

Has Your Body Turned Into A Toxic Dump?

As a society, we face increasing challenges on our bodies from our environment on a daily basis. Pesticides, fumes, synthetic materials, cigarette smoke, caffeine, preservatives, medications and much more are contributing to our toxic world. In addition to these environmental pollutants, our bodies also produce waste by-products as a result of normal metabolism that need to be eliminated. If these toxins are not neutralized and eliminated, the result is sub-optimal health and toxic related illnesses.

Think for a moment. Do you eat processed foods, non organic fruits and vegetables, meats and poultry that is not true free-range? Do you use artificial sweeteners, drink coffee, soda or alcoholic beverages? Do the foods that you eat have preservatives, additives, dyes, or sweeteners added? Do you eat fast foods and/or eat out regularly? Do you drink less than 6-8 glasses of water daily?

If the majority of your answers are yes, then it is likely that your diet alone is contributing significantly to your potential toxic load. Poor diet, together with everyday exposure to environmental toxic substances can result in you feeling less than your best. Not only may you be experiencing toxic headaches, fatigue and general overall poor health but, other symptoms of a toxic body may lead to poor digestion, food cravings, reduced mental clarity, PMS, low libido and increased stress.

Dr. Ross realizes that every patient is in a different place in their quest for better health. Their level of personal fitness, health challenges and goals may vary. By working together utilizing state of the art diagnostic and nutritional assessments, he has developed personalized programs tailored to the patient's specific needs. Whether it is a complete detoxification program, or specific modifications in health management, patients have seen tremendous results. They have experienced increased energy/vitality, improved overall health, better digestion, weight reduction, less bloating, removal of food addictions, improved elimination, and reduced symptoms of PMS. Some unexpected side effects were shinier hair, clearer skin and improved physical appearance.

Hippocrates once said, "The natural healing force within each of us is the greatest force in getting well." Ignite the healing force. At Ross health and wellness, our saying is: "Creating Better Health for The Rest of Your Life." Make a difference in you life and health today.