

Appeared in La Quinta Life Magazine, June 2013 issue

Getting Healthy in a Toxic World

How internal cleansing is the important first step to optimum health and wellness.

The world we live in is filled with toxins. Chemical pollutants, pesticides, parasites, bacteria, fungus, yeasts and food additives, along with behaviors such as smoking, alcohol consumption, or poor diet, can create an overwhelming toxic burden for our bodies. We are what we eat, drink, and breathe, so these toxins find their way into our system, usually through a dysfunctional intestinal tract called "leaky gut". Intestinal inflammation leads to Leaky Gut Syndrome, which results in a multitude of symptoms: bloating, gas, fatigue and general discomfort, just to mention a few. Eventually, toxins make their way to the liver, the body's cleansing organ, which does its best to eliminate them. An overloaded liver, however, will dump toxins back into the body to be stored in various organs, where they can cause a wide range of symptoms, from headaches, depression, joint aches, arthritis, fatigue, gas or bloating, to constipation, weight gain, skin conditions, asthma, sinus infections, allergies and worse, CANCER.

Dr. Rappe in La Quinta offers a complete 3 step Bio-detoxification program that performs three important functions: decrease inflammation, intestine and organ cleanse, and regeneration. Step one works to reduce acute or chronic inflammation of the intestinal tract. Step two is a thorough detoxification program designed to enhance the body's ability to eliminate toxins, parasites, bacteria, yeasts and harmful bacteria. Step three focuses on regeneration and repair, providing the building blocks the body needs to mend damaged tissues. The program is customized for each client, based on individual health needs.

Optimal health and energy requires that every cell of our body be vibrantly clean and well nourished. If that is accomplished, most of our chronic ailments miraculously disappear. You can eliminate disorders such as headaches, allergies, obesity, constipation, body and joint aches, depression, risk of cancer and many more, while increasing energy and mental clarity. Look better, sleep better and feel better - detox and recharge, your mind, body and soul. - by Dr. Grey A. Rappe, D.C., owner of Rappe Chiropractic, Inc. in La Quinta, CA

www.rappechiropractic.com 760 777-4177