy educator and practitioner, Lypossage is essentially "cellulite massage" performed on the buttocks, hips, thighs and lower abdomen, as well as the face, neck, head and arms. The massage works by cleansing the body of stagnant, stalled lymphatic fluid that can create lumps, bumps and cellulite, all while toning the muscles and lifting and firming sagging tissue.

Is it safe?

The non-invasive, natural health treatment not only helps to cleanse the body of toxins and retained fluids, but also often enhances energy and mental clarity. While there are some contraindications for specific medical conditions, Lypossage is safe for most healthy individuals.

How long does it take to see results?

On a typical client, treatments last about 40 minutes (including time to undress and weigh in) and are performed three times a week for six weeks. Even with 18 treatments, Lypossage works out to about one-third the cost of liposuction. Some clients report seeing results



Toxins get acquired in our bowel due to the mineral depletion of our soils, the widespread use of pesticides, hormones, additives, extreme food processing and the irradiation of our foods.

How do I choose a colon hydrotherapist?

Colon hydrotherapy should be overseen by a therapist who is certified by the International Association of Colon Hydrotherapy. It is important to know that not all hydrotherapy practices are the same. An experienced colon hydrotherapist should be able to talk with you about other complementary aspects of total body wellness, which includes other alternative health care regimens.

Mary Wasinger, Certified Colon Therapist, owner of Radiant Health of Boulder, Inc. welcomes you to the world of colon hydrotherapy. She can be reached by calling 720-565-0112.



after eight to ten treatments. Most clients continue to receive monthly or bimonthly maintenance treatments to help them retain their results. To enhance the results of their treatment, many clients follow an at-home body care regimen, including using products to stimulate circulation in cellulite-prone areas as well as a glycolic body lotion to improve skin texture and elasticity.

Who can perform Lypossage?

Practitioners of Lypossage are specially trained massage and body therapists. They've learned this specific hands-on technique and are licensed to practice under the Lypossage name.

Carla Slaughter is a Certified Massage Therapist with more than 25 years experience. She owns Lypossage of Boulder and can be reached by calling 303-378-4415.