

# Spring Cleaning for Our Body and Mind

I am Dr. Victoria Goldsten, the director of the Washington Institute of Natural Medicine. I will be reviewing the many ways of cleansing the human body.

As spring reveals itself we reflect on our winter habits and wish to see a new beginning for ourselves. This new beginning can be achieved easily by **Clearing and Cleansing** our systems and minds naturally.

**Cleansing and Clearing** can be done in many ways!

- **Lymphatic Drainage** clears our body tissues and reduces inflammation. This treatment applies pressure to lymph node sites and encourages fluid removal through lymph vessels.
- **Colon Hydrotherapy** cleanses our large intestine and aides in waste removal. This treatment enters temperature controlled filtered water into the large intestine by way of a rectal tube and the client releases debris from the colon.
- **Steam Aromatherapy Treatments** aid in releasing toxins through the skin and results in the reduction of inches. The heat of the treatment liquefies the fat cells which are then eliminated through the lymphatic system.
- **Aura Clearing** removes negative energy from our energy fields. This treatment uses Reiki and Chakra Balancing energy to break up energy from the physical body into the aura and then out of the aura.
- **Neural Therapy** releases emotional and physical stressors from our nerves. This treatment accesses peripheral nerve sites just below the skin and allows the escape of high millivolts on the nerves. These millivolts typically originate from physical or emotional pain and stressors.
- **Facial Detox Massage** removes toxins from our skin and improves muscle tone and circulation in the face, neck, and shoulders. This treatment uses natural topical agents that cleanse and tone the skin. The treatment also includes acupressure which balances energy along the meridian systems.
- **Hypnotherapy** aides in the release of negative thoughts. It uses gentle progressive relaxation, thought switching, and creating positive reinforcement which helps the client achieve their goals.

These are but just a sampling of the many things we can do to help support our health and to improve our quality of life. For further information regarding cleansing and detoxifying contact the Washington Institute of Natural Medicine.

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