



Two Amazing, Economical Therapies You Will Want To Try!

By Janet L. Hall, ND, CKP, AHG, CBT

Infra-Red Sauna with Ozone Filtration & Color Therapy

This winter, stretch out in our cozy, warm infrared sauna, listen to music and achieve:

- **Weight Loss – Burn 600+ calories in 30 min!** Clear up cellulite
- **Pain Relief** – Great for joints, arthritis, fibromyalgia, sports injuries, muscle spasms, backaches and chronic fatigue
- **Reduce stress** – Relax muscles and nerves
- **Reverse the aging process**
- **Improve skin & beauty** – Cleanse impurities
- Relieve hypertension/Improve circulation
- **Oxygenate your whole body with ozone** – (ozone is known to kill bacteria, yeast, fungus, mold, parasites)
- **Help clear ear, nose, throat & improve respiration** – aids allergies and infections
- **Build up your immune system** – have a flu-free winter!
- **Greatly improve your overall sense of well-being!**

Color therapy is an additional benefit of our sauna treatment aiding: Circulation, muscles, heart, Reducing swelling of joints, tissues, inflammation, Sleep disorders, headaches, cramps, Lymphatic, hormones, emotional wounds, Calming, relaxing, promoting cheerfulness.

My wife and I find that a sauna treatment relieves stress, improves sleep, and feels great. The health benefits are a big plus! In the past, I was diagnosed with cadmium, mercury and heavy metal toxicity with many symptoms. After several treatments, I no longer have a significant load of toxic metals! – K.A., Albuquerque

Laser Therapy

Lie down, relax and enjoy the benefits of Laser therapy:

- Remedies are lasered directly into your cells for maximum absorption
- Re-educate your immune system to recognize what is a foreign invader and what is not
- Decongest and open liver pathways
- Repair & restore your glands, organs & systems to full capacity
- Achieve weight loss and fat reduction
- Detox and clear the body of bacteria, fungus, yeast, parasites
- Restore balance in your body to fight off viruses

There are settings that allow for specific functions such as deep penetration of the body for bone, muscle, joint and mobility issues. Another setting is for surface treatments such as facials, wrinkles, skin problems, veins, etc. We use negative/positive ions as well for natural facials – see the difference in your skin amazingly fast!

Laser treatments are incredible for: Tooth and gum issues, Soft tissue injuries/Sports injuries, Joint pain/Inflammation and mobility issues, Muscles/Tendons/Ligaments, Organs and body systems, Infections/Flu, Libido/Sexual issues, Chakras/

Meridians, Oxygenation, Regeneration of tissues and cells, Depression/Sleep Problems, Pituitary/Glandular/Hormones, Neuromuscular, Facials/Wrinkles/Anti-aging.

And Much More!

By using laser treatments, many people have avoided root canals, even if it has gotten to the point of being very painful! I had the experience of needing a root canal and was in a great deal of pain, but after just two laser treatments, all the pain was gone! *Afterward, my dentist confirmed no other work was required!* It is wonderful to have found an alternative for this problem!

There are also direct settings for cellular issues (such as DNA/RNA, fat cells, scars, discs) unique problems (such as serotonin, endorphins, stress relief) and essential healing programs. These are incredible stand-alone therapies, or may be used in conjunction with other therapies. **For a limited time only, use our sauna for just \$39.99!** Laser therapy starts at \$68.00. Call 505-294-WELL to schedule your session.

Janet L. Hall has a bachelor's degree in Natural Health and a Doctorate in Naturopathy. Janet is a Certified Kinesiologist, Herbalist, Biofeedback Technician & Nutritional Consultant as well as Owner of Alternative Wellness Center.

ENJOY GREAT HEALTH AND SUCCESS!

Rise Above!
Regain Vitality!
Physical, Mental & Emotional

- Kinesiology
- Biofeedback Treatments
- Massage and Colonics
- Homeopathic Laser Treatments
- Nutritional Counseling/Weight Loss/Fitness

HOMEBOUND & LONG DISTANCE TREATMENT AVAILABLE BY PHONE - CALL FOR DETAILS!

ALTERNATIVE WELLNESS CENTER
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