

# Spring 2021 Newsletter

Did everyone remember to Spring forward an hour on Sunday, March 14<sup>th</sup> for daylight savings? Noticed it's staying daylight longer and longer? I love when it's still daylight at 8pm! We'll be there soon because Saturday, March 20<sup>th</sup> was the start of Spring; it's also Easter and the time to celebrate the resurrection of Jesus Christ. It seems everyone gets happier when we have more daylight...maybe because Spring brings sunnier, warmer weather and beautiful flowers and the sounds of birds. Summer is right around the corner, and that means summer break from school and vacations! (maybe a little better this year!) It also means people being and doing more things outside, like exercising; or hitting the gym a lot more and getting in shape for your summer body.

Another great and easy way to help you get fit, lose weight, and tone up is detoxing. Adding a detox program to your exercise program will not only help keep you healthy on the inside, it will help magnify the results from your other exercise endeavors. And just like Spring is the time of rebirth and renewal, doing a deep detox in Spring will help renew and rejuvenate your body, mind and soul, inside and out. It will help wash away the winter blues and refresh you for the new season and new you!

Toxins that remain in the body are considered stressors that are known to be a contributing factor in most, if not all, of the chronic and degenerative diseases of today. More and more research is continuing to come out proving that stress in any form, physical, mental, emotional, or environmental, creates a toxic burden on the body and contributes in some way to all known conditions and diseases. This is why it is of utmost importance to make sure our body is very efficient at detoxing naturally. We can do more to increase our natural detoxification processes through some very simple means, which we will discuss briefly.

Did you know that about 70% of our body's detoxification process comes from our lungs through breathing? This is why exercise is a crucial element to our health. You also have to exercise the proper way to take better advantage of this process. You want to exercise in a way to increase the amount of air you take into and out of your lungs...breathing deep from the diaphragm for at least 15-20 minutes. H.I.I.T (High Intensity Interval Training) is a great way to increase cardiovascular strength and endurance, as well as increase muscular strength, which is why I love CrossFit so much; they're very similar, and they can be fun! You can also meditate, like Qigong, with deep breathing to help release more toxins; you're just not getting as much of the cardiovascular and strength benefit. Doing slow deep diaphragmatic breathing for 15-20 minutes a day, no matter how you do it, will help increase the release of toxins by 50%! So what are you waiting for? Up your body's detoxing now!

Most people probably think the more you sweat the more toxins you get rid of. Yes, sweating does eliminate toxins, but it's only about 20% of our body's detoxification process. When you add in the deep breathing with sweating, you're potentially utilizing about 90% of your body's natural detoxification process. The last 10% breaks down to about 7% from the bowels and about 3% from the bladder. This natural process has been severely diminished due to the myriad of stresses in our lifestyle and environment.

Some of the best ways to help and to accelerate your detoxification are drinking plenty of pure spring water, eating a mostly raw organic diet and getting your sweat on. You can either work up a good sweat at home, at the gym, or sit inside an infrared sauna for 15-30 minutes. Make sure to take precautions and consult a trained specialist before starting back at the gym or trying CrossFit, or using an infrared sauna.

If you're looking at doing a deep detox cleanse, there are some specific nutritional supplements and therapies that will help spring you to the deepest levels of detox and support at the cellular level. A great place to start would be the liver and kidneys. These would include herbs and botanicals specific to the liver and kidneys.

The liver is the most important organ for detoxification, so it goes without saying, this needs to be in tip top shape. Some of the many foods that help detox and support the liver include artichoke, milk thistle, and beets.

The kidneys filter body fluid to remove waste products through the urine. Some of the many foods that help detox and support the kidneys include slippery elm, kelp, and watercress.

The kidneys are the residence and root of our 'original essence' or Jing, which was given to us by our parents at our conception. Jing means the very original and essential source of life and growth. After we are born, we absorb the Jing from food and air, and convert it into Chi, or energy, to supply our body's needs. It is part of our Life Energy and can be restored, increased and strengthened easily through Qigong exercises. The stronger and healthier our kidneys, the more Jing we can convert to Chi, and the stronger & healthier our body and mind will be. It can enhance our well-being. Our Kidney Care product is specially formulated through Traditional Chinese Medicine with specific herbal botanicals to help restore and strengthen our Jing.

