



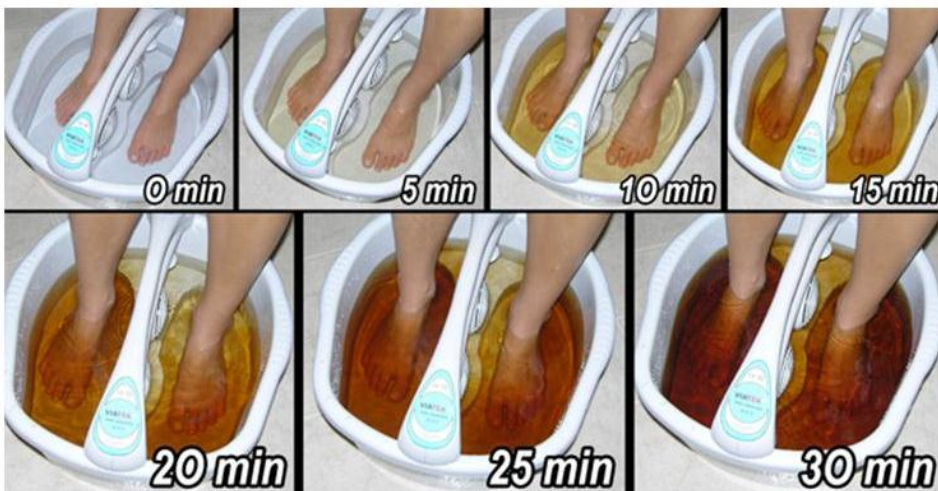
Now available at
Complementary Care Center/Natural Health
Ionic Energizer Foot Spa
Provided by Isabel Zvorak 712-249-5791

During our normal day to day activities, our bodies are exposed to harmful toxins in our environment, such as: tobacco smoke, alcohol, food additives, pesticides, heavy metals, and industrial pollutants, our bodies absorb these toxins which prevent us from functioning at our body's optimal performance levels.

Our bodies will detoxify naturally every day, but due to our lifestyles our body system is unable to eliminate these toxins completely. In order for our body to function optimally and rid our systems of these toxins, we must rest 8-10 hours a night, have a flawless diet and exercise regularly. Since this is not the case with most people, it is impossible for our bodies to eliminate these toxins on its own which leads to a buildup in our systems. This buildup can cause a wide variety of side effects, including: lethargy and tiredness, headaches and migraines, colds and flu, bad skin, breath and body odor problems, sinus problems, the list goes on. In fact, some theory exists to suggest that detoxification may at some point be suggested as an alternative to the prevention of immune deficiency diseases.

Now you can aid your body in the detoxification process with the Ionic Energizer Foot Spa. Treatment duration is 30 min and can be done up to twice a week. The foot spa will help remove built up toxins in the body.

We cannot treat anyone who suffers from epilepsy, has a pacemaker fitted, has had organ implants, is pregnant, under the age of 10, or has any open wounds or abrasions on their feet .



**Cost is \$25.00
per session.**

Please make
appointments at:
Complimentary Care Center
201 Linn Street ,
Atlantic, IA 50022
712-243-2800
Or contact Isabel Zvorak
direct at 712-249-5791