Our liver (Ultra GL) and kidney (Kidney DTOX & Kidney Care) support and detox products are 2<sup>nd</sup> to none in their ability to help clean and support the organ on all levels including the underlying emotional connections due to the unique vibrational energy enhancement, as well as being anti-aging!

If you want help to detox even further and deeper, including PEMF with the above nutrition may help catapult you to new levels of detoxification and looking & feeling younger. PEMF helps manage and support the natural detoxification processes of our body very easily and efficiently, leading to some of the deepest cleaning you'll find!

Bionetic Polarity Therapy helps make sure the body is ideally balanced energetically, which ensures optimal and efficient detoxification in the body, as well as promote optimal health and well-being of mind, body, and spirit. Look at it like this; Stress comes in many forms; environmental, foods, physical, mental, emotional and spiritual, and is the root cause to all health problems. No matter how small or insignificant they may seem, continued exposure over time will eventually take its toll on your health. Like a tiny snowball starting at the top of a mountain that becomes a huge wrecking ball at the bottom, these little stresses we don't even realize are there, continue to build and create imbalances. Sooner or later when they reach the tipping point, symptoms begin to appear. We have the technology to detect those tiny stress imbalances in the body and re-balance them to help support the body for optimal healing and prevention!

Emotional Center Point Release (ECPR) helps clear out the emotional stresses that keep toxins 'stuck' inside us, so they can be eliminated easier and more efficiently. Resolving deep emotions holds the key to opening the doorways to health and happiness, while supporting humankind in the Journey of Life. We welcome you to the healing of the heart and emotions using the gift of Emotional CPR.

**We are Blessed to offer these Special Gifts to You!**

\*Disclaimer: All information in this newsletter is provided for informational purposes only. By no means is any information presented herein intended to substitute for the advice provided to you by your own physician or health care provider. You should not use any information contained in this newsletter to self-diagnose or personally treat any medical condition or disease or prescribe any medication. Always consult with a healthcare professional before starting any new vitamins, supplements, diet, or exercise program, before taking any medication, or if you have or suspect you might have a health problem. To be diagnosed with or treated for a disease, you must follow a licensed medical professional's recommendations. Pulse Centers PEMF should not be used to diagnose, treat, or cure any physical or medical condition. Pulse Centers products have not been evaluated by the FDA and are meant for general wellness.

# Spring Cleaning Bio-Detox Specials 2021

- ♥ 3 hours PEMF for \$99. Must be completed within 2 weeks from purchase. New Patient Initial visit only. One time purchase only. \$201 Savings!
- ♥ 3 hours PEMF for \$199. Must be completed within 2 weeks from purchase. One time purchase only. \$101 Savings!
- ♥ 5 hours PEMF for \$450. Must be completed within 5 weeks from purchase. \$50 Savings!
- ♥ 10 hours PEMF for \$850. Must be completed within 10 weeks from purchase. \$150 Savings!
- ♥ 20 hours PEMF for \$1,640. Must be completed within 20 weeks from purchase. \$360 Savings!
- ♥ 30 hours PEMF for \$2,370. Must be completed within 30 weeks from purchase. \$630 Savings!
- ♥ Add a Bionetic Polarity Balancing (BPB) session or ECPR session or GNM consult for \$75 with purchase of a 5 hour PEMF! Add a BPB or ECPR or GNM session/consult for \$75 for every 5 hours of PEMF! (10 hrs PEMF = 2 sessions of any of the above for \$150, and so on) \*Must be purchased at time of PEMF purchase.
- ♥ For every 5 hours in a PEMF package, you can purchase separately, Kidney DTOX, Ultra GL, and/or Kidney Care for only \$25 each! (\$75 for all three!) \$29 Savings! (\$87 Savings on all three!) \*Must be purchased at time of PEMF purchase.
- ♥ Purchase 1 month of Wing Chun Kung Fu training and get second month at 50% off (total \$285) \$95 savings!

\*Must be paid in full at time of purchase \*Cannot be combined with any other discounts or transferred \*5, 10, 20, & 30 hour PEMF can be purchased again 2 more times, each time being completed within the respective time frame (Some exceptions apply to time frame) \*Nutrition not included with BPB sessions \*BPB sessions must be used within 6 weeks for each one \*ECPR sessions and GNM consults must be used within 1 week for each one \*Wing Chun Kung Fu Training does not include uniform & can be purchased a maximum of 2 times \*Refunds taken off regular prices \*Good thru June 19, 2021 (last day of Spring!)